

CURRICULUM VITAE

Klaus Isele, MSc D.O.



Osteopath
Physiotherapist

Certified Trainer for Sport Climbing

CEO Therapierbar Vorarlberg

Member of:
Olympic Medical Pool
International Rock Climbing Research
Association
GOTS
Climbing Physios

Date of Birth
06.12.1980

Address
Schmelzhütterstraße 33b/32
6850 Dornbirn / Austria

Phone Number
+43 650 72 44 799

Email & Links
klaus@therapierbar.com
klausisele.com
therapierbar.com

PROFESSIONAL CAREER

April 2019	Therapierbar Bregenz Opening of Therapierbar Bregenz, the 4 th physiotherapy practice location besides Therapierbar Schwarzach, Hohenems and Lingenau
2017-2019	Adam Ondra Support of the Czech professional climber Adam Ondra. Milestone Sept. 2017: Adam climbs the so far hardest climbing route - „Silence“ in Flatanger, Norway. 2018 - 2019: Preparation of the athlete for the Olympic Games in Tokyo
June 2017	Climbingphysios.com Founding of „Climbingphysios“ - an association to exchange knowledge in terms of injuries and treatments, trends and innovations.
Since 2011	CEO Therapierbar Vorarlberg Founder, owner and CEO of Therapierbar - Practice for osteopathy, physiotherapy and pain therapy in Schwarzach, Hohenems, Lingenau and Bregenz. Working as osteopath und physiotherapist in the practice Therapierbar.
2009-2019	Austria Climbing Team Physiotherapist of the Austria Climbing Team - Support at the World Cups, World Championships, European Championships
2009-2011	National Instructor for the Sport Climbing athletes of Vorarlberg
2009	Self-employment Start of my self-employed work as physiotherapist in the K1 Climbing Gym Dornbirn as well as at the „Physiotherapy Ulrike Konrad“ in Lustenau.
2008-2009	Physiotherapie Büchi Physiotherapist in the practice Büchi in Balgach, Switzerland
2008	Physiotherapie Halbeisen Physiotherapist in the practice Halbeisen in Dornbirn, Austria
2003	Industrial Alpinists Vienna Industrial Climber at Industrial Alpinists Vienna Employee of the Top 30 Climbing Gym Dornbirn
2002-2003	Military Service
2001-2002	Julius Blum GmbH Plant technician at Julius Blum GmbH in Höchst, Austria

LECTURE ACTIVITIES

March 2020	Globetrotter Nürnberg, Germany Lecture: Training and Prophylaxis in Climbing Sport
August 2019	Climbing Physios Meeting, Tokyo ICCTA Vol. 3 - Organisation of and lectures at the International Conservative Climbing Treatment Assembly
June 2019	GOTS Congress Salzburg, Austria Speech about the support of climbing athletes and injury prevention at the GOTS Congress - Association of the Orthopedic-Traumatological Sports Medicine
March 2019	Escalada y más Peru Workshops and lectures at the Climbing Symposium in Lima, Peru Topics: Top-class Sport, injury prevention in climbing, the „Isele-method“
Since 2019	Teaching the Isele-method to Physiotherapists Isele-method: Conservative, local-osteopathic method to treat finger pain, especially climber's fingers
Nov. 2018	DAV Kletterzentrum Freiburg in Breisgau, Germany Workshops and lectures at the Climbing Center Freiburg Topics: Top-class Sport, injury prevention in climbing, the „Isele-method“
July 2018	IRCRA, Chamonix, France Presentation of the „Isele-method“ at the „International Rock Climbing Research Association“ in Chamonix
May 2018	Dynochrom Frankfurt, Germany Workshops and lectures at the Bouldering Gym Dynochrom Topics: Top-class Sport, injury prevention in climbing, the „Isele-method“
Febr. 2018	Tenerife Climbing House Lecture on the topic of „Training and injury prevention in climbing“
Dec. 2017	Federal Sports Academy Innsbruck, Austria Prophylaxis in Sport Climbing for Instructor Top Sport
Nov. 2017	DOSB Sport Congress Vienna, Austria Lecture on the topic of „Supporting top athletes in climbing“

Nov. 2017	LOBloc, Bouldering Gym in Grenzach-Wyhlen, Germany Workshop on the topic of „Training and Injury prevention in climbing“
May 2017	Olympic Centre Austria, Dornbirn Lecture and Workshop: Taping Pro and Contra for Trainers
2013	Climbing Injury Symposium Sheffield, England Lecture at the British Mountaineering Council in Sheffield on the topic of „Effective stretching and thoracic spine treatment approach“

EDUCATION AND QUALIFICATIONS

2020	Management training course Systemisch leiten und entwickeln - Lead and develop systemically, Götzis, Austria
2019-2020	DOSB Sport Osteopathy Successful completion of Sport Osteopathy (Hamburg)
2016	Master of Science Graduation from the university WSO (Internationale Wiener Schule für Osteopathie - International Viennese School of Osteopathy) Master Thesis: „Treatment of finger problems in climbers with the local-osteopathic Isele-method: a Pilot study“
2016	Education „Weitendorf“ Pelvis, Spine HVLA Techniques, Arta, Spain
2008-2015	Studies of Osteopathy Studying osteopathy at the International Viennese School for Osteopathy in Vienna and at the Danube University in Krems
2013	Education as Trainer and Instructor in Sport Climbing
2012	Pain Therapy by Liebscher & Bracht Educational Training in Dornbirn, Austria
2011-2018	Educational Training twice a year at the IMSB in the field of top class sport (Institute for medical and sports-scientific consultation)
2011	Teaching Assistant for the educational training „Fasziendistorsionsmodell - FDM“ in Neutraubing, Germany
2011	Effective Training with supplementary methods Education in Bregenz, Austria
2011	Coordination, the third dimension of training Education in Bregenz, Austria
2011	Graduation in Fasziendistorsionsmodell FDM Hannover, Germany
2011	Fasziendistorsionsmodell in Sports Traumatology Hannover, Germany

2011	Fasziendistorsionsmodell (3.) Berlin, Germany
2010	Fasziendistorsionsmodell (2.) Berlin, Germany
2010	Fasziendistorsionsmodell (1.) München, Germany
2010	K-Taping Sport therapist Klagenfurt, Austria
2009	Instructor Sport Climbing, top class sport Innsbruck, Austria
2009	Therapeutical Climbing Berchtesgaden, Germany
2008	Spine Mobilisation Integrated approach, Mumbai, Indien
2007	Manual lymphatic drainage Lymphdrainage Walchsee, Germany
2006	Dorn-Breuss-Massage Friedrichshafen, Germany
2006	Tapen and functional bandages Friedrichshafen, Germany
2004-2007	Study of physiotherapy Bernd Blindow School in Friedrichshafen, Germany
2003-2004	General Education for Trainers Bundessportakademie Vienna, Austria
2003	Instructor for Sport Climbing, Mass sport Innsbruck, Austria
1997-2001	Apprenticeship as a mechanic Julius Blum GmbH, Höchst, Austria