

PROFESSIONAL RESUME
FRANCIS BOGONKO LAMECH
P.O BOX 3603-00200
NAIROBI, KENYA

PERSONAL SUMMARY

Date of Birth: 4 Dec 1986
Marital Status: Married
Gender: Male
Religion: Christian
Interests: Reading, Travelling, Soccer, Watching movies and Community service
Languages: Swahili and English

I am a highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with students, Colleagues and patients to maximize the rehabilitation of patients and students and to ensure understanding of often complex clinical issues impacting on recovery and educational. Excellent client facing skills and the ability to work closely with other health care professionals and educators to assess student and patient's needs and devise suitable treatment and learning strategies for them.

Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution with my qualification and physiotherapy skills as a Physiotherapist, Educator, Sports Scientist and Sports Management.

ACADEMIC QUALIFICATION

2018: **The University of Dublin (Trinity College Dublin)**
Cert: Exercise Prescription For The Prevention and Treatment of Disease

2017: **University of the Western Cape**
PhD Candidate (registered) on deferral at the moment

2015: **Certificate in Sports Medicine**
USA Rugby Sports Medicine Conference (Las Vegas, Nevada)

2013: **University of the Western Cape (South Africa)**

Master of Science Physiotherapy (Sports and Rehabilitation)

Thesis Title: **A descriptive of the factors influencing the implementation of rugby injury prevention strategies in Nairobi, Kenya.**

2011: **University of the Western Cape (South Africa)**
Bachelor of Science (Honors) Physiotherapy

Registered with the South African Health Professional Council (HPCSA) (Student)

Registered with the Physiotherapy Council of Kenya (Certified to practice in Kenya)

2006 to 2009: **Kenya Medical Training College**
Diploma in Physiotherapy

Registered with the Kenya Society of Physiotherapists (KSP)

2006:

St Ann's Computer College

Computer applications and MS Office

SUMMARY OF QUALIFICATIONS

- 4 years of extensive experience as a Physiotherapist and Educator
- Able to assess efficiency of treatment plans and modify accordingly
- Experience working within a team environment.
- Self-motivated with prescribed work practices.
- Ability to spot Safety Hazards and act on them to put a stop to injury to patients.
- Outstanding attention to detail.
- Expert in basic trauma care, stump and amputee care and early rehabilitation such as teaching basic assessment tools
- Excellent Manual Therapy Skills
- Experience in cardio respiratory and chest Physiotherapy
- Expert in Community Based Rehabilitation
- Excellent electrotherapy and Hydrotherapy skills
- Ability to move into totally new situations and territories and initiating successful activities and relations.
- Have the ability and willingness to take on further training for self-development
- Flexibility to work weekends on rotational basis

AREAS OF EXPERTISE

- Musculoskeletal physiotherapy
- Orthopedics
- Stroke management
- Sports injuries
- Cardio respiratory/Chest Physiotherapy
- Physiotherapy Research/Lecturing
- Patient care
- Neurological conditions
- Multiple Sclerosis
- Sports Science and Management

WORKING EXPERIENCE

2017- Current: Kenyatta University

Position: Part Time Lecturer (Physical Education and Sports Science Department)

2013- Current: Kenya Sevens National Rugby Team

Position: Chief Team Physiotherapist

Roles and Responsibilities

- Sports specific injury, assessment and management
- Manual adjustments (spinal and extremities) & Mobilization
- Dry needling

- Laser Therapy
- Micro-current, TENS and Ultrasound Therapy
- Soft Tissue: MRT Myofascial
- Release Technique, ART Active
- Applied Kinesiology and Taping
- Rehabilitation and exercise prescription
- Functional movement pattern assessment
- Sports Strapping and Tapping

2013-Current: East Africa Physiotherapy, Sports Injury Clinic, Exercise and Sports Medicine Centre

Position: Physiotherapist in charge

Roles and Responsibilities

- Sports specific injury, assessment and management
- Rehabilitation of Sports Specific Injuries and **RTT** and **RTP** protocols
- Assessment of Sports Injury and Advice on Rehabilitation or Surgery in Partnership with Cure international Hospital
- Rehabilitation and exercise prescription
- Functional movement pattern assessment
- Sports Strapping and Tapping

2016 Jan – Jan 2018: Jomo Kenyatta University of Agricultural Technology

Position: Part time Lecturer

PHYSICAL THERAPY DEPARTMENT

March –July 2014: Moi University (School of Medicine) Kenya

Position: Part time Sports Medicine Lecturer

June 2011 to August 2013: University of the Western Cape Rugby & Cricket club (SS4LS, South Africa)

