**Laura Cristina Ortiz Valverde**Integral Masseur – Kinesiological Rehabilitation
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## Professional Profile

Certified Integral Masseur with experience in sports kinesiology, therapeutic and aesthetic massage, and rehabilitation for high-performance athletes. I bring over 10 years of hands-on experience in both clinical and field environments. I have worked with professional football teams (First Division, youth, and amateur leagues), as well as in volleyball and boxing. Skilled in manual therapy, sports massage, lymphatic drainage, aesthetic treatments, and electrotherapy. Committed to wellness, prevention, and integral care.

## Professional Experience

Freelance – Sports Rehabilitation & Massage Therapy
Montevideo, Uruguay · 2015 – Present
- Rehabilitation and follow-up for injured athletes in football (First Division, youth, ONFI, amateur leagues), volleyball, and boxing.
- Use of manual techniques, functional bandaging, kinesiotaping, and sports massage.
- Experience in injury prevention, warm-up routines, and on-field assistance.
- Work alongside coaches and physical trainers for personalized athlete care.

Private Practice – Aesthetic and Therapeutic Massage
Montevideo, Uruguay · 2012 – Present
- Lymphatic drainage, facial lifting massage, foot reflexology, anti-cellulite treatments, and relaxation massage.
- Application of electrotherapy equipment and body treatments tailored to each client.

## Education and Training

Certified Integral Masseur – Escuela CENATHO
Sports Kinesiology and Injury Rehabilitation – CEDEI
Aesthetic Techniques and Electrotherapy – IEPP
First Aid and CPR – Cruz Roja Uruguaya
Ongoing Training in Massage and Sports Techniques

## Skills

- Sports and deep tissue massage
- Aesthetic and facial treatments
- Electrotherapy and body equipment
- Rehabilitation and injury prevention
- Athletic taping and functional bandaging
- Empathy, discretion, and personalized care

## Languages

Spanish – Native
English – Intermediate (working on fluency)