

**PERSONAL  
INFORMATION****Federica Balbi****POSITION**Physiotherapist, Sport Physiotherapist, Orthopedic Manipulative  
Therapist**WORK EXPERIENCE**

- 
- (June 2024 – October 2024 ) Physiotherapist - [Luna Rossa Prada Pirelli team with Cetilar](#)  
37th America's Cup Barcelona
- (2022 – ongoing) Professor and organizing committee - [Università di Roma "La Sapienza"](#)  
"Master in fisioterapia delle attività sportive ed artistiche" – Sport specific  
management of the lower limb, the spine and the upper quadrant: rehabilitation,  
prevention and improvement of performance - "Evaluation of the district Wrist-  
Hand" Senior Lecturer
- (2022 – 2024) Professor - [Università Campus Bio Medico Roma – Università del foro italico  
Roma](#)  
Master of Sport Physiotherapy and artistic activities
- (2022 – ongoing) Professor - [Università di Roma Tor Vergata](#)  
Master of Neuromusculoskeletal Disorders and Exercise therapy- Hand Wrist  
district
- (2018 – ongoing) Didactic collaborator - [Università di Roma Tor Vergata](#)  
Master of Manual Therapy in Musculoskeletal and Rheumatological Disorders  
- Hand Wrist district
- (2013 – ongoing) Physiotherapist - [Italian Fencing Olympic Team – FIS Federscherm](#)  
and [BF British Fencing Olympic team](#)

Training camps, Olympic training camps and competitions – Senior foil, saber and epee teams

- Grand Prix and World Cups foil, epee and saber– Since 2013
- Oita Olympic training camp Tokyo 2020
- Senior World Championship Lipsia 2017
- Senior European Championship - 2018 Novi Sad - Antalya 2022
- Young and Cadet European, World Championship –Tblisi 2014, Tashkent 2015  
Bourges 2016 (Fr), Verona 2018 (It), Torun (Po) 2019, Riyadh (2024)
- Master World Championship 2017 Debrecen (Hun)
- GPG Young Gran Prix 2014 and 2015 - Riccione (Ita)

**(2019– ongoing)**

Motorsport Physiotherapist

[AF Corse UK](#)

IMSA LMP2 #88 Daytona 24h 2024 - 2025

IMSA LMP2 #88 Sebring 12 h 2024 - 2025

[SKY Tempesta Racing team](#)

Fanatec Gt World Challenge Europe 2020 - 2021 - 2022 - 2023 - 2024

British Gt championship 2021 and 2022

Blancpain Gt series 2019

[DNA Racing](#)

Formula 3 2013 - 2014 - 2015

**(2012 – ongoing)**

Physiotherapist - Freelance worker

[Studio Medico Bravetta](#) - Roma

[Studio Hermes](#) - Civitavecchia

**(2018 – 2019)**

Physiotherapist - [Roma Volley Club](#)

Italian second division league A2

**(2018)**

Physiotherapist – Sport Medicine work exchange - [USA Fencing Federation](#)

National championships & July challenge 2018 in Saint Louis (Missouri).

Working collaboration with the USA Fencing Sport Medicine Team

**(2013 – 2016)**

Physiotherapist - [Physioathletic Center](#) - Rome

**(2013 – 2015)**

Physiotherapist and Hydrokinesitherapist - [Sport Health Roma](#)

**(2014)**

Physiotherapist - [RS:X Windsurf Young World Championship](#) - Civitavecchia

**(2012)**

Physiotherapist - [UCI Paracycling Road World Championship](#) - Roma

## EDUCATION AND TRAINING

- (2022) [Neuroscienze della visione nello sport](#)  
Franco Lococo
- (2021) [Hvlat – Spinal Manipulation](#)  
Prof. Riccardo Rosa
- (2017) [I level Master's degree in OMT Orthopaedic Manual Therapist – “Master in terapia manuale dei disturbi muscoloscheletrici”](#)  
Università degli studi di Roma Tor Vergata
- (2013) [I level Master's degree in Sport Physiotherapy – Sport Physiotherapy](#)  
“Master in fisioterapia dello sport” - Università degli studi di Pisa
- (2012) [Bachelor's Degree in Physiotherapy](#)  
Università degli studi di Roma la Sapienza - grade 110/110 with honors
- (2017) [Cert SMT-1 HVLAT cervical , thoracic, lumbar spine and SI joint.](#)  
American Accademy of manipulative theapy – Dr Dunning
- (2013) [Sport Orthopaedic Manual Therapist](#)  
Università degli studi di Roma Tor Vergata
- (2012-2017) [Bachelor's degree in Physiotherapy](#)  
Università degli studi di Roma la Sapienza
- Replace with a list of principal subjects covered or skills acquired

## PERSONAL SKILLS

**Mother tongue(s)** Italian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
<b>English</b>	B2	B2	B2	B2	B1
<b>French</b>	A2	A2	A1	A1	A1

**Communication skills** Good communication skills gained through my experience as event manager in communication agencies since 2009. Good ability to adapt to different, multicultural environments and to work in a team.

**Organisational / managerial skills** Excellent organizational and administrative skills of the staff, simplification and coordination.

Digital skills	SELF-ASSESSMENT				
	Information processing	Communication	Content creation	Safety	Problem solving
	Independent	Independent	Independent	Basic	Independent

Levels: Basic user - Independent user - Proficient user

Digital competences - Self-assessment grid

Good command of office suite (word processor, spread sheet, presentation software)

**Other skills** Speed Skating Coach (Youth Instructor and 1st level Coach FIHP - CONI)  
• Sports practiced: sailing, surfing, windsurfing, speed skating, hockey in line, horse riding

**Driving licence** B

**ADDITIONAL INFORMATION**

**Conferences****Seminars**

- 1<sup>st</sup> Congress Advance in Sport Rehabilitation, congressional Relator  
GISport – Ankle section “Ankle sprain: experience and management with  
professional athletes Turin 2017
- 4<sup>th</sup> GISPT International ASR Conference – Sport injury prevention in  
fencing march 16<sup>th</sup>-19<sup>th</sup> 2021