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Adrián Simó, MSATC, LMT

Education

Florida International University **April 2004**
University Park Miami, FL

- Master of Science, Advanced Athletic Training/Sports Medicine

Florida International University **December 2002**
University Park Miami, FL

- Bachelor of Science, Exercise and Sports Science with an emphasis in Athletic Training

Miami Dade Community College **July 1999**
South Campus Miami, FL

- Associate in Science, Physical Therapy

Educating Hands School of Massage **December 1994**
Miami, FL

- Certificate in Massage therapy

Experience

Owner, Soft Tissue Specialist **05/1995-present**
Simo Massage Therapy
Miami, FL

- Combine Active Isolated Stretching, Cranial Release Technique, deep tissue massage, Myofascial release, sports massage, and neuromuscular therapy to decrease pain, ischemia, and inflammation while increasing range of motion, strength, and ability to recover from injury and improve athletic performance.

Soft Tissue Specialist **09/14- present**
Miami Rugby Football Club
Miami, FL

- Provide soft tissue treatments for MRFC players. Treatments include Active Isolated Stretching, sports massage and Myofascial release to decrease rate of injury and injury time as well as increase athletic performance.

Licensed Massage Therapist

Massage Envy

1/2008-11/2012

Miami, FL

- Provide relaxation, neuromuscular, sports, trigger point, and reflexology massage therapies to prospective clients and members. Duties also include documenting treatments.

Athletic Trainer

10/05-10/2006

CORA Health Services

Miami, FL

- Provide rehabilitation therapy to patients. This involves using modalities, neuromuscular therapy, reducing pain, preventing or reducing permanent physical disabilities, and improving: strength, range of motion, functional capabilities, balance, and core stability. Duties also include documenting treatments.

Athletic Trainer/Massage Therapist

2/05-10/2005

Creative Children's Therapy

Miami, FL

- Provide neuromuscular therapy to patients. Provide specialized physical therapy techniques to improve balance, strength, core stability, and range of motion.

Athletic Trainer

6/04-8/2004

Bolettieri/IMG Sports Academy

Bradenton, FL

- Provide coverage for elite athletes including NCAA, NBA, and ATP athletes, plus staff, and summer campers. Soccer was the primary coverage sport. This involves evaluating athletic injuries, designing rehabilitation programs, providing first aid and emergency care, taping, using neuromuscular therapy to heal soft tissue injuries, and making doctors appointments.

Head Athletic Trainer/Graduate Assistant

8/03- 6/2004

Everglades High School

Miramar, FL

- Provide coverage for varsity and junior varsity football, boys and girls varsity soccer, varsity baseball, and varsity softball teams. This involves evaluating athletic injuries, designing rehabilitation programs, providing first aid and emergency care, modalities, taping, neuromuscular therapy to heal soft tissue injuries, making doctors appointments, and ordering supplies.

Athletic Trainer Miami Jai- Alai 5/02-7/2003
Miami, FL

- Worked closely with professional Jai-Alai players. This involves evaluating athletic injuries, designing rehabilitation programs, providing first aid and emergency care, modalities, taping, neuromuscular therapy to heal soft tissue injuries, making doctors appointments, and ordering supplies.

Athletic Training Internship 8/00-6/2002
Miami Coral Park Sr. Miami, FL.

- Assisted in coverage of all sports with a focus on varsity and junior varsity boys and girls soccer teams. Used neuromuscular therapy to heal soft tissue injuries. Assisted ATC with injury treatment, on the field injuries and emergencies. Traveled with ATC and athletic teams. Participated in team physicals. Administered assigned treatment programs to injured athletes.

Events covered

Sports Massage Therapist 3/16/2013
2575 Triathlon Miami
Ft. Lauderdale, Fl

- Served as lead sports massage therapist providing Pre-event stretching and sports massage to triathletes competing the following day. Applied Pre-event massage helps prevent injury, enhance performance, increase flexibility, and reduce pains.

Sports Massage Therapist 2/15/10-13-2/17/2013
A1A Fort Lauderdale Marathon
Ft. Lauderdale, Fl

- Served as a lead sports massage therapist providing Pre-event and Post-event stretching and sports massage at expo and race day to half and full marathoners. Sports massage performed enhances performance, prevents injury, reduce pains and swelling in the body, relaxes the mind, increases flexibility, and dramatically improved recovery.

