

EUROPEAN
CURRICULUM VITAE
FORMAT



PERSONAL INFORMATION

Name **ALICE ZELCO**
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Nationality Italian
Date of birth 22/06/1983

WORK EXPERIENCE

- Dates (from – to) FEBRUARY 2015 -
• Employer's name and locality **Own practice**, di via San Francesco 4/1, Trieste (TS)
• Type of business or sector Healthcare
• Type of work contract Independent
• Main activities and responsibilities Physical Therapist

- Dates (from – to) JANUARY 2009- AUGUST 2015
• Employer's name and locality **Physiotherapeutic Medical Clinic "Fisioterapia Massotrax"**, di via Macchiavelli 9, Trieste (TS)
• Type of business or sector Healthcare
• Type of work contract Full-term contract
• Main activities and responsibilities Physical Therapist

- Dates (from – to) From JUNE 2010 -
• Employer's name and locality **CHINESPORT REHABILITATION and MEDICAL EQUIPMENT s.p.a.**, di via Croazia 2 – Udine (UD) www.chinesport.it
• Type of business or sector Rehabilitation and Medical Equipment
• Type of work contract Independent contractor
• Main activities and responsibilities Scientific Consultant on Tecar Cellular Regenerator Project

- Dates (from – to) AUGUST 2009- MARCH 2015
• Employer's name and locality **COOPERATIVA SOCIALE ELLEUNO SCS**, di viale Ottavio Marchino, 10 15033 Casale Monferrato (AL)
• Type of business or sector Elderly Care Home
• Type of work contract Independent contractor
• Main activities and responsibilities Physical Therapist for the elderly (rehabilitation and ADL maintenance)

- Dates (from – to) JANUARY 2006 - JUNE 2011
- Employer's name and locality **Hockey Italian Federation**
- Type of business or sector Sport Federation
- Type of work contract Independent Contractor
- Main activities and responsibilities Physiotherapist of Senior Women's National Field Hockey Team (February 2008-June 2011)
Physiotherapist of U21 Women's National Field Hockey Team (November 2007-June 2011)
Physiotherapist of U16 Women's National Field Hockey Team (November 2007-June 2011)
www.fih.it

- Dates (from – to) DA NOVEMBRE 2007 A MAGGIO 2009
- Employer's name and locality **Physiotherapeutic Medical Clinic "Sanitas Benessere"**
- Type of business or sector Healthcare
- Type of work contract Independent Contractor
- Main activities and responsibilities In water rehabilitation physiotherapist

- Dates (from – to) DA LUGLIO 2006 AD OTTOBRE 2007
- Employer's name and locality **Elderly care home "Livia Ieralla"** in Padriciano 199, 34149 Trieste
- Type of business or sector Healthcare
- Type of work contract Independent Contractor
- Main activities and responsibilities Physical Therapist for the elderly (rehabilitation and ADL maintenance)

EDUCATION AND TRAINING

- Dates (from – to) From OCTOBER 2010 -
- Name and type of organization providing education and training **OSTEOPATHIC COLLEGE- OSTEOPATHIC SCHOOL IN TRIESTE** officially recognized by R.O.I.- Italian Osteopaths Register in compliance with International Quality Certification UNI EN ISO 9001:2008
- Principal subjects/occupational skills covered Osteopathic techniques on the muscle-skeletal subject
Osteopathic techniques on the visceral subject
Osteopathic techniques on the craniosacral subject
Osteopathic techniques on the miofascial subject
Osteopathic Medicine and Osteopathic Integration
- Title of qualification awarded Currently attending the fifth year of six-years course (grade point average mark: 28.5/30)

- Dates (from – to) 2002-2006
- Name and type of organization providing education and training **University of Trieste- Bachelor's Degree in Physiotherapy**
Final grades: 110/110, full marks and honors (highest possible grade in the Italian Universities).
Graduation Thesis: Analysis of some recovery paths of breast cancer operated patients : rehabilitation organization among the senologic equipe
In the year 2008, the above-mentioned thesis has been positively valued by a dedicated committee and consequently published for divulgation purposes on the Website www.Fisionline.org and can be actually consulted into the section "Thesis".

