



## CONTACT

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## KEY SKILLS

- Team management
- Body mechanics
- Knee rehabilitation

## WRESTLING PALMARES

- **World Champion 2023**  
*Zhang Qi (59Kg)*
- **Asian Champion 2023**  
*Pang Qianyu (55Kg);  
Long Jia (65Kg)  
Zhou Feng (68Kg)*

## LANGUAGES

-  **Italian** : Native
-  **English** : Fluent C2
-  **Spanish** : Fluent C2
-  **French** : Fluent C2
-  **Portuguese** : Advanced B2
-  **Chinese** : Intermediate B1

## INTERESTS

-  Travelling     Reading
-  Surf, diving     Cooking

# EDOARDO BALZANI

## Sport physiotherapist



## PROFESSIONAL EXPERIENCE

- 2022 - Current: **Head physiotherapist & coordinator** of rehabilitation service for the **Chinese Wrestling Olympic Team**. Beijing, **China**
- 2018 – 2022: Sport physiotherapist as private practitioner. Paris, **France**.
- 2016-2018: Personal physiotherapist for Filippo Pittarello, former professional italian Judoka - FIJLKAM.
- 2016-2017: Physiotherapist for Forlì FC (Lega Pro B) Forlì, **Italy**.
- 2015: Internship. Physiotherapist for UCAM Basketball (1st Spanish Basketball Division, Liga ACB). Murcia, **Spain**.

## EDUCATION

### Major certifications:

- EXOS Performance Specialist Certification. (Online)
- **Strength & Conditioning coach** – Expertise Performance Center «Cometti», University of Bourgogne, France.
- Sport Injuries & Manual therapy Diploma - Kinesport, Paris
- **University of Physiotherapy** - Universidad Católica San Antonio, Spain. **Graduated with honors**.

### Others certifications:

- The shoulder – Jo Gibson. (Online)
- McKenzie Method Lvl. A - McKenzie Institut, Bordeaux
- Top Shoulders - Frédéric Srour - ITMP, Paris
- BFR (Blood Flow Restriction) - Paris
- Micro Nutrition - Kineformation, Paris

## RESEARCH

- 2017 – **Author** "Effectiveness of therapeutic exercises in patients with breast cancer undergoing chemotherapy. A systematic review". Balzani E, Martinez-Fuentes J. Cuest. Fisioter-2017
- 2016 – **Speaker** at Qualevitae: 1º International Congress on life quality in Spain.
- 2016 – **Researcher** for «Orthopedic evaluation on dance. A 10 years longitudinal study.» By Pr. Dr. Francisco Esparza Ros.