



# SILVIA FERNANDA SORIANO CASTAÑEDA

## PHYSIOTHERAPIST

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## PROFESSIONAL PROFILE

Dynamic Physiotherapist from Universidad de La Sabana (2022), specializing in sports rehabilitation, musculoskeletal recovery, and neurohabilitation. My professional journey includes significant achievements in teamwork, where creativity and conflict resolution are key. I bring a unique ability to foster a positive and productive workplace. With Intermediate English proficiency and a strong command of digital tools and Microsoft Office programs, I am driven by a continuous desire for knowledge and professional development.

## COURSES

### UNIVERSIDAD NACIONAL DE COLOMBIA

Diploma in First Response to Emergency Situations | 2023

### CENTER FOR GLOBAL PHYSIOTHERAPY

Kinesiology Taping | 2021  
Cupping Therapy | 2021

### UNIVERSIDAD DE LOS ANDES

Nutrition and Emotion | 2020

## COMPETENCIES

- Analytical Thinking
- Emotional Intelligence
- Adaptability
- Proactivity
- Resilience
- Innovative Thinking

## WORK EXPERIENCE

### SISTEMAS DE TERAPIA RESPIRATORIA

#### Physiotherapist, Sep 2022 - Present

Home rehabilitation processes for users of all ages with chronic, complex, neuromuscular, or musculoskeletal conditions, setting objectives and creating individualized intervention plans tailored to each patient's needs through biopsychosocial assessments and interdisciplinary collaboration.

### DECATHLON COLOMBIA

#### Sales Advisor, Nov 2021 - Jan 2022

Provide customer service and cycling advice, organize workstations, optimize product exposure and demonstrate a passion for sport and an active lifestyle.

## INTERNSHIPS

**Passus IPS (2021-1):** Rehabilitation processes in hydrotherapy focused on adults with musculoskeletal conditions.

**IDRD (2021-2):** Health promotion and disease prevention processes for high-performance athletes from various IDRD leagues.

**MET (2022-1):** Recovery processes for musculoskeletal pathologies and sports injury rehabilitation.

## ACADEMIC WORK

**Publication:** Research project titled "Composición corporal y aptitud física en las divisiones menores de un equipo de fútbol profesional colombiano"

<https://doi.org/10.47197/retos.v48.94838>

**Specialized Training:** During my final academic semester, I completed courses in the specialization of Orthopedic Manual Therapy, focusing on basic concepts of manual therapy and soft tissue management