



**MARTA GÓMEZ CASAS**  
**CURRICULUM VITAE**

## PERSONAL INFORMATION

Date of birth: 22.07.1980  
Currently based in Madrid  
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Website: [www.prehabfocus.com](http://www.prehabfocus.com)

## EDUCATION

- 2000-2004**                    **Alfonso X El Sabio University (Madrid). Diploma in Physiotherapy**  
Collegiate nº 5459
- 2004-2006**                    **Pontifical University of Salamanca (Madrid):**  
• University Expert Course in Physical Therapy and Sports Traumatology.
- 2005**                            **FREMAP (Madrid):**  
• National Congress of Physiotherapy "Assessment and Treatment of the Cervical Spine".  
**CEMTRO CLINIC (Madrid)**  
• International Symposium on "Advances and Updates in Traumatology and Orthopedics".
- 2006**                            **CEMTRO CLINIC (Madrid)**  
"V I International Theoretical Course pathology of the knee pathology"
- TRIPARTITA Foundation (Madrid)**  
"Patient care and quality of care".  
"Anorexia and bulimia nervosa".  
"The relationship process of help".  
"Emotional Intelligence".
- 2007**                            **CEMTRO CLINIC (Madrid)**  
"International Symposium on" Advances and Updates in Traumatology and Orthopedics"  
"VI International Theoretical Course pathology of the knee pathology "
- 2008**                            **CEMTRO Clinic (Madrid)**  
"International Symposium on" Advances and Updates in Traumatology and Orthopedics"  
"VII Practical Theoretical International Course of the knee pathology "  
"IV Course of Hand Surgery and Upper Limb"  
KINESIO INTERNATIONAL ASSOCIATION  
KINESIO TAPING 1 & 2 Course

- 2009**                    **CEMTRO CLINIC (Madrid)**  
 “VIII International theoretical and practical course of knee pathology”  
 “Emergency and first aid course”  
**UNIVERSITY HOSPITAL MOSTOLES**  
 “I National Day of Physiotherapy”
- 2010**                    **MUTUA MADRILEÑA FOUNDATION**  
 II “Conference Emotions and Well-being”  
 “Conference "sadness and well-being"”
- CEMTRO CLINIC (Madrid)**  
 • “IX International Theoretical Course pathology of the knee pathology”  
 • I”X INTERNATIONAL SYMPOSIUM ON "Advances and updates in traumatology and orthopedics”
- 2011**                    **CEMTRO CLINIC (Madrid)**  
 • “X I International Theoretical Course pathology of the knee pathology”  
 • “X INTERNATIONAL SYMPOSIUM ON "Advances and updates in traumatology and orthopedics”  
 • **Mutual foundation in Madrid (Madrid)**  
 “Efficacy of psychological treatments: empirically supported treatments”  
 \* **Cerede: department of continuous training in EPI (Seville)**  
 Level I: Intratisular percutaneous electrolysis (EPI) applied to the locomotor system  
 • **Cerede: department of continuous training Barcelona**  
 Course of Musculoskeletal Ultrasound  
 • I **International Congress EPI - COE Madrid**
- 2012**                    • **II International Congress of Physiotherapy and Pain, Madrid**  
 • **III Conference Physiotherapy "San Juan de Dios"**, specialty Physiotherapy in sport  
 • **Fundamentals and methodology of eccentric work**, At preventive and therapeutic level  
**CEMTRO CLINIC (Madrid)**  
 • “XI International Theoretical Course pathology of the knee pathology “  
 • “XI INTERNATIONAL SYMPOSIUM ON "Advances and updates in traumatology and orthopedics”
- 2013**                    **Official masters of invasive physiotherapy - Universidad San Pablo –CEU: includes:**  
 dry needling, acupuncture, musculoskeletal ultrasound, intratisular percutaneous electrolysis and mesotherapy for sport injuries.  
 October 2013-July 2014  
 • **XII International Congress – CEMTRO CLINIC**  
 “Advances and updates in traumatology and orthopedics”
- 2014**                    **Cerede: department of continuous training Barcelona**  
 Level I-II: Intra-insular percutaneous electrolysis (IPE) applied to the locomotor system  
 • **I International Congress on Invasive Physiotherapy**  
 “Presentation of poster, research study”
- 2015**                    • **Course skeletal muscle ultrasound, method Rusl, level I**
- 2016**                    • **Diathermy course**  
 • **Monographic course of the shoulder, physiotherapeutic approach**