- Principal subjects/occupational skills covered
Prevention, healing and rehabilitation interventions in areas as motricity, superior cortical and visceral functions due to pathologic events of either congenital or acquired etiology

- Title of qualification awarded
Bachelor's Degree in Physiotherapy

- Dates (from – to))
1997-2002
- Name and type of organization providing education and training
Scientifico High School "G. Oberdan"
Scientific High School Diploma – Final Grade 84/100
- Title of qualification awarded

PERSONAL SKILLS AND COMPETENCES

MOTHER TONGUE(S)

ITALIAN

OTHER LANGUAGE(S)

ENGLISH

- Capacità di lettura
- Capacità di scrittura
- Capacità di espressione orale

PROFICIENT USER

INDEPENDENT USER

PROFICIENT USER

MY LINGUISTIC COMPETENCES ARE IMPROVING ON AND ON AS I AM INVOLVED IN INTERNATIONAL BUSINESS. PRECISELY I AM THE SCIENTIFIC CONSULTANT FOR TECAR DEVICE IN CHINESPORT (THE MAIN ITALIAN COMPANY FOR MEDICAL AND REHABILITATION EQUIPMENTS); THEREFORE I AM THE EDUCATOR IN SPECIALIST MEDICAL TRAINING COURSES IN THE EUROPEAN AREA.

THIS POSITION, COMBINED WITH PERSONAL INTEREST FOR ABROAD EXPERIENCES, BOTH IN WORKING AND LEISURE AREAS, HELPS ME GAIN GOOD FLUENCY IN SCIENTIFIC TOPICS AS IN EVERYDAY CONVERSATIONS.

COMMUNICATION SKILLS

THANKS TO THE MULTPLICITY OF PATIENTS I DAILY DEAL WITH (ATLETES, ELDER PEOPLE, NEWBORNS, AND PREGNANT WOMEN) I GAINED GOOD RELATIONSHIP SKILLS. SETTING MYSELF IN A PROACTIVE MOOD TOWARD THE OTHERS AND LOOKING FOR THE MAXIMUM COMPLIANCE, I ACCOMPLISHED GOOD COOPERATION NOT ONLY WITH COLLEGUES IN VARIOUS PROJECTS, BUT ALSO WITH THE PATIENTS IN SHARING THERAPEUTICAL CHOICES IN THE REHABILITATION PATH.

ORGANISATIONAL SKILLS

I IMPROVED IN PLANNING DUE TO MY EXPERIENCE BOTH WITH LONG-TERM PATIENTS AND ATHLETES, WHERE URGENCY REQUIRES QUICK DECISIONS; THIS, ADDED TO THE NEED OF FINDING ADEQUATE TIME FOR ON-GOING PROFESSIONAL FORMATION AND OBJECTIVES THAT I ESTABLISH AND CONSEQUENTIALLY VERIFY, ALLOWED ME TO DEVELOP OPTIMAL ORGANISATIONAL AND TIME PLANNING SKILLS. FURTHERMORE, BEING A SCOUT FOR 15 YEARS, MANY OF THEM IN SUPERVISING ROLES, HELPED ME IN LEARNING HOW TO MANAGE GROUP DYNAMICS AND FOCUSING AT THE SAME TIME ON INDIVIDUAL AND GROUP NEEDS.

TECHNICAL AND JOB-RELATED SKILLS

I GAINED A GOOD EXPERIENCE INTO THE FOLLOWING METHODS OR TECHNIQUES:

- Structural Osteopathy (Muscular Energy Techniques, Long-lever and Short-Lever Joint Techniques)
- Visceral Osteopathy (Intrapertoneal organs Test and Treatment)
- Craniosacral Osteopathy (osteo-membranous balance Techniques)
- Fascial Osteopathy (Recoil, Induction, Functional Techniques)
- Neuro- connectival fascia manipulation - L.Stecco Method
- Kinesio Taping
- A.S.P. Method – Sequential and Propedeutic Method

I also have a wide experience in electromedical devices treatments, especially referring to Tecartherapy.

I have a good knowledge about Microsoft and Apple softwares, Internet navigation and use

Daily I deal with Office programmes, especially with Microsoft Word and Powerpoint, which I use for my educational presentations.

ARTISTIC SKILLS

I firmly believe in expressing myself and my feelings using my hands as a mean for that: I use them in my work to stimulate through the contact the self-healing skills of patients; in volleyball, which is a passion of mine since I was a child and which I still carry on; in the kitchen, where I like to shape ingredients into nourishment for my family; in playing guitar, where I can reveal different moods of my mind.

OTHER SKILLS

In addition to volleyball, which I play three times per week in a local team, I like to practice many other sports, for example running, tennis, biking or snowboarding, depending on season.

I sincerely believe that both from a professional and personal perspective, having a middle level knowledge on cardiopulmonary resuscitation (CPR) is essential: for this I attend approximately every three years training courses on this topic to be up-to-date on most recent internationally approved protocols.

DRIVER'S LICENSES

B

I'm a car owner, but I frequently drive also a van and a scooter.

ATTACHMENTS

ATTACHMENTS I – ONGOING TRAINING DETAILS

ATTACHMENTS II – DETAILS OF PROFESSIONAL ACTIVITY IN SPORT REHABILITATION

Kind regards,

