

Julia SIDERIS

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## PROFESSIONAL EXPERIENCE

04/2008 – present **Private Practice** in Paris (Fr)

09/2004 – present **Osteopath** in the **CREPS IDF**, Training center for high level athletes based in Paris (Fr). My mission there is, in partnership with the medical staff, to support and follow high level athletes.

09/2009 – present **Tutoring** of graduate students in the **Osteobio** School in Cachan (Fr). My mission is to be with the student during their first steps as osteopath and prepare them for employability.

09/2008 – present **Osteopath** on the **FIM Endurance World Championship** each year on the two famous and prestigious races of Le Mans 24h and the Bol d'Or & on 24h of Barcelona. My mission is to follow the 3 drivers during the 24 hours of the race: Preparation of each pilot before running & between each of their relays through massage & osteopathic medicine. Best results of the teams I worked with were 4<sup>th</sup> with the BRT on the 24h of Barcelona / 6<sup>th</sup> on the SST Category on the Bol d'Or with Racing Team Sarrazin etc...

01/2012 - 09/2013 **Osteopath** on the **SBK France** – Mission was to follow on the entire season (around France) a rider and help him increase his level thanks to training before races & osteopathic medicine during each race.

01/2012 **Osteopath** on the **Africa Eco Race** (car) from St Cyprien (Fr) to Dakar (Senegal). My role in the team was to prepare and look after the crew on each bivouac through massage & osteopathic medicine.

10/2011 **Osteopath** on the **OiLibya Rally of Morocco** (car). My role in the team was to prepare and look after the crew on each bivouac through massage & osteopathic medicine. Team work brought our team, MD Rallye Sport, to 2<sup>nd</sup> place on the podium.

02/2010 – 07/2012 **Osteopath** at the **INSEP** – National Institute of Sport, Expertise and Performance in Paris (Fr). My mission was, in partnership with the medical staff to prepare the French Taekwondo team for the London **Olympic Games**. Best results of the French Taekwondo Team were Silver +73kg women & Bronze -57kg women.

## EDUCATION & RESEARCH

09/2006 – 06/2012 **Research** on abdominal wall muscles in partnership with the anatomy laboratory of the Medecine faculty of the University Hospital of Nancy Brabois (Fr)

2006 – **Doctor of Osteopathy - graduated** from **OSTEOBIO** - Superior School of Osteopathy and applied biomechanics of Cachan (Fr). Thesis directed by Professor Bonnel on the "Methodological Approach for 3D reconstruction of the spine posterior muscles," in partnership with the Anatomy laboratory of the Medicine Faculty of Montpellier (Fr).

2000 – **Baccalaureate** High school scientific degree with physics & chemistry speciality in **Saint Suplice** school of Paris (Fr)

## LANGUAGES

French	Mother tongue
English	Fluent
Greek	notions

## MISCELLANEOUS

Regular practice of Salsa (Since 2008)

Regular practice of Badminton (Since 2009) - President of the badminton section of the Championnet Sport Association in Paris (Since 01/2010)

Holder of the AFPS - First aid certificate (01/2001)