

IRENE ESTÉBANEZ ARAMENDÍA

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EXPERIENCE

Physiotherapist (private practice since 2013)

Physiotherapist in different centers (2003-2013)

- Private traumatological clinics
- Social insurance services
- Geriatric physiotherapist
- Sports physiotherapist (football teams, CIRCD Calderona)
- Specialised centers in discal hernia (Medical Exercise, DAX)
- Different obstetric activities: pilates in pregnancy, low pressure fitness, pelvic floor treatment

Part-time teacher in Physical Therapy Diploma (Cardenal Herrera CEU University)

Postgraduate research in the Biomechanics Institute of Valencia (2001-2002)

ACADEMIC EDUCATION

Physical Therapy Diploma (University of Valencia 1997-2000). 184 credits.

Erasmus scholarship in Karolinska Institutet (Estocolmo, Suecia). Neurologic physical therapy.

COMPLEMENTARY TRAINING

Applied and Holistic Kinesiology (Salud y Conciencia)

Osteopathy Certificate in the Osteopathy School in Madrid (2005-2011).170 credits.

Miofascial treatment. Basic and advanced course in Dry Needling (Instema)

Kinesiotaping (Sports Medicine Center)

Pelvic floor physiotherapy. Lymphatic drainage.

Stott Pilates instructor (Akrostudio)