



Sonia MARTÍNEZ REYGAZA

PERSONAL INFORMATION

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Born: June, 22- 1976.

French and Spanish nationality

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COMPETENCES

- - Director of the Sonia Martínez Physiotherapy and Osteopathy Centre since 2006.
- - Lecturer on the Master's Degree in Paediatric Physiotherapy at Gimbernat University School since 2016.
- - Lecturer in Medical Pathology (Spinal Deformities) in the Degree in Physiotherapy at Gimbernat University School (Sant Cugat). Since 2016.
- - Lecturer, Instructor and Practical Tutor of the BSPTS (Barcelona Scoliosis Physical Therapy School) since 2002.
- - Former Professor of Spinal Deformities at the FUB (University of Manresa, attached to the Autonomous University of Barcelona) 2006-2009.
- - Lectures on Activities of Daily Living, scoliosis and postural hygiene in Educational Centres and Physiotherapy and Osteopathy Centres since 2004 and at present.
- - Lecturer in Spinal Deformities at Campus Universitario del Mar de Barcelona (UAB) since March 2014.
- - Founding member of SOSORT
- - Lecturer in Spinal Deformities at the FUB, 2006-2009.
- - Collaborating professor of Spine Deformities in the Master of Posturology at the University of Barcelona (2011 to 2016).

- Professor and Lecturer of Master of Physiotherapy of Pediatrics at Gimbernat High School (Barcelona) since 2016.
- - Lecturer in Medical Pathology (Spinal Deformities) in the Degree in Physiotherapy at the Gimbernat University Schools (Sant Cugat). Since 2016.
- - Lecturer, Instructor and Practical Tutor of the BSPTS (Barcelona Scoliosis Physical Therapy School) since 2002.
- - Former Professor of Spinal Deformities at the FUB (University of Manresa, attached to the Autonomous University of Barcelona) 2006-2009.
- - Talks on Activities of Daily Living, scoliosis and postural hygiene in Educational Centres and Physiotherapy and Osteopathy Centres since 2004 and at present.
- - Lecturer in Spinal Deformities at Campus Universitario del Mar de Barcelona (UAB) since March 2014.
- - Founding member of SOSORT
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- - Collaborating professor of Spine Deformities in the Master of Posturology at the University of Barcelona (2011 to 2016).

EDUCATION

- - Graduate in Physiotherapy. University of Salamanca. (2018)
- - Diploma in Nursing (1998)
- - Diploma in Physiotherapy (2001) col.3454
- - Osteopath D.O. (2011). Member ROE 402
- - Global Postural Re-education Course (RPG).
- - Feldenkrais Basic and Advanced Course.
- - Mezières Course.
- - Course on Hypopressive Abdominal Gymnastics.
- - Osteopathic approach in Obstetrics.
- - Biodynamic Paediatric Osteopathy. Christian O'Sullivan.
- - Biodynamic Osteopathy. Christian O'Sullivan (from 2014 to the present).
- - Biodynamic Osteopathy Phases I to V with Dr James Jelous in Ashland (Oregon) 2019.
- - Training in Clinical Paediatrics CODI, Centre d'Osteopathy for Children (2017-2019).
- - Official University Master's Degree in Osteopathy (2020).
- - 2004. Certificate of Connaissance de la langue française - Institut français de Barcelona with Excellent Level.

EXPERIENCE

- - March 1996-May 1996 Polyclinic of Granollers. Barcelona. Trainee Nurse in the Internal Medicine Department.
- - October 1996- December 1996. Mollet Hospital. Barcelona. Trainee Nurse in the Operating Room Service.

- - February 1997- April 1997. Clinical Hospital of Barcelona. Trainee Nurse in the Infectious Diseases Department.
- - September 1997- December 1997. Hospital General de Vic. Barcelona. Trainee Nurse in the delivery room service.
- - February 1998-May 1998. Manlleu Primary Care Centre. Barcelona. Trainee Nurse in Paediatrics.
- - June 1998-September 1998. Centre Hospitalier Soissons. Aisne. Aisne. France. Nurse in the Palliative Care Service.
- - October 1998. Barcelona. Nurse in Paediatrics.
- - November 1998-February 1999. Hospital de la Santa Creu. Vic, Barcelona. Nurse in Palliative and Convalescence Services.
- - June 1999- September 1999. Centre Hospitalier Soissons (Aisne), France. Nurse in the Palliative and Convalescence Service.
- - October 1999- November 1999. Elena Salvà Institute (Spinal Deformity Rehabilitation Centre), Barcelona, Physiotherapist trainee.
- - March 2000- May 2000. Marta Serrat Centre (Barcelona) Physiotherapist trainee.
- - September 2000- November 2000. Physical Medicine Rehabilitation Centre. Barcelona, Physiotherapist Trainee.
- - June 2001- until December 2005. Elena Salvà Institute, Rehabilitation Centre for Spinal Deformities, Physiotherapist specialising in the Schroth Method.
- - January 2006-present Director of the Sonia Martínez Physiotherapy and Osteopathy Centre, specialising in Spinal Deformities and Osteopathy.

IDIOMAS

Fluent in French, Spanish and Catalan
Professional skills competences in English

PROFESSIONAL REFERENCES

- - Dr. Manuel Rigo Caldito. Director of the Elena Salvà Institute. Doctor in Medicine. Founding member and first president of SOSORT.
- - Dr. Ma Gloria Quera Salvà. Director of the Elena Salvà Institute. Osteopath D.O.
- - Francesc Escarmís. Director of Osteopathy training at Gimbernat University School.
- - Rolland Lorilleux, D.O. Osteopath. Director of the ECO Osteopathic Concept School (Barcelona, Madrid, Seville).
- - Marta Serrat. Physiotherapist and psychologist
- - Monique Van der Vost. Coordinator of the Feldenkraisen Method Spain.
- - Juan Carlos Díaz. Osteopath D.O.
- - David Vargas. Physiotherapist. Instructor of the depsychoneuroimmunology course.

- - Pedro Rubio. Physiotherapist and Osteopath. Director of the Cos Global centre.
Dr. Maribel Pluma. Homeopathic Doctor
- - Dr. Gonzalo Quiroga. Homeopathic Doctor specialised in Strategic Brief Therapy.
- - Louis Teyssier. Director of the Centre Hospitalier de Soissons (France).
- - Joan Parera. Physiotherapist and Osteopath. Professor at the Blanquerna School of Osteopathy.
- - François Gillman. Osteopath. Collaborates with the Elena Salvà Institute.
- - Gonzalo Lorza. Deputy Director of the University of Manresa (FUB).
- - Ester Vergel : Physiotherapist. Lecturer at E.U. Gimbernat.
- - Cristian O'Sullivan: Osteopath D.O. Biodynamics.
- - Dr. James Jelous: Osteopath D.O. Biodynamics.
- - Dr. De Mauroy: Physical Medicine and Rehabilitation. Lyon.
- - Dr. Judith Sánchez: Specialist in Physical Medicine and Rehabilitation. Hospital Vall d'Hebron. Barcelona.
- - Dr. Elisabetta D'Agata: Doctor in clinical psychology.
- - Maria Cristina: Osteopath D.O.
- - Jordi Cid: Osteopath D.O.
- - Fran Trebar: Osteopath D.O.
- - Ramon Cases: Osteopath D.O

PUBLICATIONS

- Study-Book: Scoliosis Intensive out-patient Rehabilitation Based on Schroth Méthod
- Author: “ Soulager votre mal de dos sans médicaments” Ed. Leduc. (2018). (edited in France)