



**FILIFE
CYMBRON^{MD}**

Sports & Exercise Medicine

I am a portuguese Sports Medicine Specialist travelling around the world and doing his journey in a very unique way. I welcome new challenges and I am eager to learn and develop new projects and ideas.

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WORK EXPERIENCE

- 2022 • National Teams Physician - United Arabic Emirates Football Association (UAE FA)
- 2021 • U20 National Team Physician - Portuguese Football Federation (FPF)
- 2018-2019 • Head of the Medical Department Al-Nassr Football Club
- 2017-2019 • Head of the Medical Department Portuguese Surfing Federation
- 2017-2018 • Medical Department Al-Taawoun Football Club
- 2016-2019 • CrossFit Medical Team
- 2015 • Swiss Olympic Medical Center Internship

EDUCATION

- 2017-2019 • IOC Sports Medicine Diploma (International Olympic Committee)
- 2018 • Board Certified Sports Medicine Physician
- 2017-2018 • Diploma in Football Medicine (FMUP)
- 2016-2017 • Postgraduate Diploma in Postural & Physical Rehabilitation (Lusófona)
- 2016-2017 • Postgraduate Diploma in Sports Nutrition (Lusófona)
- 2009-2010 • Postgraduate Diploma in Sports and Exercise Medicine (FMUP)
- 2003-2009 • Integrate Master in Medicine (FMUP)

INTERNATIONAL EXPERIENCE



PROFESSIONAL SKILLS

Medicine, Sports Medicine, Injury Prevention, Biomechanics, Sports Nutrition, Muscular Injuries, Rehabilitation, Physical Activity and Health.

WHO AM I?

Honest, Coherent, Broadminded, Ambitious, Organized, Consistent, Efficient, Hardworking, Analytical and Reliable.

LANGUAGES

ENGLISH	● ● ● ● ●
FRENCH	● ● ● ● ●
PORTUGUESE	● ● ● ● ●
SPANISH	● ● ● ● ○
ITALIAN	● ● ● ○ ○

INTERESTS





Objective

Head of Medical, Health and Performance Department

Professional experience

nov 2018 - present: **Sports Medicine Specialist**, supervisor, consultant (2nd opinion specialist) & mentorship for professional international athletes, Private practice; Worldwide

sep 2022 - dec 2022: **National Teams Doctor**, physician in charge of multiple UAE National Teams medical department; **United Arabic Emirates Football Association**; Dubai (UAE)

nov 2018 - dec 2022: **Sports Medicine Consultant**, Clínica do Dragão - Espregueira-Mendes Sports Centre - **FIFA Medical Centre of Excellence**; Porto (Portugal)

sep 2021 - jun 2022: **National Team Doctor**, physician in charge of the Portuguese U20 National Team medical department; **Portuguese Football Federation**; Lisbon (Portugal)

nov 2018 - aug 2022: **Sports Medicine Physician**, Clínica de São Gonçalo; Azores (Portugal)

jun 2018 - jan 2021: **BLS & AED Instructor**; American Heart Association; Lisbon (Portugal)

jun 2018 - nov 2019: **Head of Medical Department Al-Nassr FC**; Riyadh (Saudi Arabia)

feb 2017 - jan 2019: **Head of Medical Department Portuguese Surfing Federation**; Lisbon (PT)

oct 2016 - dec 2018: **Doping Control Officer (DCO)**; Portugal

jul - dec 2017: **1st Team Physician Al-Taawoun Football Club**; Buraydah (Saudi Arabia)

jan 2012 - jan 2018: **Sports & Exercise Medicine Resident**

Education & Training

oct 2023 - jan 2024: **Certificate in Neurobiology and Sports Performance**

Barça Innovation Hub Universitas

oct 2023 - jan 2024: **Certificate in Workload and Injury in Team Sports**

Barça Innovation Hub Universitas

may 2023: **CrossFit Medical Doctor Level 2**

CrossFit, Inc. CrossFit and Forging Elite Fitness

jul 2022: **ISAK Training Course – Level One Anthropometrist**

International Society for the Advancement of Kinanthropometry

may 2021: **Online Certificate in the Buteyko Clinic Method (CertBBM) Program**

Buteyko Clinic International (BCI)

may 2021: **Harvard Sports Medicine 2021 Course**

Harvard Medical School, Harvard University

jan - sep 2020: **Posturology Specialist**

Evidence Formation in Health Sciences and Sports

nov 2019: **Applying Functional Medicine Methods in Clinical Practice (AFMCP)**

The Institute for Functional Medicine

aug 2019: **Art of Breath Course & Seminar**

Power Speed Endurance, Inc.

