

CURRICULUM VITAE

PERSONAL DETAILS



Name: Lucy Ferrao
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EDUCATION & QUALIFICATIONS

Matriculated from Sacred Heart College – 1987

BSc Physiotherapy Wits (Hons) – 1991

Registered – HPCSA

Member of- South African Society of Physiotherapy
Physiotherapy Sports Interest Group
NMSG
Mental Health SIG
Sports Interest Group
Yoga Alliance

COURSES & CERTIFICATIONS

CPD lectures and courses attended, completed and current during my working experience:

- Trama Sensitive Yoga Teacher Training 2023
- Yin Yoga Teachers Training 2022
- Yoga Therapist Training current 2019
- Yoga Teacher Training 300hrs 2016
- Practice Management
- Regular evening CPD lectures
- SASMA Conference 2015
- Physiotherapy Sports Conference 2013
- Integrated Manual Therapy of the Cervical Spine
- Integrated Manual Therapy of the Lumbar Spine
- Ethics
- Kinesio Taping
- Dry Needling
- Dynamic Taping

	• Patellofemoral Problems • Nags and Snags • The Shoulder		
APPROACH	• Holistic approach to patient- centred care • Proactive and self-disciplined • Delegation of work to staff • Patience & Perseverance • Self-reflection • Teamwork • Practice management. • Continual upskilling		
CARRER SUMMARY			
	COMPANY	POSITION	DATES
	Independently	Private practice Owner JHB	2000-current
		Physiotherapist Riverfield Mental Wellness Facility	2015-current
		Physiotherapist Houghton House Addiction Centre	Current
		Corporate work at Marsh and WHBO and home visits	2012-2019
		Basketball National League	2016-2017
		Team physio for the SA Men's Basketball team to Senegal	2017
		Team Physio Egoli Magic Basketball team	2018

	Independently	Physiotherapist Basketball Local International and National League tournaments	2015 Four Nations BNL Summer League	
		Physiotherapist Participant 702 Walk the Talk	2015	
		Physiotherapist 94.7 Cycle Challenge	2013	
		Physiotherapist Engen Athletic Series	1999	
	Independently	SA U16 ladies basketball physiotherapist	2015-2016	
	Sunninghill Hospital	Physiotherapist	2014-2015	
	Morningside sports clinic	Physiotherapist	2013-2015	
	Samantha Dunbar Physiotherapy	Physiotherapist	2013-2014	
	Alexander Forbes	Physiotherapist	2000 - 2012	
	Short term locums	Physiotherapist Locum	1998 - 2000	
	Arie Michaeli	Physiotherapist	1996 - 1998	
	Joanne Enslin- Madden	Physiotherapist	1995 - 1996	
	Helen David & Lorraine Jacobs	Physiotherapist	1994 - 1995	
	Orthopedic Rehab Hospital - USA	Physiotherapist	1993 - 1994	
	Joanne Sklaar	Physiotherapist	1992 - 1993	
	Baragwanath Hospital & JHB General Hospital	Physiotherapist	1991 - 1992	

WORKING EXPERIENCE	
SA U16 Ladies basketball	Team Physiotherapist Duties include: • Attend training and pre-competition camps. • Treat athletes post training, strap and tape pre competition • Work with the coaches and make decisions with the doctor w.r.t injuries and training. • Take the team through warm-up, conditioning, cool down and stretching • Assist with tests e.g. the beep test • Travel with and attend all games • Treat injuries • Provide courtside assistance including strapping • Provide recommendations to BSA
BASKETBALL NATIONAL LEAGUE	Duties include: • Courtside physiotherapy assistance to players, medics, paramedics, coaches and team managers.
SUNNINGHILL HOSPITAL	Part-time physiotherapist Duties include: • Treating patients in Trauma ICU, ICU, High Care and orthopedics. • Mobilizing patients in and out of bed, suctioning patients, writing in charts, communicating with doctors and clinical staff.
MORNINGSIDE SPORTS CLINIC	Part-time physiotherapist Duties include: • Management of sports related problems, orthopedic problems, pre and post- surgery patients with a special focus on orthopedics; maxillo-facial surgery and TMJ. • Ward rounds with orthopedic doctors. • Rotational weekend hospital work in ICU and orthopedics.
MARSH INSURANCE	On-site part-time physiotherapist Duties include: • Provide help with problems related to ergonomics. • Education of staff • Treat employees • Recommend ergonomic furniture and equipment
ALEXANDER FORBES	Service Provider Duties Included:

	• Assess, treat and manage neuromuscular skeletal conditions in the workplace. • Assess ergonomic stations and provide recommendations to employees • Liaising with Heads of Departments • Writing up Reports and dealing with Workman's Compensation claims • Worked closely with the gym trainers in putting together rehab programs for employees • Involvement in company health days
VARIOUS PRACTICES	Locum Physiotherapist Duties Included: • Locum for various private practices in and around Johannesburg • Taking over patients, treating them and handing them back over to their original treating physios • Responsible for all administration of the client's accounts, including Medical Aid claims, issuing invoices and receipts, updating patients' files, writing doctor's letters.
ARIE MICHAELI	Physiotherapist Duties Included: • Evaluate, treat and manage patients with a special interest in patellofemoral problems • Write reports for patients • Writing of letters to Doctors • Appropriate referrals • Attend continuing education courses
JOANNE ENSLIN-MADDEN	Physiotherapist Duties Included: • Evaluate, treat and manage patients • Write reports for patients • Writing of letters to Doctors • Appropriate referrals • Credit control for clients
HELEN DAVID & LORRAINE JACOBS	• Evaluate, treat and manage patients • Write reports for patients • Writing of letters to Doctors • Appropriate referrals

ORTHOPEDIC REHAB HOSPITAL - USA	Physiotherapist Duties Included: • Evaluations in-house • Home visits and assessments for disabled patients • Weekly group meeting with the relevant providers for each patient we treated • General Physiotherapy duties • Extensive and very detailed reports written on each patient including short and long-term goals
JOANNE SKLAAR	Physiotherapist Duties Included: • General physiotherapy with a special focus on shoulders • Included general hospital work
BARAGWANATH HOSPITAL & JOHANNESBURG GENERAL HOSPITAL	Physiotherapist Duties Included: • Ward rounds • Treated patients with a variety of conditions • Worked extensively in hand therapy as well as ICU