

Elisa Muñoz Blanco

Registered Physiotherapist (Madrid Professional Association No. 3059)
Clinical researcher and university lecturer

Date of birth: July 28, 1979

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Professional profile

Physiotherapist with extensive clinical experience and advanced training in the management of complex health conditions, persistent pain, cranio-cervico-mandibular disorders, oncology, pediatrics and disability.

Her professional trajectory integrates clinical practice, teaching, research and the development of educational projects, with an approach centred on the person and the family.

Founder of the Watsupath™ Training Institute, an international project dedicated to education, research and the development of therapeutic approaches in water.

1. Formal Academic Education

University Diploma in Physiotherapy September 1998 – June 2001
Universidad Europea de Madrid, Spain

Bachelor's Degree in Physiotherapy September 2012 – June 2013
Universidad Europea de Madrid, Spain

Postgraduate Degree in Manual Lymphatic Drainage October 2001 – June 2002
Universidad Europea de Madrid, Spain

Postgraduate Degree in Osteoarticular Physiotherapy September 2008 – May 2010
Universidad Autónoma de Madrid, Spain

Master's Degree in Pediatrics October 2016 – September 2017
Universidad San Pablo CEU, Madrid, Spain

Master's Degree in Psychosomatic Medicine and Psychotherapy (*ongoing*)
Universidad San Jorge, Spain

2. Advanced Clinical Training and Certifications

Myofascial and Manual Therapy

- **Postgraduate Course in Myofascial Release – Structural Techniques**
Universidad Autónoma de Madrid, Spain
September 2011 – February 2012
 - **Postgraduate Course in Myofascial Release – Global Techniques**
Universidad Autónoma de Madrid, Spain
June 2018 – February 2019
 - **Postgraduate Course in Myofascial Release – Integrated Techniques**
Universidad Autónoma de Madrid, Spain
April 2021 – February 2022
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Temporomandibular disorders and orofacial pain

Continuing Education Program in Craniomandibular Dysfunction and Orofacial Pain
Prof. Mariano Rocabado – CEDIME, Pamplona, Spain
2001 – 2002

Advanced training in assessment and physiotherapeutic treatment of temporomandibular disorders, orofacial pain and craniocervical dysfunctions, integrating manual therapy, cervical motor control and neuromuscular approaches.

Lymphatic drainage and oncology-related conditions

Advanced Refresher Training in Manual Lymphatic Drainage and Complex Decongestive Therapy. Dr. Vodder® Method. Dr. Vodder Schule, Austria
2004

Clinical application in primary and secondary lymphedema, post-surgical and oncology-related edema, integrating manual therapy, compression and patient education.

Craniosacral Therapy

- **Craniosacral Therapy I** – November 2002
 - **Craniosacral Therapy II** – April 2003
 - **SomatoEmotional Release® I** – July 2009
The Upledger Institute Spain
 - **Postgraduate Course in Biodynamic Craniosacral Therapy**
Madrid, Spain. March 2022 – March 2023
 - **Craniosacral Therapy in Water™**
Original clinical development (intellectual property registered in 2011)
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Aquatic Therapy and Specific Methods

- **Watsu® Certification**
 - Watsu® Practitioner – Madrid, Spain, July 2008
 - Watsu® Assistant – New York, USA, October 2009
 - Basic Watsu® Instructor – Estepona, Spain, September 2011

- Watsu® 1 Instructor – Madrid, Spain, May 2016
- Watsu® 2 Instructor – León, Spain, December 2018
- **Clinical Watsu® 3 Instructor** – Madrid, Spain, December 2023

Certifications granted by the **Worldwide Aquatic Bodywork Association (WABA)**.

- **Halliwick® Therapy Certification**
Prof. Johan Lambeck – December 2010
 - **Introduction to the Halliwick® Concept – Level I**
November 2016
 - **Water Specific Therapy – Advanced Course in Neurology**
Prof. Javier Güeita – November 2017
International Aquatic Therapy Faculty
 - **Certified Ai Chi® Instructor**
Jun Konno – Aquadynamics Institute, Japan
September 2016
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Psychotherapy, Trauma, and Mind–Body Approaches

- **Expert in Psychosomatic Medicine and Health Psychology**
- **Expert in Brief Psychotherapy**
- **Training in Trauma Intervention and EMDR**

Universidad San Jorge, Spain
October 2023 – January 2026

- **Focusing Certification – Levels I, II and III**
International Focusing Institute – Focusing Spain
June 2022 – May 2023
 - **Ashtanga Vinyasa Yoga Teacher Training – RYS 200**
Simon Louhlin and Alyson Simeone
Asturias, Spain – August 2021
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3. Clinical Experience

Continuous professional practice since 2001 in clinical, healthcare, academic and training settings, with progressive specialization in aquatic therapy, complex health conditions, persistent pain, pediatrics and diverse needs.

Centro Valle36 (Madrid, Spain) (2025 – Present)

Specialized clinical practice in persistent pain and complex health conditions. Integration of land- and water-based work within an environment that expands the possibilities for assessment, intervention and support.

Aquatic Therapy Unit – Fundación Instituto San José (Madrid, Spain) (2015 – Present)

Therapeutic intervention with children and adults presenting neurological, musculoskeletal, systemic and psychosomatic conditions in both hospital and outpatient settings.

Watsupath™ Training Institute (2014 – Present)

Founder and director of an international clinical and educational project. Coordination of teaching teams, development of research initiatives and organization of internationally accredited training programmes.

APACE Talavera – Nuestra Señora del Prado Special Education School (Toledo, Spain)

(2012 – 2017)

Therapeutic intervention, both on land and in water, with children and adolescents with cerebral palsy.

