

DIRECTOR BIOGRAPHY

Cassandra Gramozi



Cassandra qualified with the [NLSSM](#) – The School of Soft Tissue Therapy in 2008. Over the next couple of years she had the opportunity to work in private clinics and numerous sporting events until eventually stepping into professional sport.

She worked at Saracens RFC in 2008 before moving to Wasps RFC in 2010 as Senior Soft Tissue Therapist. She saw first-hand how soft tissue therapy, rehabilitation and equipment Pilates could change a professional athlete's movement, giving them a strong base on which to build on which led her to embark on obtaining her Polestar Pilates Comprehensive training.

After three seasons at Wasps, she then moved into the world of Olympic Sports and spent the next four years working in the English Institute of Sport and the Intensive Rehabilitation Unit as part of a multidisciplinary team to offer high-quality medical care for elite athletes during various stages of rehabilitation.

Cassandra currently works for the Football Association as a consultant Soft Tissue Therapist to the U21s Mens England Football team. Within this role, she uses the fundamentals of Soft Tissue Therapy, Pilates and movement therapy to assist in injury prevention, rehabilitation and activation work.

She continues to lecture at NLSSM The School of Soft Tissue Therapy. She also sees private clients at her North London Clinic and teaches clinical one to one Pilates in West London.