Position: Team Physiotherapist

Roles and Responsibilities

- Sports injuries prevention, assessment and management
- Pre- Season strengthening and conditioning
- Injuries assessment
- Taping and Strapping
- Providing gym sessions, stretching and warm up exercises
- Rehabilitation of rugby players post injuries
- Dry Needling
- Sports Massage

May 2013-Aug 2013: Santos Football Club

Part-time: Rehab/Musculoskeletal Physiotherapist

- Injuries Assessment

- Tapping and Strapping
- Rehabilitation of sports injuries
- Sports Massage

February 2012 to Nov 2012: University of the Western Cape Physiotherapy Department

Position: Tutor/Research Assistant

Roles and Responsibilities

- Physiotherapy skills
- Disability Studies and Disability Policy Analysis
- Exercise to Promote Health and Prescription/Exercise Physiology
- Movement Science
- Orthopedic Manual Therapy
- Community Based Rehabilitation
- Electrotherapy

August 2009-Nov 2010: Hept Physiotherapy Clinic (Nairobi)

Position: Physiotherapist

Roles and Responsibilities

- Evaluate patients' physical abilities through evaluative procedures for example functional ability tests
- Conduct various tests and assess the treatment level as well as the activities required to heal individual patients
- Perform chest Physiotherapy on specific referred chest conditions patients
- Test different equipment for functioning and safety on a daily basis
- Prepare, maintain, and digitize records of patients referred for physiotherapy in the clinic
- Ensure that a professional and healthy work environment is maintained in the clinic
- Conducted training sessions to teach about different techniques of performing physiotherapy
- Prepared records of new patient cases, physiotherapy sessions, patient assessment, etc.

Jan 2010 – Dec 2010: Nairobi South Hospital (Kenya)

Position: Physiotherapist

Roles and Responsibilities

- Evaluate patients' physical abilities through evaluative procedures for example functional ability tests
- Maintain clinical and numerical records and seek advice from other health care professionals
- Establish action goals with patients based on bodily diagnoses
- Develop and put into practice health promotion programs for patients, employees and the society
- Plan and put programs of physiotherapy into practice counting therapeutic exercise, chest physiotherapy, manipulations, massage, teaching and the use of electro-therapeutic
- Converse with referring physician and other healthcare professionals about patients' problems, needs and development
- Involved in ward rounds, meetings and case conferences.
- Evaluating, planning and delivering care plans in response to complex needs.
- Based in various clinical settings i.e. Neuro-rehab, community, wheelchairs.
- Reporting all complaints/incidents to senior managers & documenting them.
- Involved in a patients pre-admission and follow-up care.
- Prioritizing urgent referrals, emergency cases and working with cardio respiratory, orthopedic, acute neurological and multi-pathology patients

August 2010 to Dec 2010: Nondescripts Rugby Football Club (Kenya)

Position: Team Physiotherapist

April 2010 to June 2010: Harlequin Rugby Football Club (Kenya)

Position: Team physiotherapist

August to Oct 2009: National Spinal Injury Hospital (Kenya)

Position: Physiotherapist Intern

WORLD RUGBY MODULES COMPLETED

	17 Jun 2014
Concussion Management for Doctors and Healthcare Professionals	15 th June 2014
Medical Protocols for Match Day Medical Staff	6 th Dec 2015
Concussion Management for Elite Level Match Day Medical Staff	6 th Dec 2015
First Aid In Rugby Level 1	15 th June 2014
Immediate Care in Rugby Level 2	20 th July 2016
Advanced Care in Rugby Level 3 (World Rugby Medical Educator)	30 th Dec 2017

WORKSHOPS AND COURSES ATTENDED

International Research Symposium

Theme: Motion Analysis and Foot Structure in Sports Athletes
Venue: Kenyatta University
Date: 27th June 2019
Position: Delegate presenter

Kenya Orthopedic Association

Theme: 21st Kenya Orthopedic Association Conference
Venue: Pride Inn Beach Hotel, SHANZU, Mombasa.
Date: 19th, 20th -21st June 2019
Position: Delegate presenter

2nd International Sports Medicine Conference

Venue: Gertrude Children Hospital Muthaiga
Theme: Latest Approaches in sports Injury Managements
Date: 18th -19th January 2019

1st International Sports Medicine Medicine Conference

Theme: Multidisciplinary Management of Sports Injuries
Date: 18 - 20th March 2018
Venue: Concord Hotel, Parklands Nairobi

Rugby Afrique Doping in sports project

Theme: Doping in Sports
Date: 2nd Oct 2018
Venue: Tunis, Tunisia

Ministry of Health and WHO

Theme: *Development of Physical Activity National Action Plan*
Venue: Lake Naivasha Resort
Date: 7th -9th Sept 2015
Key Modulators: Dr. Nato (WHO) Dr. Muthoni Gichu (Head Department of Aging Unit)(MOH)

