

Amara Osei-Bonsu

Physiotherapist · Sports Rehabilitation Specialist · Health Coach

Westend, Gravelottestr. 10, 80639 München · 0179 3847261 · amara.osb@gmail.com · DOB: 11.03.1990

PERSONAL STATEMENT

Dedicated physiotherapist and certified sports rehabilitation specialist with 12 years of clinical and field experience. Has worked with professional football clubs, Olympic athletes, and corporate wellness programmes across three continents. Passionate about preventative care, movement science, and empowering patients to take ownership of their recovery journey.

PERSONAL INFORMATION

Date of Birth: 11 March 1990
Address: Gravelottestr. 10, 80639 München
Driver's License: Class A & B
Registration: Licensed Physiotherapist — Bayerische Landeskammer

WORK EXPERIENCE

Lead Physiotherapist

2021 – present

FC Bayern München Campus, München

Primary physiotherapist for U19 and U23 squads. Designed and implemented injury prevention protocols reducing soft-tissue injuries by 27%. Coordinated with team physicians and strength coaches on player load management.

Sports Rehabilitation Specialist

2018 – 2021

Schoen Klinik München Harlaching

Treated post-surgical and sports injury patients across orthopaedic and neurological wards. Specialised in ACL, rotator cuff, and Achilles tendon rehabilitation. Supervised two junior physiotherapists.

Physiotherapist & Health Coach

2015 – 2018

Bodyworks Corporate Wellness, Dubai

Delivered on-site physiotherapy and ergonomics consulting to 6 multinational corporations. Designed bespoke wellness programmes for 400+ employees. Ran weekly group movement and mobility workshops.

Junior Physiotherapist

2012 – 2015

37 Military Hospital, Accra

Provided rehabilitation services to military personnel with musculoskeletal and post-trauma injuries. Assisted in triage and emergency physiotherapy support during field exercises.

EDUCATION

B.Sc. Physiotherapy — University of Ghana, Legon (2012)

M.Sc. Sports Rehabilitation — Loughborough University, UK (2015)

Certified Health Coach — Institute for Integrative Nutrition, New York (2017)

SKILLS

- Administrative support: diary management, minute-taking and correspondence
- Blueprint and technical drawing interpretation
- Time management and prioritisation under deadline pressure
- Plumbing and HVAC basics: repairs, servicing and inspections
- Project management: planning, milestone tracking, stakeholder updates and delivery

- Supply chain coordination: procurement, supplier management and delivery scheduling
- Financial reporting: P&L, cash-flow analysis and month-end close

LANGUAGES

Spanish	Native
German	A2
English	B1

INTERESTS

Long-Distance Running · Afrobeats Dance · Nutrition Science · Travel · Community Football Coaching · Podcasting