



ANDRÉ SILVA

- Osteopath in Private Practice.
- Manual Therapy Trainer.
- Master's student at the University of Porto and a Postgraduate at the Fitness Academy.

PROFILE

It all started with a shoulder injury and an Osteopathy consultation. The impact of this consultation on me was tremendous, so much so that I considered studying and embracing the profession. A possible explanation for this is that I recognized in the professional who treated me the humanity that I would like to recognize in all health professionals. The other is much simpler and tells me that life is magical and always places before us the people and challenges we need to evolve. I am very happy in my profession. And extremely happy studying. I am privileged to be able to teach. But I would like to state what fascinates me most about Osteopathy: **the ability of a person to get closer to human beings and recognize their individuality.**

CONTACT

MOBILE PHONE:

(+351) 912 856 321

Personal email:

andrepocas@gmail.com

Professional Email:

andresilvaosteopata@gmail.com

PROFESSIONAL GOALS:

- ✓ Finish my Master's and Post-Graduation in the next academic year.
- ✓ Publish my Research Project.
- ✓ Join a Team Project, where multidisciplinary collaboration is possible.

ACADEMIC EDUCATION

03/2023 to present – Attending the Postgraduate Course in Therapeutic Training at the Fitness Academy.

2023-2024 – Attending the 2nd. Year of the Master's Degree in Academic and Clinical Education at FMUP.

2020-2021 – Degree in Osteopathy completed with an average of 16 points at the Piaget Institute – Escola Superior de Saúde, in Vila Nova de Gaia

2017-2018 – Manual Therapy Course I, with teachers Rui Santiago and Luís Correia at the training entity SIMAC, in Porto, lasting 244 hours

2016-2017 – Recovery and Relaxation Massage Course at SIMAC, Porto.

2006-2007 – Degree in Tourism at ISCET (Higher Institute of Business and Tourism Sciences).

PROFESSIONAL EXPERIENCE

From 05/2022 to present – Manual Therapy Trainer at the training entity SIMAC (Porto).

From 10/2022 to present – Osteopath at the MaisFIT gym in Vila Nova de Gaia.

From 01/2017 to present – Masseuse, Manual Therapist and Osteopath in his own practice.

From 11/2009 to 08/2022 – Employee at Francisco Sá-Carneiro Airport, at the handling company Portway, working as TAE – Ground Handling Technician in the Passenger Area.

COMPLEMENTARY TRAININGS

04/2023 – Training in Dry Puncture and Electropuncture in the Treatment of Trigger Points by Master Science Lab.

02/03/2022 to 02/06/2022 – Specialized training in Pediatric Osteopathy by Master Science Lab.

10/2018 – Training in Palpatory Anatomy by Bwizer.