



# ESZTER RITA BODNÁR

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M.Sc. Physiotherapist

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Copenhagen, Høje Gladsaxe 51, 2860

## PROFIL

I am a dedicated physiotherapist with the main aim to enhance the quality of life and autonomy of my patients. Continuous professional development has always been important for me, therefore I continued my studies at the University of Copenhagen. My main field of interest is stroke rehabilitation.

## LANGUAGE SKILLS

**Danish** – fluent

**English** – fluent

**Italian** – intermediate

**Hungarian** - native

## COURSES

Fascia Distorsion Model 1,2,3  
Mulligan manualtherapy A  
Fascia training  
Myofascial release  
Triggerpoint therapy  
APPI Rehabilitation Pilates 1,2,3  
McKenzie method A,B  
Kinesiotaping tanfolyam

## EDUCATION

- 2020-** **University of Copenhagen, Denmark**  
Master of Health Sciences
- 2016-2018** **M.Sc. Physiotherapy, Semmelweis University, Budapest**  
M.Sc. thesis title: Investigating the Graded Repetitive Arm Supplementary Program (self-directed upper extremity training program) during Hungarian inpatient stroke rehabilitation: randomized controlled trial.
- 2012-2016** **B.Sc. Physiotherapy, Semmelweis Egyetem, Budapest**  
B.Sc. thesis title: Implementation of current stroke rehabilitation guidelines in Hungary focusing on upper extremity physiotherapy

## WORK EXPERIENCE/VOLUNTARY WORK

- 2018-2020** **CityFys A/S, Copenhagen**  
Physiotherapist
- 2015-** **National Stroke Prevention and Rehabilitation League**  
Budapest, volunteering
- Aug. 2015.** **National Institute for Medical Rehabilitation**  
Rehabilitation Department of Hemiplegics, student, volunteering
- June 2015.** **State Hospital for Cardiology in Balatonfüred, Hungary**  
Student, volunteering
- July 2014.** **Szent Imre Hospital, Budapest**  
Stroke Rehabilitation Department, student, volunteering

## OTHER

- Erasmus program** University of Groningen, Netherlands, sept-nov 2017.
- Publication** Bodnár, ER.: Stroke survivors' self-directed upper limb rehabilitation intervention GRASP. Fizioterápia, 2019, XXVIII (3), 16-19

## LEISURE INTERESTS

Ballroom dance  
Yoga  
Gardening