University of the western Cape, Faculty of Community and Health Sciences

Theme: *Faculty of Community and health Sciences 1st Annual Research Day*
Venue: *School of Public Health, University of the Western Cape (South Africa)*
Date: 11th October 2012

University of the Western Cape,

Theme: *Introduction to SPSS (Post Graduate Training)*
Olrac Predictive Analytic SP Solutions (Cape Town South Africa)
Venue: *Life Science Building University of the Western Cape*
Date: 20 March 2012
University of the Western Cape School of Public Health
Theme: "Paralympics Sport and Social Justice: Toward a Happy Marriage or Difficult Separation?"
Speaker: *Dr. David Howe (A senior lecturer in Anthropology of Sport at the University of Loughborough, United Kingdom)*
Venue: *University of the Western, School of Public Health Building*
DATE: Monday, 19th September 2011

University of the Western Cape School of Public Health

Theme: *Current Thinking: In Health Promotion*

Speaker: Dr. Ruth Stern

Venue: University of The Western Cape, School of Public Health Building

DATE: 20th- 24th June 2011

BokSmart Certification

Theme: Rugby injury Prevention (BokSmart),

Venue: Cape Town, South Africa,

Date: April 6th 2013

World Rugby: Level 1 Certificate

Theme: First Aid, Sports Injury Prevention, PCR, Basics of Sports Management

Venue: Mash Hotel Nairobi

Speaker: Denver and Graham Bentz (IRB Educators)

Host: Kenya Rugby Union

Date: June 21st -22nd June 2014

World Rugby Board: Doping and Concussion guidelines certificate

Date: August-Nov 2014

Theme: IRB Online Player Welfare Site

American Sports Medicine Society Conference

Theme: Concussion, ACL, PCL Injury Management

Venue: Monte Carlo Hotel, Las Vegas

Host: USA Rugby Union and ASMS

Date: 2nd Feb - 4th Feb – 2015

World Rugby: Level 2 Certificate

Theme: Immediate Care in Rugby (ICIR)

Venue: Garden Court Hotel (Cape town, South Africa)

Speaker: Denver and Joseph Kalazi (IRB Trainers)

Host: South African Rugby

Date: June 28th 2016

World Rugby: Level 3 Certificate

Theme: Advanced Care in Rugby

Venue: Hilton Hotel, London

Speaker: World Rugby Medical Trainers

Host: Rugby Football Union

Date: Nov 15th 2016

Publications Reviewed

1. Lamech, B., and Philips J (2013). Prevalence of rugby injuries among the Kenyan male elite rugby football clubs. *Journal of Natural Sciences Research* (**Accepted for publication**)
2. Lamech, B., and Phillips, J (2013). A descriptive of the factors influencing the implementation of rugby injury prevention strategies among elite rugby football clubs in Kenya. (**Being Reviewed**)
3. Lamech, B., and Philips J (2013). Sports injury prevention strategies and sports safety practices in place among male elite rugby football clubs in Kenya. (**Being Reviewed**)

Modules Completed/Practical Experience

- Exercise prescription
- Exercise physiology

- Strengthening and Conditioning
- Fitness Testing

At the University of the Western Cape 2013 (Part time)
Sports Science, Leisure and Sports Recreation Department

ACHIEVEMENTS

- ❖ *VANCOUVER WORLD RUGBY 7S SERIES FINALIST 2018*
- ❖ *HONG KONG WORLD RUGBY 7S SERIES FINALIST 2018*
- ❖ *QUALIFIED FOR OLYMPICS 2016 WITH RUGBY 7S TEAM*
- ❖ *OVERALL WINNER SINGAPORE WORLD RUGBY 7S SERIES 2016*
- ❖ *CAPETOWN WORLD RUGBY 7S SERIES SEMIFINALIST 2016*
- ❖ *WESTERN PROVINCE CRICKET LEAGUE 1A CUP WINNERS 2013*
- ❖ *SAFARI 7S WINNERS 2013 (Kenya 7s)*
- ❖ *2 TIME SAFARI 7S FINALIST 2014/2015 (Kenya 7s)*
- ❖ *WESTERN PROVINCE RUGBY LEAGUE 1B CUP WINNERS 2012*
- ❖ *KENYA CUP WINNERS 2015/16 (Kabras RFC Sports Physio)*
- ❖ *ENTERPRISE CUP FINALIST 2016 (Kabras RFC Sports Physio)*

REFERENCES

Mr. Thomas Odundo

Rugby manager, Kenya Rugby Union,
RFUEA Grounds, Ngong Rd
PO Box 48322-00100 Nairobi, Kenya

Prof. Julie Philips

Head of Physiotherapy Department,
University of the Western Cape,
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Mr. Nick Kock

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