

Juan Nieto, DO



Juan received his Osteopathy degree in 2001. He started his career working with some of the best experts in Europe. After some years of intensive osteopathic dedication as a therapist and assistant teacher, Juan started to explore the movement-related sciences as a complement for his treatments. He became a Polestar® Pilates certified instructor in 2003; at that time he discovered the potential of the Pilates method as a rehabilitation technique. Since then Juan has been focused researching and developing rehabilitation applications within the Pilates environment in search of efficient movement and performance.

As he goes into the world of movement, Juan is deeply influenced with other techniques: in 2005 he became a Franklin Method® teacher and in 2007 got the Gyrotonic® instructor certificate. At the same time he continues his osteopathic studies in paediatrics and pregnancy.

In the last two years, Juan has been training some professional athletes awakening a whole new interest in functional movement in sports technique and performance.

Juan is a Rehab and Studio Polestar® main educator and examiner. He is also an international lecturer specialized in rehabilitation through movement. In 2008, he became the Polestar's licensee for Spain and Portugal.
