

# IVÁN VIVO

## PHYSIOTHERAPIST

### Academic Background

Physical Therapist since 2010. University of Murcia.

Osteopath (MsC), since 2014, Madrid School of Osteopathy (Spain)

MsC in Quality Management of Health Services . University of Murcia, 2016

### Working Experience

Sports physiotherapist with different football players and teams of several countries like Latvian National Team, CSKA Moscow (Russia), Borussia Dortmund (Germany), Almeria CF (Spain), Al-Fayha (Saudi Arabia) and physio of young talents from teams like OGN Nice, Chelsea FC and Juventus FC. Creator and developer of the injury prevention methodology "Future Football" in Latvia and Kazakhstan academies.

Physiotherapist and director of the area of Functional Assessment Methodology at Innova: Health and Sport Institute (Spain) from 2015.

Physiotherapist of some of the most important endurance athletes from Europe (Team GB, Netherlands, Team New Balance Manchester, Northern Ireland Athletics).

### Education Experience

Lecturer in different conferences and courses in Spain, UK and Russia (detailed in the next page).

External professor at the University of Murcia (clinic internship programs).

### Languages

Fluent speaker: Spanish and English. Basic skills: French and Russian

### Others

Amateur marathon runner, sports enthusiast and tireless problem-solver.

Experience of leadership of work-teams, e-marketing and creation-development of online courses and academies.

### References

*Olympic Team GB (British Athletics): Coaches: Hannah England, Sonia Samuels, David Harmer, Steve Vernon. Athletes: Ciara Mageean, Lily Partridge, Callum Hawkins.*

*Elite Football: Achraf Hakimi (PSG), Mickael Cuisance (Sampdoria), Jean Clair Todibo (Nice FC), Olivier Nsiambamfumu (Ya'Ats Sports Agency).*



## CONTACT

### Email

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### Phone

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### Social media



## EXPERTISE

**Sports injuries prevention  
and rehab.**

**Functional assessment and  
monitoring.**

**Implementation of new  
methodologies at work  
teams.**

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## PHYSIOTHERAPIST

### DETAILED RESUME

#### Sports Physiotherapy specific education

- Running injuries & performance symposium. Sports Surgery Clinic (Dublin). November 2019
- ACL injuries. Expert in rehab and RTP. Enda King, January 2017 (Madrid).
- Assessment of athletes through mobile Apps and wearables. Carlos Balsalobre, January 2017.
- Movement dysfunction: and evidence based overview. November 2015.
- Return to sport and discharge testing. November 2015.
- New trends in the prevention of running injuries. The Running Clinic, October 2015.
- Expert in lower limb tendinopathies. Peter Malliaras, June 2015.
- Athletic groin pain: assessment, rehab and prevention. Andy Franklyn-Miller, Enda King, Eanna Falvey. June 2014.
- Rehab Trainer practitioner: Ulrik Larsen. May 2014
- Tendinopathy: an Evidence based approach. Peter Malliaras. October 2013.

#### Education Experience (as lecturer)

- External professor (internship tutor programs) at Murcia University from 2014 to 2017.
- Lecturer at sports physiotherapy courses in Spain and Russia (muscle injuries, tendon injuries, groin pain, ankle-foot injuries and blood flow restriction) from 2018 to the present.

#### International Communications.

*Igra Bez Travn Conference, Moscow 2018*

- How to implement preventive strategies in team sports. Invited international lecturer.

*Football Medicine Strategies, London 2016*

- Comparison of time to return to play between elite Spanish football and futsal.
- Rehabilitation after FAI arthroscopy. When all is not enough. A case report.

*Muscle Tech Network, Barcelona 2015*

- Correlation between upper and lower quarter dynamic balance in footballers.

*Football Medicine Strategies, London 2015*

- Minimal detectable change of upper quarter balance measures in footballers.
- Isometric adduction strength decreases in footballers with previous groin injury
- Upper and lower quarter dynamic balance in amateur footballers.

*13th Congress of European forum for research in rehabilitation, Helsinki 2015*

- Test-retest reliability of upper quarter y-balance test in soccer players.

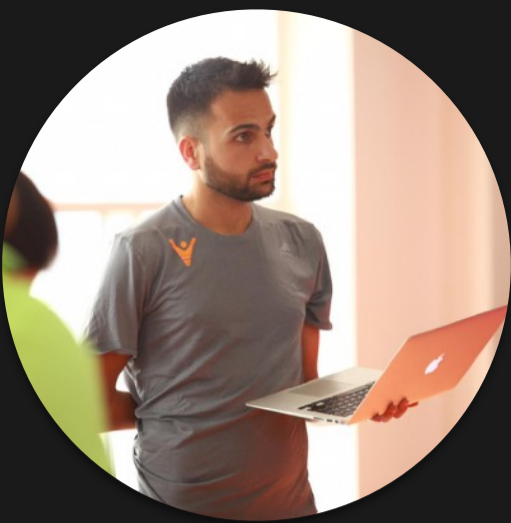
#### Research published as author:

Five times sit-to-stand test in subjects with total knee replacement: Reliability and relationship with functional mobility tests. Gait and Posture, 59. October 2017

Preseason Injury Characteristics in Spanish Professional Futsal Players: the LNFS Project. Journal of Strength and Conditioning Research: December 27, 2019 .

#### Technical Skills

- Specific assessment methodology for the main sports injuries (ACL, ankle injuries, groin pain, hamstring strains, low back pain, lower limb tendon problems...).
- Movement assessment, biomechanics, functional movement, posture, muscle mechanics, running biomechanics. Corrective and preventive workout programs establishment and monitoring.
- Dry needling, invasive techniques (EPI), osteopathy, manual therapy, massage, tecartherapy, electrotherapy... etc.
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