2017	<ul style="list-style-type: none"> <li>• Ultrasound specialization course for physiotherapists, mmss and mmii</li> <li>• Shock wave course</li> </ul>
2018	<ul style="list-style-type: none"> <li>• Kinetic control “Movement solution”</li> </ul>
2019	<ul style="list-style-type: none"> <li>• Movement Academy “Tensegrity Spine”, “DNS” (Beijing, CHINA)</li> </ul>
2020	<ul style="list-style-type: none"> <li>• International congress: Physiotherapy and sport (“FisioCampus”)</li> <li>• Evaluation and reeducation of lumbar dysfunctions “FisioCampus”</li> <li>• FIFA DIPLOMA IN FOOTBALL MEDICINE, “FIFA”</li> </ul>
SEPTEMBER 2020- JANUARY 2021	STURDY SHOULDER SOLUTIONS “Eric Cressey“, online
DECEMBER 2020	EVALUATION AND TREATMENT OF THE KNEE “Mike Reinold“, online
JANUARY 2021	
FEBREUARY 2021	DNS 1 (DYNAMIC NEUROMUSCULAR STABILIZATION) “Petra Valouchová“
MARCH 2021	MYOFASCIAL INSTRUMENTAL FIBROLYSIS HOOKS “Ramon Aiguadé“, FISOFORMACION”
	NEUROMODULATION FOR PHYSIOTHERAPISTS “Fisio Campus “
APRIL TO JUNE 2021	ADVANCE COURSE: “MUSCULOSKELETAL ULTRASOUND”, “ATM group”
FEBRUARY 2023	“NEUROBIOMECHANICS AND VIRTUAL REALITY IN PHYSIOTHERAPY AND SPORTS”, by Samuel Pérez del Camino
FEBRUARY 2024	
FEBRUARY 2024	DGR online education (Lower body biomechanics and rehab)
JULY 2024	IKN online education (Cervical spine, shoulder, lumbar spine, knee, foot and ankle)
AUGUST 2024	Online course - Compete hip and shoulder assessment, performance and rehab (by Tony Gentilcore and Dean Somerset)

## PROFESSIONAL EXPERIENCE

Since Sep 2024	Teaching interns at University Alfonso X (Madrid).
Since March 2024	Teaching interns at University European (Madrid).
Since Feb 2024	Teacher of the following course: “ <u>Mastering shoulder rehabilitation</u> ”, a comprehensive course by (P)rehab Focus clinic.
Since Sep 2023	Teaching interns at University Alcala de Henares (Madrid).
Since Sep 2022	Sports physio at PREHAB FOCUS CLINIC (co-owner).
Since Sep 2022	Online assessment, treatment and injury prevention (Singapore swimming teams).
Since June 2021	Independent sports physiotherapist, post-surgical procedures, sports injuries, elite athletes (triathletes, padel, basket, football, tennis).
Since Nov 2020- Nov2021	FISIOCAMPUS collaboration, teaching shoulder and knee courses, as well as in international congresses.
Since June 2020- sep 2022	Education and online assessment, treatment and injury prevention <a href="http://www.prehabfocus.com">www.prehabfocus.com</a> ; <a href="http://www.microtraining.co">www.microtraining.co</a>
	Sports Physiotherapist with Chinese Swimming Association, Olympic Team,

