

# JUAN DURAN

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## PHYSICAL THERAPIST

Physical therapy with over 4 years of experience in diagnosing physical injuries, implementing soft tissue therapy and spinal manipulation techniques, developing rehabilitation plans and follow ups. Specialized in neuromuscular bandage and palpatory anatomy, as well as myofascial release therapy. Recognized for being determined, organized, and results oriented.

Seeking a new challenge in sports medicine and an opportunity to apply my performance skills.

## ACHIEVEMENTS

- **Creation of a physical therapy program for employees at Club Atlas Chapalita:** Designed and implemented a personalized physical therapy program for the club's employees, improving their well-being and reducing work-related injuries by 20%.
- **Leading the Wellness Week program at Hershey's Guadalajara:** Coordinated and directed the Wellness Week program, promoting health and well-being among employees through specialized activities and workshops.
- **Reintegration of patients into sports after injuries:** Developed and executed rehabilitation plans that allowed patients to safely and effectively return to their sports activities, reducing the risk of relapses and improving their athlete performance.

## SKILLS

**Manual Therapy | Osteopathy | Strength training | Myofascial therapy | Treatment plans | Patient evaluation | Mobility | Adjustment techniques | Soft tissue therapy | Spinal manipulation**

## WORK EXPERIENCE

**PHYSICAL THERAPIST** | Independent Professional

09/2024-Current

*Recovery of patients through physical therapy and osteopathic treatment.*

- Apply physical therapy and osteopathy techniques at the patient's home to treat and alleviate various ailments.
- Develop and execute personalized treatment plans to facilitate recovery after surgeries and injuries, reducing the time to total recovery by 15%.
- Provide information and guidance on how to maintain physical health and prevent future injuries.
- Develop personalized training plans based on each patient's specific needs to achieve their goals.

**PHYSICAL THERAPIST** | Clínica Movihum Fisioterapia y Osteopatía.

03/2024 – 09/2024

*Reintegration of patients into their daily activities.*

- Aided 2-3 patients per hour applying physical therapy and osteopathy techniques to relief patients' pain.
- Conducted detailed assessments to diagnose patients' physical conditions and determine the appropriate treatment.

- Maintained an accurate record of each patient's diagnosis, including all techniques used during the sessions and the justification for each of them.

**PHYSICAL THERAPIST IN THE TRAINING AREA** | Clínica Kinephy

08/2023 – 02/2024

*Work with patients in the training area for injury recovery.*

- Designed and lead both group and individual training sessions focused on injury recovery and improving patients' mobility and strength.
- Provided information and advice to patients on how to prevent future injuries and maintain good physical health.
- Collaborated with 4+ healthcare professionals to offer a comprehensive approach to patient treatment and recovery.
- Developed and executed training plans that allowed athletes improve their performance.

**PHYSICAL THERAPIST** | Club Atlas Chapalita.

2023

*Creation of a physical therapy program for employees at Club Atlas Chapalita.*

- Conducted initial assessments of employees to identify specific needs and develop personalized treatment plans.
- Designed and implement a personalized physical therapy program for the club's employees, improving their well-being and reducing work-related injuries by 20%.
- Continuously monitored the progress of employees, adjusting treatments as necessary to ensure effective recovery.

## EDUCATION

**D.O in Osteopathy** | Escuela de Osteopatía de Madrid

In progress

**Rotational Movement Specialist** | WeckMethod

2024

**Bachelors in physical therapy** | Universidad AMERIKE, Guadalajara, México

2023

**Certification in Myofascial Release Therapy 360** | Kinephy, Guadalajara, México

2023

**Certification in Neuromuscular Bandage and Palpatory Anatomy** | Kinephy, Guadalajara, México

2023