

Physiotherapy & Pilates

Ricarda Kley



Resumé

PERSONAL DETAILS

Name: Ricarda Kley
Adress: Condominio
Malveira-Guincho
2755-144 Alcabideche,
Cascais

Tel.: +351 91 536 5662
E-Mail: r.kley@fisioterapia-
cascais.com

Date of Birth: 18.05.1976
Birthplace: Krefeld, Germany
Marital status: married
Nationality: german



PROFESSIONAL EXPERIENCE

02/2003 – 07/2009 **Orthopaedic/sports medical Practice Dr. M. Seidel MD and Physiotherapy Practice Ricarda Kley**, Joint practice, Berlin, Germany
Freelance physiotherapeutic activity with emphasis on Manual Therapy, Course Instructor Pilates.

01/2003 – 12/2004 **Health Centre Prima Vita**, Berlin, Germany
Course Instructor for overweight persons training, therapeutic back school and shoulder physiotherapy

05/2000 – 12/2003 **Fitness Studio Axxel City Fitness**, Berlin, Germany
Course Instructor for back physiotherapy, body conditioning and aerobic

02/2000 – 12/2003 **Physiotherapy practice - Polifke & Vogt**, Berlin, Germany
Employed Physiotherapist, Course Instructor for back physiotherapy for adults and children

07/1997 – 02/2000 **Sports club and fitness studio**, Berlin, Germany
Course Instructor for back physiotherapy/ Aerobic

EDUCATION

1997 – 1999	State-recognized training college for Physiotherapy Berlin-Charlottenburg , Berlin, Germany State examination Physiotherapy
1986 - 1995	Michael-Ende High School St. Tönis, Germany General qualification for university entrance/Abitur(German A-levels)

FURTHER EDUCATION

2008/2009	Pilates training – Mathwork Polestar Germany	Berlin, Germany
2008	Refresher Course, Back School Confederation of Physiotherapists (ZVK)	Cologne/Hamburg, Germany
2008	Sport Physiotherapy Eden Rehabilitation Clinic, Klaus Eder, Physiotherapist for the German National Football team, Chairman Physiotherapist of the German Olympic Association	Donaustauf, Germany
2007	Orthopaedic Manual Therapy Manual Therapy Association-Wremen	Wremen, Germany
2006	Muscle diagnostic course, Janda method Association of Doctors in Manual Medicine	Berlin, Germany
2004	Complex manual lymph therapy/ Lymph drainage Foeldi School/ Confederation of Physiotherapists (ZVK)	Berlin, Germany
2004	Manual Therapy refresher course German Association of Doctors in Manual Medicine	Berlin, Germany

2004	Physiotherapy with loop table Confederation of Physiotherapists (ZVK)	Berlin, Germany
2003	Back School Confederation of Physiotherapists (ZVK)	Berlin, Germany
2002	Personal Training German Fitness & Aerobic Confederation (DFAV)	Stuttgart, Germany
2000-2002	Manual therapy Manual Therapy Association-Wremen Confederation of Physiotherapists (ZVK)	Berlin, Germany

OTHER ACTIVITIES

04/1996 – 09/1996	Animator Club Méditerranée	Paradise Island, Bahamas, USA
01/1996 – 03/1996	Animator Club Méditerranée	Ivory Coast, West Africa
07/1995 – 12/1995	Au-pair	Cannes, France

OTHER SKILLS

Languages	English (fluent), French (fluent), Portuguese (basic knowledge), Latin
Driver's License	Class III

HOBBIES

| Piano playing, jogging, Pilates, reading

DESIRED OCCUPATION

| Physiotherapeutic activity
| Course Instructor Pilates/ back physiotherapy