



# Filippo Pietro Conti

**BSc, MSc SEM**

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Nationality: Italian; Date of birth: 23/04/1988

## **ASSOCIATIONS**

IT: **A.I.F.I.** (ItalianPhysical Therapy Association): #044694

UK: **H.C.P.C.** (Health and Care Professions Council): #PH 109148

**C.S.P.** (The Chartered Society of Physiotherapy): #100458

CH: **NAREG**: #PHYSFH20161319

## **EDUCATION AND QUALIFICATIONS**

2014-2015 **Queen Mary University of London (QMUL)**

**MSc in Sports and Exercise Medicine**– Final grade MERIT

- Sports Injury Assessment I & II
- Podiatry & Biomechanics
- Research Methods
- Research Project
- Sports Injury treatment
- Sports Injury Rehabilitation
- Dance Medicine
- Football Medicine

The MSc enabled me to:

- Interact with colleagues of different culture
- See practices in clinics and receive lectures from doctors known all over the world in their field
- Specialize in dance and football world
- Improve communication skills
- Know how to produce a scientific research
- Know how to produce a systematic review

2009-2012 **University of Milano – Bicocca**  
**Physiotherapy BSc** - Final grade 104/110

Dissertation title: *Motor Imagery e Mental Practice: loro applicazione in ambito neuroriabilitativo*. (Motor Imagery and Mental Practice: their application in neuro-rehab field)

- Movement basics
- Kinesiology
- Rehabilitation methodology
- Inspection and observational techniques
- Movement system assessment
- Neuropsychiatry Neurophysiology and development
- Neuroriabilitative techniques
- Osteoarticular clinical assessment
- Cardio-pulmonary clinical assessment
- Rehabilitation medicine
- Special techniques
- Cognitive rehabilitation
- Specialistic techniques
- Professional and educational responsibility and health system management
- Massage
- Pompage

## **EMPLOYMENT HISTORY**

10/2016 – now

### **Physiotherapist**

Physio for all Chelsea  
 222 Old Brompton Road,  
 SW5 0BZ London, UK

- Assistance, treatment in subjects with musculoskeletal and sports injuries

10/2016 – now

### **Physiotherapist / Massage therapist**

OMPHYSIO physiotherapy clinic  
 41-42 London Wall,  
 EC2M 5TB London, UK

- Deep tissue/sports/swedish massage; assistance and treatment in subjects with musculoskeletal and sports injuries

10/2015 – 09/2016

### **Physiotherapist**

Mosaico Home Care srl  
 Via Clericetti 42,  
 20133 Milano, Italy

- Assistance, treatment and motor reeducation in subjects who present either orthopaedic and neurologic pathologies.

10/2015 – 09/2016

### **Physiotherapist**

Studio medico polispecialistico  
 Via Milano 173                      Via Italia 20  
 20832 Desio (MB), Italy            20814 Varedo (MB), Italy

- Treatments of physical problems, of movement dysfunctions, and of any orthopaedic injury.

05/2014 – 09/2014

**Physiotherapist**Centro medico dentistico Pozzoli Radice

Via Varesina angolo Via Monterosa,

22079 Villa Guardia (CO), Italy

- Treatments of physical problems, of movement dysfunctions, and of any orthopaedic injury.

12/2012 – 08/2014

**Physiotherapist**Mosaico Home Care srl

Via Clericetti 42,

20133 Milano, Italy

- Assistance, treatment and motor reeducation in subjects who present either orthopaedic and neurologic pathologies.

The job enabled me to:

- Discover the importance of developing a good rapport with patients and their families
- Institute an initial management and rehabilitation plan
- Engage in a multi-disciplinary discussion regarding patient care
- Know my limitations and make use of my senior support structure
- Handover patients care plans, outstanding jobs and discharge instructions meticulously
- Complete medical charts in detail

12/2012 – 08/2014

**Physioterapist**Sant'Ambrogio Mariano Basket

Via per Cabiato 42,

22066 Mariano C.se (CO), Italy

- Assistance, treatment of injuries in sportpeople and basketball players

09/2011-2012-2013

**Team responsible and steward**

Staff and Services – Monza

<http://staffandservices.com/>

- Team and responsible team at the Santander Paddock Club at the F1 GrandPrix event in Monza (Italy)

**PUBLICATIONS, PRESENTATIONS and PROJECTS**

September 2015

Can abdominal and gluteal latency be a risk factor for ankle sprains in non-professional sportspeople? A cross-sectional study

Presented to the 17th Annual Scientific Conference in Sports &amp; Exercise Medicine, QMUL, London

Other projects

The effectiveness of ankle sprain prevention in a sporting population: a systematic review and meta-analysis (*unpublished*)Lower limb injuries and mechanical properties of dance surface [Essay] (*unpublished*)

## **COURSES & POST-GRADUATE QUALIFICATIONS**

### **Courses**

- 04/11/2016 **CPR with AED course** – London –
- 25/06/2015 **Gluteal Tendinopathy** – London – Lecturer: Allison Grimaldi
- 20/11/2014 **Introduction to Research Governance Framework** – London – Lecturer: Marie-Claire Rickard
- 10/10/2014 **Global postural reeducation (RPG) V modulo** – Milan – Lecturer: Philippe E. Souchard
- 13/06/2014 **Global postural reeducation (RPG) IV modulo** – Milan - Lecturer: Diego Sgamma
- 14/03/2014 **Global postural reeducation (RPG) III modulo** – Milan - Lecturer: Diego Sgamma
- 07-09/03/2014 **Trigger point treatment (Ticchi method)** – Milan – Lecturer: Francesco Ticchi
- 07/02/2014 **Global postural reeducation (RPG) II modulo** – Milan – Lecturer: Alberto Silveira
- 06/12/2013 **Global postural reeducation (RPG) I modulo** – Milan – Lecturer: Diego Sgamma
- 25-26/05 15-16/06/2013 **Neuromuscular taping** – Milan – Lecturers: David Blow; Cristiano Cambi
- 07/10/2012 **Manual therapy in the rehabilitation of muscular lesions in sportspeople** - Milan - Lectures: Cristian Carubelli; Piero Badussi

### **Post-graduate Qualifications**

- 10/10/2014 Certification in Global Postural Reeducation (RPG)
- 25/05/2013 Member of the Neuromuscular Taping Institute. N°482/13/Av

## **LANGUAGES**

Italian mothertongue

English: C1 (IELTS certificate)

Spanish: basic knowledge

## **EXTRA-ACADEMIC INTERESTS**

### **Other skills & attributes**

- Effective use of Microsoft Word and Excel
- Effective use of Adobe Premiere PRO CC
- Effective knowledge of Microsoft operating system
- Effective use of EndNote

- Effective use of SPSS Software
- Full clean driving license (Italian B2 driving license)

### Interests

- Practising and watching sports (basketball, american football, football, fencing, horse-riding, golf)
- Travelling and organizing travels
- Watchmaking
- Drawing
- Chess

### **ATTACHMENTS & REFERENCES**

Available on request