



# equilibrio

Health Studio

## **Alejandro Pérez Quintanilla is a Physiotherapist, Osteopath, and Expert in Myofascial Chains.**

He began his studies in Madrid, at the Pontifical University of Salamanca - FREMAP School, where he graduated in Physiotherapy (2007). Later, he pursued a Master's in Manual Techniques at the University of Alcalá de Henares (2008-2010), obtaining a scholarship for academic and clinical internships in various Hospitals and Organizations in Miami, U.S.A. Upon his return to Madrid, he pursued a degree in Osteopathy at the FBEO - Francisco de Vitoria University (2011-2015). The following season, he underwent training in the RCP-Myofascial Chains Method (Postural Body Reeducation) (2016).

Right after completing his physiotherapy degree, he began his professional career as a manual therapist at Montepincipe Hospital in Madrid (2007-2010), where he treated numerous patients with various pathologies. During that time, the "Inocente, Inocente" Foundation granted him a scholarship to organize and provide physiotherapy in the pool for pediatric oncology patients. He also worked as a practical physiotherapy teacher for Juan Pablo CEU University.

In 2011, he became part of the physiotherapy team at Sports Center Maná and Medical Center Príncipe de Vergara.

He is a professional who works from and through the body, encompassing Body Biomechanics, Nutrition, and Psycho-Behavioral Aspects, seeking ways to solve his patients' problems and teach them to actively participate in their health.

With this philosophy, he became part of the osteopaths and physiotherapists at Osteofisio (2015-2019), and since 2016, he has been a lecturer at Kinesica - Global Postural Health University, helping access a global and causal model of health to correct or prevent the origin of pathologies and improve people's quality of life. In 2019, he obtained a European Doctorate in Osteopathy (D.O.).

In 2021, he collaborated with the Provincial Association of Multiple Sclerosis of Las Palmas, attending to patients with neurological diseases in Fuerteventura. On this island, he now opens "Equilibrio," a holistic health center where a comprehensive approach to well-being for the Body, Mind, and Spirit is offered. They treat all types of individuals interested in understanding their bodies and improving their health.

