



## Blerton Hulaj

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## WORK EXPERIENCE

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### Physical medicine practitioner

**University Clinical Center of Kosova** [ 04/06/2013 – 24/06/2013 ]

**Address:** Prishtine

**City:** Pristina

**Country:** Kosovo

- Treatment of patients with different problems like traumatic and orthopedic
- Treatment of patients with neurological problems

### Physical medicine practitioner

**University Clinical Center of Kosova** [ 30/07/2013 – 12/08/2013 ]

**Address:** Prishtine (Kosovo)

**City:** Pristina

**Country:** Kosovo

**Name of unit or department:** Physiotherapy - **Business or sector:** Human health and social work activities

- Treatment of patients with different problems like traumatic and orthopedic
- Treatment of patients with neurological problems

### Physiotherapist

**Serena Center** [ 01/07/2015 – Current ]

**Address:** Pristina (Kosovo)

**City:** Pristina

**Country:** Kosovo

- **Business or sector:** Human health and social work activities

## Physiotherapist

**KFOR Base - Film City, 101 Solution** [ 01/08/2014 – Current ]

**Address:** Prishtina (Kosovo)

**City:** Prishtina

**Country:** Kosovo

- **Business or sector:** Human health and social work activities

## Physiotherapist

**MyPhysio - Fizioterapi** [ 01/02/2020 – Current ]

**Address:** Prishtina (Kosovo)

- **Business or sector:** Human health and social work activities

Part time job

## EDUCATION AND TRAINING

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### Bachelor on Physical Therapy

**Faculty of Medicine - Physiotherapy, Prishtina** [ 01/10/2011 – 01/12/2014 ]

**Address:** Prishtina (Kosovo)

**Final grade :** 8.85 - **Level in EQF :** EQF level 6

**Thesis :** Rehabilitation on Morbus Parkinson

### Master of Science in Health Care Education

**University of Prishtina, Faculty of Medicine** [ 01/10/2015 – 10/09/2019 ]

**Address:** Prishtina (Kosovo)

**Final grade :** 8.31 - **Level in EQF :** EQF level 7

**Thesis :** Conectivity between physical activity and food in health and performace of children

### Kinesio Tape Method in Rehabilitation and Sports Medicine

**Albanian Association of Physiotherapists** [ 06/02/2016 – 06/02/2016 ]

**Address:** Tirana (Albania)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

### Traction Vertebrae in Physiotherapy, indications and methods of application

**Albanian Association of Physiotherapists** [ 18/06/2016 – 19/06/2016 ]

**Address:** Tirana (Albania)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

### Pilates Method in Physiotherapy

**Albanian Association of Physiotherapists** [ 09/04/2016 – 10/04/2016 ]

**Address:** Tirana (Albania)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

### Functional Magnetic Stimulation-FMS

**Iscra Medical (Slovenia) and Kosovo Chamber of Physiotherapy** [ 15/11/2016 ]

**Address:** Prishtina (Kosovo)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

## Respiratory and Cardio vascular Rehabilitation

**Kosovo Chamber of Physiotherapy** [ 27/12/2016 ]

**Address:** Prishtina (Kosovo)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

## Radiological Diagnostics of Ostoarticular Pathologies in Physiotherapy

**Albanian Association of Physiotherapists** [ 11/02/2017 – 12/02/2017 ]

**Address:** Tirana (Albania)

## Certificate of Participation in III National Congress of Physiotherapy

**Albanian Association of Physiotherapists** [ 20/05/2017 – 21/05/2017 ]

**Address:** Tirana (Albania)

## FIFA Diploma in Football Medicine

**Federation Internationale de Football Association** [ 15/01/2018 – 10/04/2018 ]

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

Online Course

## Clinical Acupuncture in Physiotherapy

**Albanian Association of Physiotherapists** [ 23/06/2018 – 24/06/2018 ]

**Address:** Tirana (Albania)

This course was for Physiotherapists to base their treatments on scientific research and clinical evidence who has demonstrated that Acupuncture undertaken by qualified practitioners can have a beneficial effect for a number of health conditions.

