

PERSONAL INFORMATION

Paola Alessandra COLOMBO



 Via Arturo Toscanini,8 20066 Melzo (MI) Italy

 +39 3922979125

 Paolapol75@yahoo.it

Sex Female | Date of birth 17/07/1975 | Nationality Italy

SUMMARY

I am an Osteopath.

I consider myself a determined, dynamic and curious person. I like stimulating experiences.

My knowledge of languages is a fundamental tool for comparing and collaborating with other realities. I treat adults, athletes but also new born infants. I like to use all the osteopathic techniques.

WORK EXPERIENCE

TCIO take care osteopathic institute of Milan Year: 2011 - Present

TCIO Assistant and professor – fascial osteopathy and compartment manager

Year:2005-Present

Collaboration with basketball, soccer and volleyball clubs. Post traumatic and post surgery recovery.

Year:2005-2006 Studio Fisioterapico Teodosio Milan

Kinesiology- Freelancer

Year:2008-2009 Palestra Tonic Via Feltre Milan

Kinesiology-Freelancer

Year:2007-Present Studio Osteopatico OP Melzo

Kinesiology and Osteopath

Year:1999-2011 Basketball Federation CRL Milan

Healthcare staff

Year:2009-Present Centro di Fisioterapia Carioni Cassano d'Adda

Osteopata-Kinesiology

2015 Publisher F.Ili Sala Seregno
 Editorial Review "Fondamenti di Medicina Osteopatica" Anthony G.Chila.
 2015 Publisher F.Ili Sala Seregno
 Editorial Review "Massoterapia" M.B.Braun-S.J.Simonson
 2017 Publisher F.Ili Sala Seregno
 Editorial Review "Il sistema fasciale in ambito osteopatico" Tozzi

EDUCATION AND TRAINING

2016-2017
 Saint George Institute Milan
 MCB (Massage Therapist)

2004-2011
 School of Osteopathic Manipulation Cerdo (until 2010)
 School of Osteopathic Manipulation ISO (2011)
 D.O. Diploma in Osteopathy

1994-2001
 Istituto Superiore di educazione Fisica della Lombardia University of Milan (ISEF)
 Diploma in Sport Sciences

1989-1994
 Linguistic High School Marcelline "Niccolò Tommaseo" Milan

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
French	B1	B1	B1	B1	B2

Communication skills Excellent communication skills.

Organisational / managerial skills

Excellent organizational skills.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Basic	Independent	Independent	Basic	Basic

Driving licence

driving license B