

Luca Alessandrone



Education

2023

Professional Certification Course

Course On The Fundamentals of Osteopathic Medicine For Women - Rome
Course focused on the fundamentals of female anatomy and physiology, applying osteopathic medicine techniques, with emphasis on the pelvic floor, pregnancy, post-pregnancy scars, and fertility.

Jan 2023

Bachelor's Degree in Osteopathy

CSOT, Center For Traditional Osteopathy Studies - Rome

2021

Professional Certification Course

Taping And Functional Bandaging Specialization - Rome

Acquired practical skills in applying neuromuscular taping and functional bandaging to support muscle function and joint stability in sports and other physical activities.

Jan 2020

Professional Certification Course

Neuromuscular Taping Course, David Blow Method - Rome

I gained skills in applying taping techniques for patients with neuromuscular disorders.

Sep 2019

Bachelor's Degree in Physiotherapy

Università La Sapienza Di Roma - Rome

Graduated with 110/110, with honors



Work History

Jan 2019 -

Physiotherapist and Osteopath

Current

Italian National Olympic Committee, Rome

- Provided **personalized physiotherapy and osteopathic treatments** for high-level athletes across various disciplines, including martial arts, diving sports, artistic gymnastic, surf and weightlifting.

- Specialized in **musculoskeletal rehabilitation** with a focus on treating sports-related injuries, including sprains, strains, tendinopathies, fractures, and joint instability.

-Collaborated with **doctors, sport physicians, coaches, and nutritionists** to create integrated recovery programs and ensure a holistic approach to injury prevention and rehabilitation.

- Utilized assessment methods to develop targeted treatment plans and return to play.

- Provided support with Osteopathic treatments, therapeutic massage, sport bandages.

- Support athletes during national and international competitions.

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Sep 2025 -
Sep 2025

Physiotherapist and Osteopath

German Open Taekwondo 2025, Hamburg

Supported athletes during the competition, managing injuries and aiding recovery to optimize performance.

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Jul 2025 -
Jul 2025

Physiotherapist and Osteopath

European Youth Olympic Festival, Skopje 2025, Skopje

I worked with the Italian national team at the Youth Olympic Games in Skopje as a physiotherapist and osteopath, providing hands-on support to athletes. I assisted them throughout training and competitions, ensuring optimal performance and recovery.

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Jul 2025 -
Jul 2025

Guest Professor

Italian National Olympic Committee , Rome

I served as a professor in the XXII Course for Experts in Physical Preparation and Training Methodology "Carlo Vittori", teaching advanced physiotherapy techniques for the management of musculoskeletal injuries, including ankle sprains, muscle strains and tears, knee ligament injuries, and shoulder pathologies.

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Mar 2025 -
Mar 2025

Physiotherapist and Osteopath

Rome Marathon , Rome

Provided support to athletes throughout Rome Marathon event.

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Mar 2025 -
Mar 2025

Physiotherapist and Osteopath

Dutch Open Championship 2025, Eindhoven

Provided Assistance for the national Italian team of Taekwondo during the Dutch Open Championship 2025

Jun 2024 - Jun 2024 **Physiotherapist and Osteopath**

European Athletics Championship Rome 2024, Rome

Provided Assistance for the Italian athletes of the national team during the European championship

Sep 2023 - Oct 2023 **Physiotherapist and Osteopath**

The Ryder Cup, Rome

I was responsible for supporting athletes' well-being during the Ryder Cup, focusing on physical and mental readiness.

I worked closely with the team to ensure optimal performance, recovery, and overall athlete care.

Jul 2023 - Jul 2023 **Physiotherapist and Osteopath**

European Youth Olympic Festival, Maribor 2023, Maribor

I worked with athletes during the competition, providing support focused on their well-being and performance.

I specifically supported members of the Italian Under-19 National Team throughout the event.

Jan 2019 - Jan 2020 **Physiotherapist**

Da Italian Federation of Judo, Wrestling, Karate and Martial Arts, Rome

Provided injury prevention, rehabilitation, and performance support to athletes of the Italian national team during training and competitions.

Physiotherapist and Osteopath with expertise in assessing and treating musculoskeletal disorders in high-level athletes. Experienced in rehabilitation follow-up, osteopathic techniques, and collaborative team work, with involvement in international sports competitions.

 **Languages**

Inglese

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Upper intermediate (B2)

Spagnolo

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Upper intermediate (B2)