Centro Valle36 (Madrid, Spain)

(2011 – 2014)

Aquatic therapy applied to chronic low back pain and neuromuscular conditions.

Integrated Psychotherapy Center (Talavera de la Reina, Toledo, Spain)

(2008 – 2018)

Interdisciplinary clinical work addressing musculoskeletal conditions, temporomandibular disorders and orofacial pain within a psychotherapeutic framework.

Thermes du Vittel / Thermes de Divonne-les-Bains (France)

(2006 – 2007)

Hydrotherapy and aquatic physiotherapy for rheumatological and psychosomatic conditions in thermal health settings.

FREMAP – Navalmoral de la Mata (Cáceres, Spain)

(2004 – 2005)

Assessment and treatment of traumatic and post-surgical conditions in an occupational health setting.

BEATRIZSPA – Thalasso Center (Lanzarote, Spain)

(2002 – 2003)

Coordination of multidisciplinary teams and clinical practice within a thalassotherapy context.

4. University Teaching and Professional Education

- **Associate Professor** 2017 – 2023
Bachelor's Degree in Physiotherapy – Faculty of Medicine
Universidad San Pablo CEU, Madrid
- **Lecturer in the Postgraduate Expert Program in Aquatic Therapy** 2009 – 2019
Universidad Rey Juan Carlos, Madrid
- **Lecturer in the Master's Degree in Pediatric Physiotherapy** 2018 – 2023
Universidad San Pablo CEU, Madrid
- **Lecturer in the Master's Degree in Physical Activity and Disability** 2016
Universidad Autónoma de Madrid
- **Postgraduate Course Lecturer in Craniosacral Therapy in Water™** 2010
Universidad Pontificia de Comillas, Madrid
- **International Instructor in Watsu® and Craniosacral Therapy in Water™** 2009 – Present

5. Conferences, presentations and scientific activity

Regular speaker at national and international conferences in physiotherapy, aquatic therapy, pediatrics and complex health processes.

IV Physiotherapy Students' Conference

Universidad San Jorge, Zaragoza, Spain

Presentation: *Aquatic Therapy in Pediatrics*

March 2016.

I and II International Congress on Aquatic Therapies

Costa Rica

Presentations: *Craniomandibular Dysfunction in Aquatic Therapy; Description and Analysis of Aquatic Therapeutic Intervention in Children with Cerebral Palsy: A Qualitative Case Study*

July 2015 / April 2018.

VI International Congress on Aquatic Activities

Universidad Miguel Hernández, Elche, Spain

Presentation: *Passive Aquatic Therapy in the Clinical Setting*

June–July 2017.

Watsu® European Conference

Třeboň, Czech Republic

Presentation: *Experiences of Children with Cerebral Palsy Who Receive Aquatic Therapy*

October 2017.

I Conference on Updates in Aquatic Therapy

Universidad Rey Juan Carlos, Madrid, Spain

Presentation: *Experiences of Children with Cerebral Palsy and Professionals in Aquatic Therapy*

October 2017.

IV International Water Conference

Saint Petersburg, Russia

Presentation: *Experiences of Children with Cerebral Palsy Who Receive Aquatic Therapy*

June 2019.

International Webinar on Hydrokinesitherapy

Chilean Aquatic Physical Therapy Society

Presentation: *Integrating Specific Methods in Aquatic Physiotherapy: Craniosacral Therapy in Water™*

October 2020.

World Watsu® Week – International Webinar

Aquatic Therapy Network of India

Presentation: *Watsu® in Aquatic Rehabilitation*

March 2021.

European Watsu® Conference

Istanbul, Turkey

Presentation: *Craniosacral Therapy in Water™: Fascia as a System*

October 2022.

III Spanish Fascia Symposium

Universidad Europea de Madrid, Spain

Presentation: *Aquatic Therapy: Fascia as a System within a 360° Approach*

September 2025.

Research and publications

Scientific articles

Muñoz Blanco, E., Merino Andrés, J., Aguilar Soto, B., Castillo García, Y., Puente Villalba, M., Pérez Corrales, J., & Güeita Rodríguez, J. (2020). Influence of Aquatic Therapy in Children and Youth with Cerebral Palsy: A Qualitative Case Study in a Special Education School. *International Journal of Environmental Research and Public Health*, 17(10), 3690.

<https://doi.org/10.3390/ijerph17103690>

Cabezas-Yagüe E, Martínez-Pozas O, Gozalo-Pascual R, Blanco EM, Paños RL, Jiménez-Ortega L, et al. Comparative effectiveness of Maitland Spinal Mobilization versus myofascial techniques on pain and symptom severity in women with Fibromyalgia syndrome: A quasi-randomized clinical trial with 3-month follow up. *Musculoskeletal Science and Practice*. 2024;73:103160.

<https://doi.org/10.1016/j.msksp.2024.103160>

Book chapters

Muñoz Blanco, E. (Co-author).

Aquatic Therapy. Approaches from Physiotherapy and Occupational Therapy in the Aquatic Environment. Elsevier, Madrid. 1st edition: 2015; 2nd edition: 2020.

Muñoz Blanco, E. (Co-author).

The Heart of Watsu. Therapeutic Applications in Clinical Practice. Jessica Kingsley Publishers, London, 2023.

6. Intellectual Property and Projects

- **Craniosacral Therapy in Water™**
Intellectual property registration: July 12, 2011 – Madrid, Spain
 - **Watsupath™**
Registered trademark and international clinical-educational project
 - **SuperShrinks™ Project**
Clinical development centred on the therapeutic relationship
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7. Languages

- Spanish: native
 - English: C2
 - French: B2
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