## Treatment of Cervical, Thoracic and Parietal system in Osteopathy

**Institute for Research and Training in Medical Sciences 'Rezonanca'** [ 06/10/2018 – 06/10/2018 ]

**Address:** Pristina (Kosovo)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

## Coronavirus Disease Programme

**Physioplus** [ 15/04/2020 – 06/05/2020 ]

**Field(s) of study:** Health and welfare : *Medicine*

This online course aims to provide with an introductory insight into this novel coronavirus and includes its clinical presentation, diagnosis, management and the prevention of transmission

## Sports Nutrition: Eat to Compete

**International Olympic Committee** [ 08/05/2020 – 12/05/2020 ]

**Field(s) of study:** Health and welfare

Using evidence-based science, this online course has provide athletes with customized sports nutrition to optimize performance, minimize lifelong health risks, and enhance recovery from exercise and injury. Training involves coaches, athletes, staff and parents in nutritional guidance, providing the most comprehensive plan possible for each individual's athletic performance and lifestyle.

## ACL Rehabilitation

*Physioplus* [ 03/05/2020 – 18/05/2020 ]

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

This online course has provide the basics of anatomy, biomechanics, injury mechanics and ACL reconstruction. You will also learn about the grades of injury, the principles of surgical reconstruction and graft selection.

## Manual Physiotherapy: Mobilization and Manipulation of Articulations

*Albanian Association of Physiotherapy* [ 05/05/2018 – 06/05/2018 ]

**Address:** Tirana (Albania)

**Field(s) of study:** Health and welfare : *Therapy and rehabilitation*

This course was good in learning how to treat musculoskeletal pain and disability, manipulation of muscles, [joint mobilization](#) and [joint manipulation](#).

## LANGUAGE SKILLS

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Mother tongue(s):

### Albanian

#### English

LISTENING: C1 READING: C1 UNDERSTANDING: C1

SPOKEN PRODUCTION: C1

SPOKEN INTERACTION: C1

#### Croatian

LISTENING: A1 READING: A2 UNDERSTANDING: A2

SPOKEN PRODUCTION: A1 SPOKEN INTERACTION: A1

#### Spanish

LISTENING: A2 READING: A1 UNDERSTANDING: A1

SPOKEN PRODUCTION: A1 SPOKEN INTERACTION: A1

### German

LISTENING: A2 READING: A2 UNDERSTANDING: A2

SPOKEN PRODUCTION: A1 SPOKEN INTERACTION: A1

## PUBLICATIONS

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### Back pain and problems with the spine

[2016]

<https://www.botasot.info/shendetesia/590886/dhimbja-e-shpines-dhe-problemet-me-shtyllen-kurrizore/>

The elaboration and publication of the topic 'Back pain and problems with the spine' published on the portal and the newspaper Bota Sot on October 14, 2016

### Trigger points and their treatment with the 'Dry Needling' method

[2018]

<https://telegرافي.com/pikat-e-dhimbjes-dhe-trajtimi-tyre-metoden-dry-needling/>

Explaining and publishing the topic "Trigger points and their treatment with the 'Dry Needling' method" published on the portal and the Telegrafi newspaper on November 25, 2018

## What is scoliosis and how is treated?

[2016]

<https://telegrafi.com/cka-eshte-skolioza-dhe-si-trajtohet/>

Explaining and publishing the topic 'What is scoliosis and how is it treated?' on the Telegraph portal on March 20, 2016

## CONFERENCES AND SEMINARS

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### Third National Congress of Physiotherapy

[ Tirana, Albania, 20/05/2017 – 21/05/2017 ]

12 lecturing hours

Abstract book: ISBN 978-9928-206-78-7

## DRIVING LICENCE

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Driving Licence: **B**

## RECOMMENDATIONS

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### Teacher

**Name:** Prof. Ass. Dr. Rina Hoxha

**Email:** [rina.hoxha@uni-pr.edu](mailto:rina.hoxha@uni-pr.edu)

As a professor of *Research Methods in Physiotherapy* and as well as during the collaboration on the topic of the master's degree entitled: *Conectivity between physical activity and food as factors in children's health*, branch: Education in Health Care at the Faculty of Medicine, University of Prishtina, I had the opportunity to meet the student Blerton Hulaj during the two semesters. He has been a very dedicated student in lectures and exercises, standing out among his colleagues for his enthusiasm and great desire to learn and contribute with comments and explanations during the learning process.

