

Professional strengths:

- Possesses six years of working experience in the orthopedic field
- Excellent command over written and oral communication
- Wide knowledge of human anatomy and internal body structures
- Ability to build good relationship with patients from diverse backgrounds
- Sensitive, tactful, tolerant and patient
- Possess excellent problem solving and practical skills
- Extensive knowledge of the techniques of improving body movements, restoring mobility and strengthening muscles
- Knowledge of electrotherapy, lymphatic drainage, dermato functional therapy, manual therapy, myofascial manipulation Stecco Method

Professional Experience:

Fisiotrauma Aesthetic and orthopedic Clinic

Intern Physiotherapist, March – June 2003

- Treated patients with muscles, skeletal and spine disorders
- Evaluated and treated
- Rehabilitated during pre and post knee surgeries

Sao Sebastiao Health Center

Intern Physiotherapist, August – October 2003

- Physiotherapy applied to Gynecology
- Evaluated and treated patients suffering of urinary incontinence
- Physiotherapeutic support for pregnant pre and post delivery

VII Youth Games Competition

Physiotherapist Volunteer, November 2003

- Gave support using emergency treatment for athletes during games
- Physiotherapeutic assistance to the medical staff in case of eventual accidents

Federal District Base Hospital

Intern Physiotherapist, March – May 2004

- Evaluated patients in the Intensive Care Unit, giving them ventilatory support, preparing for weaning, application of all clearing and drainage of secretions techniques
- Assessed, planned the ideal treatment and daily analyzed patients evolution
- Treated pediatric patients suffering from heart diseases

Maria de Madalena Old People Asylum

Intern Physiotherapist, May – July 2004

- Evaluated and treated geriatric patients
- Performed care protocol according to the disorders
- Improved and gave better quality of life through exercises, stretching, strengthening of muscles facilitating mobility of the joints and articulation of the spine. Enhanced functional reeducation.

Banni Club Academy – GPR Office

Physiotherapist October 2005 – March 2006

- Evaluated and treated different athletes (jiu jitsu fighters) injuries using GPR (Postural Global Reeducation) technique

Vivace Physiotherapy Clinic, Brasilia

Physiotherapist, November 2008 – June 2009

- Assigned the tasks of planning and implementing individual intervention in collaboration with the patient by using graded exercises
- Offered the evaluation of treatment of Orthopedic cases
- Handled the responsibilities of monitoring and evaluating treatment to measure the progress and ensure effectiveness of the intervention
- Performed various treatments for patients with herniated disc in the spine, skeletal and muscular disorders, acute pain, and joint stiffness.
- Handled other essential tasks as required
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Athos Pilates – Brasilia

Physiotherapist Intern Pilates Instructor, August 2009 – April 2010

- Treated patients with several disorders using Pilates technique
- Evaluated and improved the patient's condition according to the injury increasing their mobility, elongation, strengthening, concentration, proprioception, body awareness and pain relief
- Handled responsibilities of setting up equipment and preparing patients for the therapy
- Re educated patients functional movements

Core Pilates – Brasilia

Physiotherapist Pilates Instructor, May 2010 – January 2012

- Performed the tasks of treating patients with different skeletal and muscular disorders, osteoporosis, Herniated disc, spondylolisthesis, athletes' rehabilitation, pregnancy and birth preparation, third age people program

- Handled the responsibilities of setting up equipment and preparing patient for therapy
- **patient evaluation, treatment planning and implementation of therapy**
- Assigned the tasks of preparing case notes and reports of patients
- Handled the responsibilities of identifying the physical problems of patients
- Performed the duties of generating information for improving body movements and strengthening, elongation, body awareness, its functions and possibilities
- Handled the tasks of rehabilitating to re educate functional movements.
- Trained the other physiotherapists according to the PMA repertoire.

GPR- Global Postural Reeducation Office, Brasilia

Physiotherapist specialist, 2008 - 2019

- Performs the tasks of treating patients suffering from different skeletal and muscular disorders, osteoporosis, acute low back pain, herniated spine disks, tendinitis, ankylosing spondylitis, acute and chronic neck pain, hallux valgus and other types of disorders
- Improve their physical condition, posture as well, offering pain relief, better functional movements with more body awareness and physical control

Studio Naira Coelho Pilates – Brasilia

Owner 2012 till now

- management and ownership of a clinic for Pilates, GPR, osteopathy, acupuncture, manual therapy.
- Trained professionals during Pilates education through Physio Pilates/ Polestar as mentor trainee
- Treated all sorts of injuries in the office working with several techniques
- Assessment, plan of treatment, selection of best therapies for each clinical case and treatment itself.

Educational Summary:

- Upledger Institute International – Introduction to CranioSacral Therapy – Goiania – 2018
- Myofascial Manipulation - Stecco Method - Level I and II - Brasilia - 2017
- The Barral Institute Visceral Manipulation – VM1 and VM2 - Barral Institute Brazil, Porto Alegre – 2017
- IPGU – Post Graduation Institute – Acupuncture – first year – Brasilia - 2017
- Madrid Osteopathy School – Brasilia – 2016
- Specialization in Pilates Physio Pilates/ Polestar, Sao Paulo - 2010
- Specialization in PGR – Postural Global Reeducation, Philippe Souchard Institute, Sao Paulo 2005
- Bachelor´s degree in Physiotherapy from FARPLAC- Faculdade de Reabilitação do Planalto Central, Rehabilitation College in 2004

Complementary Courses:

I Forum for children's health, II Scientific Journey and III Forum for women's health – 2003
XII Postural Global Reeducation Journey – 2009
Ayurvédic Massage Course – 2009
Physio Pilates/ Polestar Instructor training – Rehab – Sao Paulo - 2009
Polestar Pilates Conference – San Diego, CA – 2012
Pilates for Osteoporosis – Sherri Betz – Porto Alegre – 2012
Pilates Leader Programme – Sao Paulo - 2013
Garuda James d' Silva – Garuda Foundation – Sao Paulo – 2013
Gyrotonic pre training – Brasilia - 2013
Pilates Leader Programme – Sao Paulo - 2014
Garuda James D'Silva – Garuda Barre – Sao Paulo – 2014
Garuda James D'Silva – Garuda Matwork Seated & Standing – London – 2016
The Barral Institute – Listening Techniques – Annabel Mackenzie – Porto Alegre – 2017

Additional Information:

Monograph for Physiotherapy Graduation
“Physiotherapeutic Resources to treat great burnt pediatric patient” - 2004
Electronic Magazine MAISQUEPILATES – Physio Pilates – Columnist – 2016

Membership:

Membership of Brazilian Physical Therapy Association, 2005 - CREFITO