



Bomi Bilimoria

bomi@bomimassage.com
www.bomimassage.com
914.207.4071



ORTHOPEDIC AND SPORTS MASSAGE THERAPIST with the distinction of being New York City’s first and only Hendrickson Method certified practitioner. I skillfully apply orthopedic and sports massage to relieve pain, treat acute and chronic conditions, and enhance athletic performance. As a former mechanical engineer, I have a passion for finding and treating root causes of soft tissue conditions and using orthopedic massage to restore muscular function.

Massage Modalities

Orthopedic Massage, Sports Massage, Neuromuscular Massage, TMJ massage, Pre-Natal Massage, Neuro Massage, Pre- and Post-Surgery Massage, and Manual Therapies including PNF Stretching, Myofascial Release, and Trigger Point

Conditions Treated

Muscle pain and injuries including whiplash, sciatica, rotator cuff, carpal tunnel, shoulder impingements, tennis and golfer’s elbow, and hip disorders, athletic injuries and performance enhancement, and other soft tissue conditions

Chiropractor Recommendation

“Bomi is an incredible asset to any chiropractic team. He worked in my practice for about 5 years. Bomi’s skillset as an Orthopedic Massage Therapist is unparalleled. He was pivotal in the resolution of many soft tissue injuries for a large number of my clients. We worked in unison and in a complementary way with hundreds of clients.”

– **John Blenio, DC**, High Amplitude Health Chiropractic & Sports Injury, San Mateo, CA

MASSAGE THERAPY EXPERIENCE

Bomi Massage

Orthopedic and Sports Massage Therapist, Manhattan and Westchester County (Harrison), NY 2020 – Present

Treated clients at *Optimal Health Chiropractic* in conjunction with Dr. Seth Pearl, DC. Provided skillful and effective treatment to professionals, healthcare workers, seniors, athletes, and others seeking pain relief, treatment of acute and chronic conditions, and enhanced athletic performance.

Orthopedic and Sports Massage Therapist, San Mateo, CA 2014 – 2019

Treated clients at *High Amplitude Health Chiropractic & Sports Injury* in collaboration with Dr. John Blenio, DC. Created and executed orthopedic massage and manual therapy treatment plans for clients including technology workers, first-responders, and athletes ranging from high school soccer and baseball players to leading masters-level Ironman triathletes.

Orthopedic and Sports Massage Therapist, Sunnyvale, CA 2009 – 2019

Treated a range of clients and mentored and coached other massage therapists in private practice. Performed intake and assessment, and created and executed orthopedic massage treatment plans. Developed referral relationships with chiropractors, personal trainers, and physical therapists. Clients included entrepreneurs, recreational and competitive athletes, seniors, and clients requiring maintenance treatment for chronic pain conditions such as fibromyalgia, hip disorders, and migraines.

Orthopedic and Sports Massage Therapist, Campbell, CA 2006 – 2009

Treated clients at *Janzen & Janzen Chiropractic* in collaboration with Dr. Matthew Janzen, DC, and Dr. Michael Janzen, DC. Provided orthopedic massage treatment with manual therapy protocols for acute pain, post-surgery, and chronic

conditions. Clients included seniors recovering from back and hip replacement surgery, office workers with repetitive stress injuries, and clients with shoulder impingements, whiplash, and pregnancy-related back pain.

Sports Massage Therapist, Santa Clara, CA **2005 – 2006**

Treated recreational athletes and other clients at *Silicon Valley Chiropractic* in collaboration with Dr. James Grubinskas, DC. Provided sports and myofascial massage for athletic injuries and performance improvement.

Massage Therapist, Cupertino, CA **2004 – 2006**

Treated medical patients, health professionals, and other clients at the medical office of *Dr. Sheldon Zitman*. Provided therapeutic massage for chronic pain conditions.

ENGINEERING EXPERIENCE

Western Digital

Engineering Manager of Failure Analysis Lab, Santa Clara, CA **1995 – 2004**

Engineering manager responsible for failure analysis and quality assurance (QA) of hard disk drive products. Managed a staff of two engineers and 43 technicians working in two shifts in a 24/7 production environment.

Conner Peripherals

Shift Engineer, Milpitas, CA **1994 – 1995**

Oversaw process engineering in a hard disk drive production environment.

Akashic Memories

Failure Analysis/QA Engineer, Santa Clara, CA **1986 – 1993**

Performed quality assurance (QA) on hard disk drive products in a production environment.

Memorex

Shift Engineer, Santa Clara, CA **1985 – 1986**

Performed quality assurance (QA) on hard disk drive products in a production environment.

EDUCATION

- *Continuing Education in Pathology & Kinesiology*, Finger Lakes School of Massage, Mt. Kisco, NY 2019
- *Orthopedic Massage Certification*, Hendrickson's Method Institute, Berkeley, CA 2006 – 2007
- *Therapeutic and Sports Massage Certifications*, Body Therapy Center, Palo Alto, CA 2004 – 2006
- *B.S. Mechanical Engineering*, Karachi University 1984

LICENSES AND MEMBERSHIPS

- New York State Massage Therapist License #031779-01
- Associated Bodywork & Massage Professionals (ABMP) Member

RECOMMENDATIONS AND REVIEWS

- **LinkedIn:** www.linkedin.com/in/bomimassage
- **Facebook:** www.facebook.com/bomimassage
- **Yelp:** <https://www.yelp.com/biz/bomi-massage-white-plains>