



# Alessia Cusati

## Medical masseuse APF

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### Languages

IT,EN,DE

### Competences

- Good communication and interpersonal skills
- Anamnestic assessments
- Physical examination
- Care planning
- Defining short-, medium- and long-term goals
- Recognising the main indications and contraindications for treatment
- Advising and informing the patient about the treatment and its continuation
- Instructing the patient on measures that can support the treatment
- Performing the treatment independently by choosing the appropriate techniques
- Application of various forms of massage or physical therapies on the body area in question (classic massage; therapeutic massage; sports massage; connective tissue massage; deep transverse massage; functional and mobilising massage; lymph drainage and compression bandages; scar treatment; foot reflexology; electrotherapy; hydrotherapy; Trigger point; Kinesio taping; rigid tape, myofibrolysis hook technique)
- Preparation of medical records for each patient
- Respect for hygiene regulations

### Education

2023	Certificate Ars Medica Clinic internal training - Blood Flow Restriction
2023	Course certificate muscle and tendon injuries - assessment and treatment
2023	Myofibrolysis "Hook Technique" course certificate
2023	Certificate Kinesio Taping tm KT4 Lymphatic Taping Course
2022	Federal Professional Medical Masseuse Certificate
2022	Certificate SARS-CoV-2 vaccine administration
2022	Validation of competences modules 1 - 8 medical masseuse
2022	Certificate of participation as a masseuse at the Scenic Trail Running event
2020-2022	Centro Professionale Sociosanitario Lugano - medical masseuse
2021	Certificate of training in the administration of vaccine against SARS-CoV-2 disease

2021	Certificate of training in wound care and bandage techniques
2019	Certificate in radiological protection extended radiographic techniques in radiology
2017	Federal Certificate of Medical Practice Assistant Skills
2014-2017	Centro Professionale Sociosanitario Locarno - medical practice assistant

## Work Experience

since 2023	Ars Medica Medical Centre, sports physiotherapy, Manno - medical masseuse Ars Medica Clinic, Gravesano - medical assistant in radiology
2022	Ars Medica Centro Medico, sports physiotherapy, Manno - internship medical masseuse
2021-2022	Covid19 cantonal vaccination centre - hourly nurse
2021	Opera Charitas old people's home, Sonvico - internship medical masseuse
2017-2020	Medical practice Dr. F. Ferretti, FMH Med. Internal Medicine, Lugano - medical practice assistant
2016-2017	Medical practice Dr. F. Ferretti, FMH Med. Internal Medicine, Lugano - trainee medical practice assistant
2014-2016	Medical practice Dr. R. Torricelli, FMH Dermatology, Paradiso - trainee medical practice assistant

## Accreditation

[Clinica Ars Medica](#)

[Ars Medica Centro Medico Manno](#)

## Specialties

## Contact

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