Blertoni was a dedicated, disciplined and responsible student during his master studies. During lectures and exercises he has shown that he is a person with high responsibility for the work and obligations he has and is able to successfully cope with the tasks that are set before him.

He was one of the most active and regular students during lectures and exercises, showed communication skills, open discussions and teamwork, he was also noticed that he is able to present creative and logical ideas and comment and clarify many issues that have been discussed during the lesson. The presentation of the seminar papers and the presentation of the master's thesis, has clearly shown his skills for independent research and scientific work,

For these reasons i recommend Blerton without any hesitation. His energy and skills will be an important asset for the institution that accepts him.

If you need additional information about the candidate, please do not hesitate to contact me at [rina.hoxha@uni-pr.edu](mailto:rina.hoxha@uni-pr.edu)

## Teacher

**Name:** Ass. Naser Lahu – Dr.sci

**Email:** [naser.lahu@uni-pr.edu](mailto:naser.lahu@uni-pr.edu)

As an assistant professor of *Physiotherapy in Cardiology and Pulmonology* on Physiotherapy at the Faculty of Medicine, University of Prishtina, I had the opportunity to meet the student Blerton Hulaj during a semester. He has been a very dedicated student in lectures and exercises, standing out among his colleagues for his enthusiasm and great desire to learn and contribute with comments and explanations during the learning process.

Blertoni was a dedicated, disciplined and responsible student during his bachelor's studies. During lectures and exercises he has shown that he is a person with high responsibility for the work and obligations he has and is able to successfully cope with the tasks that are set before him.

He was one of the most active and regular students during lectures and exercises, showed communication skills, open discussions and teamwork, he was also noticed that he is able to present creative and logical ideas and comment and clarify many issues that have been discussed during the lesson. The presentation of the seminar papers and the practical training during the exercises has clearly shown his skills for independent therapeutic, research and scientific work,

For these reasons I recommend Blerton without any hesitation. His energy and skills will be an important asset for the institution that accepts him.

If you need additional information about the candidate, please do not hesitate to contact me at [naser.lahu@uni-pr.edu](mailto:naser.lahu@uni-pr.edu)

## ORGANISATIONAL SKILLS

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### Organisational skills

Creating and keeping deadlines, delegation, goal setting and meeting goals, decision making managing appointments, team management, making schedules, problem solving, productivity, teamwork, team leadership, multitasking, strategic thinking, implementing strategy, direction, guidance, control and coordination.

## COMMUNICATION AND INTERPERSONAL SKILLS

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### Communication and interpersonal skills

Whilst working and living with other people in a multi-cultural environment, where communication is basis of functioning and where teamwork is essential (e.g. culture, sport etc.)

## JOB-RELATED SKILLS

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### Job-related skills

Excellent written and verbal communication skills.

Confident, articulate, and professional speaking abilities

Empathic listener and persuasive speaker.

Writing creative or factual.

Speaking in public, to groups, or via electronic media.

Excellent presentation and negotiation skills.

Able to work well in Teams

## HOBBIES AND INTERESTS

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### Reading, Writing and Playing Football

Being technically minded, I enjoy reading science fiction which allows me to exercise the creative parts of my thought processes, which in turn develops my problem solving skills. I also have a personal blog, where I like to write various articles about health, nutrition, physical activity and physiotherapy.

On my free time i enjoy playing football and running,

<https://myphysioo.wordpress.com/>