



STRENGTHMOVABILITY

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01 ABOUT US

Strength & Movability was founded by **Desiderio Sepa Malale**, a **qualified physiotherapist, elite performance coach, and professional athlete** with over **15 years of experience in high-performance training** and **10 years specialising in sports massage and injury rehabilitation**.

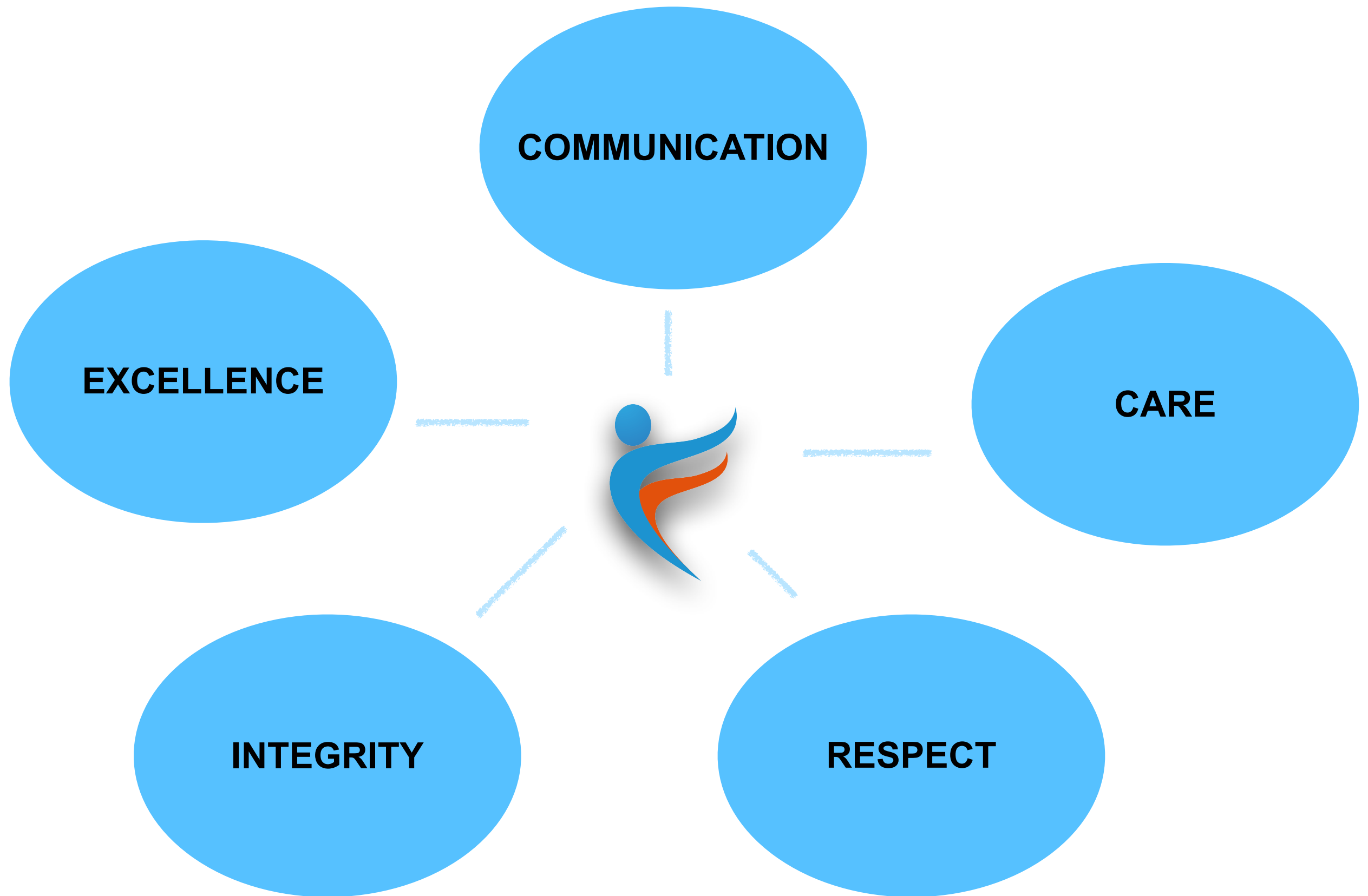
Desiderio has worked with **elite performers and organisations**, including the **National Ballet**, the **London Marathon**, and professional athletes across multiple disciplines. His work focuses on helping individuals **recover from injury, move pain-free, and perform at their highest level**.

Holding a **First-Class BSc in Physiotherapy** from **London South Bank University** and a **Level 5 qualification in Sports Massage Therapy**, with **40,000+ hours of combined clinical and hands-on experience**, Desiderio combines **evidence-based physiotherapy** with a deep practical understanding of human movement. He has also spent over seven years **working alongside osteopaths, physiotherapists, sport therapies and other healthcare professionals**, refining a multidisciplinary and results-driven approach to care.

His treatment philosophy integrates **advanced physiotherapy, sports massage, gait and movement analysis, postural assessment, and injury prevention strategies**. This allows him to identify the **root cause of pain**, rather than simply treating symptoms, helping clients achieve **long-term, sustainable results**.

As a **competitive kickboxer and Brazilian Jiu-Jitsu athlete**, as well as a **calisthenics and elite hybrid coach**, Desiderio understands first-hand the physical demands of high-level training. He has competed and won at **national and international level**, and has supported **calisthenics, Brazilian jiu jitsu athletes and CrossFit athletes** to improve performance and resilience.

In addition to clinical practice, Desiderio has **delivered seminars across Europe and Africa**, sharing his expertise in movement, recovery, and injury rehabilitation. Passionate about optimising movement and recovery, he tailors every treatment to the individual, providing **precision care designed to deliver lasting results**.



- Physiotherapy
- Swedish Massage.
- Deep Tissue Massage.
- Myofascial release.
- Stretching Massage for runners.
- Advanced Kinesiology Taping.
- Dry Cupping.
- Sports Massage, soft tissue & injury prevention.



04 Our vision

Our vision is to help clients eliminate physical pain and prevent repetitive injuries by educating them using the latest research and evidence-based approaches. We aim to provide accurate and effective treatment for physical conditions while enhancing care for all clients. Additionally, we focus on preventing severe and acute injuries to promote long-term well-being.

05 Achievements

- First class Bsc Physiotherapy (London Southbank university)
- ITEC Level 5 sports Massage and injury prevention. (St Mary's University Twickenham).
- Dry cupping. (Core elements).
- Advanced Kinesiology Taping. (London school of Osteopathy).
- Advanced Deep Tissue Massage. (London school of Massage).
- Trigger point (Gateway Workshops).
- Stretching Massage. (London school of Massage).
- Myofascial release. (London school of Massage).
- ITEC Level 3 Full Body Massage (Gateway Workshops).





+447596861205



www.strengthmovability.com



info@strengthmovability.com



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