feb 2018: **CrossFit Medical Doctor Level 1**

CrossFit, Inc. CrossFit and Forging Elite Fitness

sep 2017: **FIMS Team Physician Advanced Course**

International Federation of Sports Medicine (FIMS)

aug 2017: **AOSSM/AAOS Orthopaedic Sports Medicine Review Course**

The American Orthopaedic Society for Sports Medicine & American Academy of Orthopaedic Surgeons

jul 2017: **Advanced Cardiovascular Life Support (ACLS)**

American Heart Association - Ocean Medical

may 2017: **Advanced Surf Life Support (ASLS)**

Surfing Medicine International (SMI)

apr 2013: **Advanced Trauma Life Support (ATLS)**

American College of Surgeons (ACS) - Portuguese Society of Surgery

feb 2012: **Mesotherapy course**

Saint Joseph Hospital (Lisbon - PT) – PM&R Service

may 2021: **Chief Medical Doctor at Azores Cycling Grand Prix**, Azores (Portugal)

feb 2020: **Doctor at Wodapalooza Miami 2020**, Miami (USA)

jan 2020: **Chief Medical Doctor at CrossFit Strength in Depth 2020**, London (England)

nov 2018: **Chief Medical Doctor at European Showdown 2018**, Paris (France)

jun 2018: **Doctor at Meridian Regionals Reebok CrossFit Games 2018**, Madrid (Spain)

may 2018: **Doctor at Europe Regionals Reebok CrossFit Games 2018**, Berlin (Germany)

apr 2018: **Doctor at the National Motocross Championship 2018**, Lisboa (Portugal)

aug 2017: **Doctor at the Reebok CrossFit Games 2017**, Madison (USA)

jun 2017: **Doctor at the National Motocross Championship 2017**, Lisboa (Portugal)

jun 2017: **Doctor at Meridian Regionals Reebok CrossFit Games 2017**, Madrid (Spain)

apr 2017: **Doctor SATA Rallye Azores 2017 - European Rallye Championship**, Azores (PT)

mar 2017: **Doctor at Red Bull Rivals 2017**, Ericeira (Portugal)

sep 2016: **Doctor at ISA World Junior Surf Championship 2016**, Azores (Portugal)

may 2016: **Doctor at Meridian Regionals Reebok CrossFit Games 2016**, Madrid (Spain)

may 2016: **Doctor at the Swiss National Fencing Championship**, Neuchâtel (Suíça)

sep 2014: **Doctor at JuraFight 2014**, Delémont (Switzerland)

jun 2013: **Doctor at Red Bull Cliff Diving Azores 2013**, Azores (Portugal)

apr 2013: **Doctor SATA Rallye Azores 2013 - European Rallye Championship**, Azores (Portugal)

jul 2011: **Doctor at SATA Rallye Azores 2011 - Intercontinental Rallye Challenge**, Azores (PT)

may 2011: **Doctor at Azores Spring Rallye 2011**, Azores (Portugal)

Diplomas

2024 - on going	Postgraduate Integrative Functional Medicine , Brazilian Academy of Integrative Functional Medicine
2024 – on going	Postgraduate in Medical Ozone Therapy , Egas Moniz School of Health and Science
2017 - 2020	Postgraduate IOC Diploma in Sports Medicine , International Olympic Committee (IOC) – Graduated with <u>Distinction</u>
2017 - 2018	Postgraduate Diploma in Football Medicine , Faculty of Medicine of the University of Porto (FMUP) – Graduated with <u>Distinction</u>
2016 - 2017	Postgraduate Diploma in Postural & Physical Rehabilitation , Lusófona University of Lisbon – Graduated with <u>Distinction</u>
2016 - 2017	Postgraduate Diploma in Sports Nutrition , Lusófona University of Lisbon – Graduated with <u>Distinction</u>
2010 - 2011	Postgraduate Diploma in Sports & Exercise Medicine , Faculty of Medicine of the University of Porto (FMUP) – Graduated with <u>Distinction</u>
2003 - 2009	Integrated Master Degree in Medicine , Faculty of Medicine of the University of Porto (FMUP) – Graduated with <u>Commendation</u>
2000 - 2003	High School Diploma , Escola Sec. Domingos Rebelo – Graduated with <u>Distinction</u>

Memberships

Member of the Portuguese College of Physicians
Member of the Portuguese Society of Sports Medicine
Member of the FMH (Fédération des Médecins Suisses)
Member of the ACSM (American College of Sports Medicine)

Personal Skills

Portuguese - Mother tongue/ Native speaker
English - Full professional proficiency/ Native speaker
French - Full professional proficiency/ Near native
Spanish - Professional working proficiency/ Very good command
Italian - Limited working proficiency/ Basic communication skills