

# HELENA LOPRESTI

*Physical Therapist*

*Osteopath*

*University Lecturer Unibo*

## SUMMARY

Experienced physiotherapist and osteopath with 11 years of expertise in assessment and management of tailored treatments, depending on the patient's specific issue. Proven experience in addressing patients' needs and developing appropriate treatment plans to resolve problems efficiently and effectively. Skilled in identifying the root cause of trauma and designing safe and effective therapeutic strategies.

## EXPERIENCE

### UNIVERSITY LECTURER

**Alma Mater Studiorum - University of Bologna | A.A. 22/23 - 23/24- 24/25**

*University lecturer in Massage Therapy and Physical Instrumental Therapy for the Physiotherapy Degree Program*

### PHYSICAL THERAPIST

**L'IRCCS University and Research Hospital of Bologna - Policlinico S. Orsola - Malpighi. | Mar 24-Today**

*Focused on orthopedic and sports injuries, providing patient-centered care*

**Spinal cord injury hospital of Montecatone Rehabilitation Institute (Imola) | Apr 21- Mar 24**

*Specialized in spinal cord injuries physiotherapy, including both acute care and ongoing rehabilitation*

**A.s.d. Cross Fit Box Pontevecchio | Apr 19- Apr 21**

*Focused on Osteopathy and Physiotherapy for CrossFit athletes*

**Nursing Home Villa dei Gerani | Oct 15- Apr 19**

*Focused on advanced Rehabilitation techniques for Neurological and Post-Surgical Orthopedic and Cardiopulmonary Patients*

**Center Turano | Jen 15- Jul 15**

*Specialized in pediatric and geriatric physiotherapy, delivering compassionate care*

## EDUCATION

### University of Pavia

*Master of Individualized Management of Athletes in Motorsport | Jen 2025 - Dec 2025*

### University Magna Graecia of Catanzaro

*Degree in Physiotherapy (110/110) | 2011-2014*

### University of Perugia

*Master degree Course in Rehabilitation Science for Health Professions (110/110) | 2016-2018*

### Centro Studi di Osteopatia Tradizionale di Roma

*Osteopathy Degree D.O. | 2014-2020*

## LANGUAGES

Italian - Native Language

English - Level C2 Proficiency



## CONTACTS



+393466222435



helena.lopresti@gmail.com  
helena.lopresti@unibo.it



<https://www.linkedin.com/in/helena-lopresti-730859121/>



<https://www.unibo.it/sitoweb/helena.lopresti>



via Guazzaloca 6/3 BOLOGNA  
40139 ITALY

## CERTIFICATIONS

- Sports Physiotherapy (Coverciano)
- Kinesiology Taping Course
- Therapeutic Methods in Cardiac Rehabilitation
- Theoretical/Practical Course in Tecar Therapy
- Theoretical/Practical Course in Shockwave Therapy
- Fibrolysis in Rehabilitative Treatment
- Therapeutic and Sports Massage Techniques
- SMT-1: High-Velocity Low-Amplitude (HVLA) Thrust Manipulation of the Cervical, Thoracic, Lumbar, and SI Joint
- Mézières Method Course
- Theoretical-Practical Course in Manual Lymphatic Drainage – Part I & II
- Pelvic Floor Rehabilitation
- Rotator Cuff Injuries
- New Coronavirus (SARS-CoV-2) Health Emergency: Preparedness and Response
- Low Back Pain: Introduction and Rehabilitative Path
- HVLA - Spinal Manipulation
- Manual Handling of Loads
- BLS/D (Basic Life Support and Defibrillation)
- Clinical Reasoning: Assessment and Treatment of the Shoulder
- Advanced Course in Respiratory Rehabilitation
- Neurocognitive Rehabilitation according to the Perfetti Method
- Therapeutic Massage in Rehabilitation
- Recovery, Assessment of the Upper Limb, and Functional Hand Setup in Patients with Complete Lesion
- Advanced Training Course in Physical and Instrumental Therapy
- Motor Re-education in Water (Aquatic Therapy)
- Assessment and Treatment of Adults with Neurological Disorders – BOBATH CONCEPT