

Joshua Contreras

Licensed Massage Therapist | Full Stack Web Developer

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Experience

Professional Summary

Dedicated and results-driven healthcare and fitness professional with over a decade of experience in postural restoration, corrective exercise, massage therapy, and emergency medical services. Skilled in evaluating and treating musculoskeletal dysfunctions, managing client health programs, and leading teams in fitness and clinical settings. Looking to bring my problem solving skills, management experience, team building and love for learning into the Software industry.

The BackWorx – Bradenton, FL *Medical Massage Therapist* July 2024 – Present

- Assess and treat client pain and mobility concerns
- Educate clients on pain sources and recovery behavior
- Coordinate scheduling and client onboarding for relief programs
- Deliver medical massage per Florida state standards

Anatomy Mechanic Therapeutic Training Inc. – Edison, NJ *Founder / Pain, Posture & Movement Specialist* May 2021 – June 2024

- Conduct assessments and provide postural restoration therapy
- Support client weight loss and mobility goals
- Maintain HIPAA-compliant documentation
- Manage all business operations and client communication
- Achieved 25+ 5-star Google reviews through excellent service

Therapeutic Massage & Training Center – New Jersey *Per Diem Instructor* Sept. 2022 – Present

- Teach Intro to Postural Restoration and Muscles & Movement
- Developed and led kinesiology curriculum

Breakthrough Fitness – Staten Island, NY *General Fitness Manager / Personal Trainer* July 2016 – Oct. 2020

- Managed client training programs, staff training, and gym events
- Specialized in corrective exercise, group training, NPC coaching
- Conducted income reviews and developed growth strategies
- Led trainer development workshops and seminars

FDNY EMS / Primary Care Ambulance – New York, NY
Emergency Medical Technician / Supervisor
Feb. 2010 – Sept. 2017

- Responded to 911 emergencies and delivered BLS care
- Trained new EMTs and supervised field operations
- Supported medics with ALS procedures and equipment setup

Education & Training

Postural Restoration Institute

Certificate Program (May 2020 – May 2021)

- Completed Courses: Pelvic Restoration, Postural Respiration, Cervical Resolution, Myokinematics

Therapeutic Massage Training Center – New Jersey

Massage Therapist Program (Nov. 2021 – May 2022)

Software Development Boot Camp - University Of Central Florida

Certificate in Full Stack Web Development (Dec. 2024 - June 2025)

- Full-stack web development: JavaScript, TypeScript, Node.js, Python, React, SQL, NoSQL (MongoDB),
- AI-Powered Development: AI-assisted tools, OpenAI
- GitHub Link - <https://github.com/JayC-06?tab=repositories>

Certifications & Licenses

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- Full Stack Software Development - UCF
 - NASM Certified Personal Trainer – Cert. #1230957586
 - NASM Corrective Exercise Specialist – Cert. #1200447953
 - Licensed Massage Therapist
 - NJ #18KT01463300,
 - FL #MA105062
 - CPR & First Aid Certified (2023–2025)

Specialties

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- Postural Restoration Therapy
 - Deep Tissue & Medical Massage
 - Trigger Point & Joint Mobilization
 - Personal Training & Corrective Exercise
 - Customer Service & General Management
 - CDL Class B (Tanker & Air Brake Endorsements)