



JOLANTA LEWANDOWSKA

Cell:

+31 648 912 300

Email:

jolanta@anfacademy.com
www.ANFtherapy.com

” I am teaching ANF because

ANF is beyond anything I have ever learned as physiotherapist. It combines integral knowledge of the human body and gives the tool to target the source of the problem and to address it effectively. It normalizes any type of inflammation and helps in the most challenging cases. The dream is to pass the knowledge on to the dedicated colleagues in the para-(medical) professions and make ANF Therapy® accessible in every part of the world.

Jolanta Lewandowska

ANF Instructor

QUALIFICATIONS

Certified ANF Pain Therapist Instructor with 11 years of experience in patients with musculoskeletal disorders of lower, upper extremities and spine disorders.

EDUCATION

Clinical Reasoning in Shoulder Pathologies - HU University of Applied Sciences Utrecht 2020

Holistic ANF Practitioner - Courses 1-8 ANF Academy Marbella 2017-2019

Manual Therapy Diploma - HU University of Applied Sciences Utrecht 2009-2012

Motivational Interviewing - Utrecht 2019

ANF Sports Performance and Recovery - Marbella 2018

Combined Movement Concept - Kuwait 2018

Medical Taping Concept - Vught 2014

Shoulder Diagnostics course - Eindhoven 2013

Muscle Energy Technique by Chaitow - Amersfoort 2012

Physiotherapy Diploma - Fontys University of Applied Sciences Eindhoven 2004-2008

WORK EXPERIENCE

2018-present self-employed physiotherapist in the Netherlands

2016-2018 private sector hospital in Kuwait

2008-2016 physio and manual therapist in the private physiotherapy sector in the Netherlands

From 2011 supporting physiotherapist of National Australian Team in Underwater Hockey during the World Championships competitions.