Since July 2019- June 2021	preparing for Tokyo Olympics 2020 (postponed to 2021), focused on injury prevention program and manual therapy. <b>Focus on ZHANG YUFEI.</b>
July 2019- September 2019	<b>Sports Personal physiotherapist of the professional football player</b> - Masika Ayub.
Since January 2019-june 2019	<b>Sports Physiotherapist, Team China Sports Medicine (at Chinese Olympic Committee)</b> - Team Rowing & Kayak.
Since March 2014- December 2018	<b>Sport Physiotherapist</b> , collaborator (Physiotherapy FIMA), treating top level athletes, collaboration with federations: Triathlon, Track & Field, Tennis, Padel, Football, Ski, Golf, Basketball, Gymnastics. Sports Physiotherapist of Dr Leyes&Flores team.
Since 2014-2018	<b>Personal physiotherapist of Alejandra Salazar</b> , professional padle player, No. 1 WPT, and World Champion.
Since May 2006 to February 2016	<b>CEMTRIO CLINIC</b> (Madrid) Physiotherapist of Dr. Pedro Guillén team: Mainly doing post-operative rehabilitation processes, as well as treating top level athletes.
Since June 2011- February 2016	<b>Sport Physiotherapist in the team of Dr Leyes&amp;Flores</b> <b>Coordinator Physiotherapy CEMTRIO CLINIC</b> Pozuelo- Madrid.
Since September 2012-2016	<b>Teaching activity.</b> Associate professor, for the universities: Salus Informurum, La Salle, Camilo Jose Cela University, Francisco Vitoria University.
June 2003 to May 2006	<b>CEMTRIO CLINIC</b> (Madrid) Assistant physiotherapist with Dr. Guillen's team. Helping recovery of traumatic patients through the methods of mechanotherapy, poleo therapy, electrotherapy, as well as gait reeducation, and other work to support the physiotherapists of the service.
Since 2004 to 2016	<b>Home care</b> (Madrid) <b>Physiotherapist.</b> Home rehabilitation of trauma patients with different ailments, hip prosthesis, knee .... Treatment of patients with hemiplegia.
2009-2010	<b>Personal physiotherapist</b> of the nº 1 (at that moment) female professional Padel player: Carolina Navarro & Alejandra Salazar
November 2009	Research project under development, for CLINIC MASTER: Microcurrent Therapy and effect of the mentioned treatment of physiotherapy in sportsmen.
September 2009 to December	C.F. Atlético de Madrid: Microcurrent Therapy C.F. Valladolid: Microcurrent Therapy Talks as rapporteur on the application of microcurrents in Sports Physiotherapy.
2004-2005	<b>Assistant physiotherapist.</b> FOOTBALL CLUB TRUJILLO, which plays in Regional Preferent., C.F. TRUJILLO. Trujillo (Cáceres)
2004	<b>Physiotherapy practice.</b> GUADARRAMA Hospital. Guadarrama (Madrid) University practices in Guadarrama Public Hospital, attending patients with neurological pathology using the techniques of Bobath and Perfetti.
2003	<b>Physiotherapy practice.</b> C. GERIÁTRICO RIOSALUD. Las Rozas (Madrid) University internships in geriatrics, performing techniques for neurological, traumatological and respiratory physiotherapy patients. <b>Physiotherapy practice.</b> IBERMUTUAMUR (Madrid), University practices carried out at the insurance company's central office assisting the recovery of trauma patients.
2001	<b>Physiotherapy practice.</b> PHYSIOTHERAPY Clinic. Navalmodal (Cáceres) Assistant physiotherapist, assisting in rehabilitation of trauma patients, clinic in

## **GREATEST ACHIEVEMENTS**

1. 2009 & 2016 world Nº 1 , Alejandra Salazar (profesional padel player)
2. Chinese nacional swimming team head physiotherapist

September 2020: ZHANG YUFEI

- Chinese record (100m Freestyle)
- Chinese record and Asian Record (100m Butterfly)
- World record (mixed medley relay 4x100m)

Tokyo Olympics 2020, ZHANG YUFEI

- GOLD MEDAL + OLIMPIC RECORD (200M BUTTERFLY)
- SILVER MEDAL (100M BUTTERFLY)
- GOLD MEDAL + OLIMPIC RECORD (4 X 200 FREESTYLE)
- SILVER MEDAL (4 X 100 M MIXED MEDLEY RELAY)

## **LANGUAGES**

**SPANISH:** Native

**ENGLISH:** Full professional proficiency