Sports Massage Therapist 5/6/2012- 6/20/2012
Volvo Ocean Race
Miami, Fl

- Served as staff sports massage therapist for an international boat racing event. Provided neuromuscular, sports, myofascial massage and stretching to racing team and staff.

Athletic Trainer 7/21/2007
Ball 4 Real
Miami, Fl

- Served as staff certified athletic trainer for a touring streetball basketball team. Provided immediate care of acute injuries, taping, injury prevention, injury assessment and treatment.

Athletic Trainer/Licensed Massage Therapist 4/13/07-4/15/07
AVP Cuervo Gold Crown Miami Open
Miami, FI

- Served as staff certified athletic trainer and LMT for a touring professional beach volleyball event. Provided immediate care of acute injuries, taping, injury prevention, injury assessment and treatment. Used neuromuscular therapy to heal soft tissue injuries.

Head Athletic Trainer 9/9/06- 3/4/2007
Miami Toros Junior Hockey Club
Miami, FI

- Serve as Head Athletic Trainer for a Junior B level hockey club. Provide immediate care of acute injuries, taping, injury prevention, injury assessment and treatment, and communicating with coaches and parents.

Athletic Trainer 7/31/06-8/4/2006
Miami Heat Youth Basketball Camp 7/30-8/3/2007
Miami, FI

- Served as staff certified athletic trainer for a week-long basketball camp. Provided immediate care of acute injuries, taping, injury prevention, injury assessment and treatment, and communicating with coaches and parents.

Athletic Trainer 7/8/05- 7/9/2005
And 1 Mix Tape Tour
Miami, FI

- Served as staff certified athletic trainer for a touring streetball basketball team. Provided immediate care of acute injuries, taping, injury prevention, injury assessment and treatment.

Athletic Trainer 4/26/2005-4/28/2005
2005 Roland Garros Qualifying Wild Card Event
Miami, FI

- Served as a staff certified athletic trainer for a qualifying Grand Slam tennis tournament. Provided immediate care of acute injuries, taping, injury prevention, injury assessment and treatment.

Athletic Trainer 12/6/04-12/11/2004
 12/13/03 – 12/21/2003

USTA International Winter Championships
Key Biscayne, FI

- Served as a staff certified athletic trainer for a part of two weeks at

a second-tier junior tennis tournament. Provided immediate care of acute injuries, modalities, taping, injury prevention, injury assessment, treatment, rehabilitation, neuromuscular therapy, and making doctor appointments.

Athletic Trainer

12/11/04-12/17/2004

12/13/03 – 12/21/2003

**Orange Bowl International Tennis Championships
Key Biscayne, Fl**

- Served as staff certified athletic trainer for a part of two weeks at a top-tier junior tennis tournament. Providing immediate care of acute injuries, modalities, taping, injury assessment, treatment, rehabilitation, neuromuscular therapy, making doctor appointments.

Athletic Trainer

1/3/04 – 1/4/2004

Atlantic Coast Lacrosse Camp Miami, Fl

- Served as a staff certified athletic trainer for a lacrosse camp. Provided immediate care of acute injuries, taping, injury assessment and treatment.

**Licenses/
Certifications**

- Licensed Athletic Trainer AL1688 *Florida Department of Health*
- NATA Certified Athletic Trainer #030302063
Licensed Massage Therapist MA 19189, 5/95-present
- Have taken courses towards certification in Sports Massage Therapy, Deep Tissue, Neuromuscular Therapy, and Active Isolated Stretching
- Accredited Clinical Instructor
NATA Education Council
- Certified for Cardio Pulmonary Rescue and First Aid
Professional Rescuer
- Blood Borne Pathogens *Occupational Health
and Safety Administration*
- Human Subjects Protection *National Institutes of Health*
- Fluent in English and Spanish

**Presentations/
Publications**

- Simo, A., Cleary, M. A. (2003). *Intrusive community noises negatively impacts South Florida residents*. Paper presented at Joan an Harry Smith Lecture Series
October 24, 2003
- Simo, A., Cleary, M. A. (2003). *Intrusive community noises negatively impacts South Florida residents*. Paper presented at FIU College of Education Research Conference, Florida International University, Miami, FL. April 24, 2004

Awards

Graduate Assistantship

2003–2004

Florida International University, Miami, FL

Awarded stipend for one-year annual research and athletic training outreach assignment.

Full Tuition Scholarship
Florida International University, Miami, FL
Awarded over \$8,000 in tuition for a one-year award.

2003–2004

References

References available upon
request