

## Mr Davide Lanfranco

**DOB:** 03/09/1990  
**Age:** 31  
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### Professional Qualifications

- 2017-2021 : Trainee at **the National College Of Hypnosis And Psychotherapy** - "Royal College Of Surgeon", London, UK
- 2010-2013: **BSc (Hons) 1<sup>st</sup> class (equivalent) in Physiotherapy** at the "*Università degli studi di Genova*" placed in Genoa, Italy.

### Career history

- **The London Clinic:** I have been working for this leading private hospital in Harley Street since November 2018 as Senior Outpatient Physiotherapist. I have developed a multidisciplinary programme for people suffering from chronic low back pain which includes physiotherapy, psychology, dietetics, hydrotherapy and pain management. The majority of the cases I follow are people suffering from different types of persistent pain, sports injuries (tendinopathies, ACL reconstruction, rotator cuff repairs and stabilisations, muscle injuries etc..) and clients recovering from orthopaedic, oncological and abdominal surgery. I am involved in the audit process for the outcome measures and notes and I am the infection control link, the pain link of my department and I regularly sit at the weekly Spinal multidisciplinary team meeting as well. I regularly deliver in service training and I regularly present at talks organised by the clinic for GPs and consultants. I regularly works on the wards as well dealing with orthopaedic, gynae and abdominal surgeries.
- **King Edward VII's hospital:** I have been working as a Senior Inpatient and Outpatient Physiotherapist from April 2017 to November 2018. I was in charge of the rehabilitation of very high-profile inpatients (royal family members, professional athletes, celebrities, high spheres of army etc..) recovering after orthopaedic surgery (rotator cuff repair, shoulder replacement, spine surgery, hip and knee replacement, ACL reconstruction, Achilles repair, ankle replacement etc..), gynaecological surgery and breast surgery. I was in charge of the rehabilitation of people with medical conditions (chest infections, dementia, high falls risk etc..) as well. I am in charge of the discharge planning of the patients and I am in charge of the

rota management for the bank staff as well. I set up an outpatient physio service for women recovering from breast cancer surgery at The Breast Unit of KEVII hospital.

- **MarcoPhysio:** I worked for this company based in London (Canary Wharf, Victoria and Bermondsey) from May 2016 to April 2017. I was in charge of the rehabilitation and manual treatment of out-patients with a variety of sports injuries (shoulder and pelvic girdle dysfunctions, ACL reconstruction, repetitive strain injury etc.), managing patients' files, writing reports and delivering in-service training for the staff.
- **Quantum Medical Ltd:** I worked for this company, settled in Nottingham, from February 2016 until May 2016 as a physio-assistant. I was working with patients after car accidents with a variety of conditions including whiplash injury, spinal column disorders etc.
- **AISM (Italian Association of Multiple Sclerosis), Genoa:** I worked as a freelance researcher in Neuroscience from June 2015 to January 2016.
- **Virtus Sestri volley:** I worked as a freelance physiotherapist in this volleyball team in Genoa where I was in charge of the rehabilitation of sport related injuries from January 2014 to June 2015.
- **Medical Clinic Principe, Genoa:** owner and clinical director from November 2013 to January 2016 looking after the rehabilitation of patient with MSK disorders and sport-related injuries.
- **Tartarini Institute, Genoa:** I was covering the role of freelance physiotherapist in this clinic based in Genoa where I was in charge of the rehabilitation and manual treatment of patients with a variety of conditions including common neurological diseases, spinal column disorders, shoulder and pelvic girdle dysfunctions, repetitive strain injury, patients with arthritic diseases and minor sports injuries. I worked there from December 2013 until December 2016.

As part of my academic apprenticeship in Physiotherapy my work placements were based in:

- **San Martino Hospital, Genoa:** the most highly respected multiple disciplinary hospital in Genoa and one of the biggest hospital in Europe, where I was following the rehabilitation of inpatients with mainly chronic neurological degenerative disease, post stroke, pre and post hip and knee surgery. I was following also the rehabilitation of patients after head/neck cancer surgery at the department of oncological rehabilitation.
- **Villa Scassi Hospital, Genoa:** I was delegated to the rehabilitation of inpatients with cerebrovascular disorders, lymphatic diseases, post-surgery respiratory dysfunctions, orthopaedic surgery following hip, knee replacement and major ligamentous reconstruction.

As part of my academic apprenticeship in physiotherapy my practical experience was gained in:

- **Jurasza Hospital, Bydgoszcz (Poland):** the biggest hospital of the city where I was following the rehabilitation of patients with spinal cord injuries.

### **Areas of interest in rehabilitation**

- Chronic pain
- Functional rehabilitation of common musculoskeletal disorders
- Orthopaedic rehabilitation
- Sport injury rehabilitation
- Oncological rehabilitation

### **Other professional achievements**

I contributed to the writing of two medical books in 2020 and 2021 which have been published in Italy with FioScience. The first book is on the management of acute and persistent pain, while the second one is on the topic of evidence based practice.

In September 2021 my first online 15h course has come out. The course is on Acceptance and Commitment Therapy (ACT) and persistent pain.

### **CPD courses on the topic of pain and cognitive behavioural therapies**

- “Hypnosis for beginners” by Dr Giancarlo Russo, 2014 and 2015
- “Hypnosis in the management of chronic pain” By Prof De Benedittis, Prof Camillo Loriedo, Dr.sa Consuelo Casula and Prof Guglielmo Gulotta, 2014
- “Arrow technique – hypnosis for pain management” by Anthony and Freddy Jacquin, 2017
- “CBT essentials” by Dr William Davies, 2019
- “ACT for beginners” by Dr Russ Harris, 2019
- “ACT for Chronic pain” by Joe Tatta DPT, 2019
- “ACT for Chronic pain” by Prof Lance McCracken, 2020
- “ACT for depression and anxiety” by Dr Russ Harris, 2021

### **Additional skills and personal interests**

I am a very determined and a hard worker, that’s why I’ve decided to move to England. I enjoy human relationship and working in team with colleagues and other specialists. I love my job and everything concerning rehabilitation and human welfare and I regularly attend CPD courses. My hobbies are mainly reading, sports (any kind) and travelling.

I have a special interest in mindfulness and secular Buddhism which I study reading several books on the topic, attending regular Vipassana retreats and with the help of a private mentor.

Sincerely yours

*Davide Lanfranco*