



# THEO PELLEGRINI

## QUALIFICATIONS

Reps Level 3  
MSc (Hons) Sports Therapy  
BSc (Hons) Applied Sport Science  
CHEK Exercise Coach  
Diploma Trigger Point Therapy and Myofascial Release  
Kinesio Taping Level II Practitioner

## SPECIALIST AREAS

Fat Loss and Muscle Building  
Sport Specific Performance Conditioning (Squash, Golf)  
CHEK postural evaluations for functional deficits  
and core/back imbalances  
Bespoke programme design for lower/upper back and neck pain  
Sports Injury Rehabilitation

## ACHIEVEMENTS

MSc and BSc Honours degrees  
Overseeing the rehabilitation and return to sport of clients  
with degenerative spinal injuries  
Worked for London Irish Rugby Club alongside Strength &  
Conditioning Physiotherapy and Massage teams  
Worked with elite athletes at British Indoor Rowing Championships  
Completion of Virgin London Marathon, multiple Asics 10km  
and Off-Track races

## INSPIRATIONAL QUOTES

"Pain is temporary. Quitting lasts forever."  
Lance Armstrong