

Curriculum Vitae

Male

Number of years working in industry:

13 years 5 months



Candidate ID Number: 20702

Nationality: Welsh, British

Language Skills:

Fluent: English

Basic: Welsh

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Fitness Professional

Personal Statement

I'm a hard working self motivated individual who likes to do a professional job at every opportunity. I enjoy learning new trades and continue to improve myself wherever possible.

Seeking to work in the UK, International Locations and Cruise Ships

Employment History:

November 2012 - Present - Senior Therapist at (most recent employer hidden for confidentiality) Wrexham, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

- Injury assessment and treatment of U21's and youth.
- Assist head Physiotherapist with injury diagnosis and treatment plans.
- Provide sports massage to players.
- Pitchside first aid cover to games.
- Gym session plans including strength work, cardio and injury prevention techniques.
- Myofascial release techniques and METs.
- 12 months work experience also.
- Medical notes on all injury assessment and treatments.

Products worked with:

- Electrotherapy
- Kinesio Tape.
- Zinc oxide and EAB's.
- Electrotherapy.
- Massage Oils and Creams.
- Myofasical Release

February 2014 - Present - Senior Therapist at Welsh Football Trust, Wales, UK - United Kingdom, (Health Club)

Duties included:

- Report to staff meetings and deliver injury prognosis and evaluations.
- Nutrition and hydration levels.
- Pitch side first aid.
- injury assessment and treatment
- medical notes.

September 2012 - April 2013 - Massage Therapist at Longton Rugby Club, Stoke on Trent, UK - United Kingdom, (Health Club)

Duties included:

- Work Experience (8 months).
- Sweedish and Sport Massage.
- Trigger point therapy.
- Assist head physiotherapist with pitch side cover.

Education and Qualifications:

2013 Staffordshire University

Bsc Hons Sport Therapy

- Sport Science
- injury Assessment
- Sport Massage
- Injury Treatment

2013 Staffordshire University

2:2 Bsc Hons Sport Therapy

- Bsc Hons Sport Therapy.
- Sweedish Massage.
- Trigger Point Massage
- Psychology
- Anatomy
- Physiology
- Injury Prevention
- Injury Assessment
- Gym Instructing
- Sweedish Massage
- Sports Massage
- Mysofacial Release Technique
- Kinesio Taping

2009 Yale college Wrexham

Btec National Diploma in Sport and Exercise Science

GRADES: MERIT MERIT PASS

2007 Ysgol Y Grango

- ICT A
- Btec Physical Education Merit
- PE B
- Maths C
- Science double award CC
- English C
- English lit C
- Welsh C

Product Training:

**October
2012**

Muscle energy techniques and Kinesio tape

Staffordshire University

- MET skills to help with range of motion at joints.
- kinesio tape which helps with recover from work out and aid blood flow.

Vocational Qualifications

- 2 Day Pitch Side First Aid and AED Training
- Kinesiology Taping
- key skills level 2.

Hobbies and Interests

- Rugby.
- Football.
- Fishing.
- Anything That's a challenge.

CV created at www.spastaff.com

