

HE4DS **MOBILITY PRO.**

list of books & studies.

PUBLISHED STUDIES FROM THE HE4DS TEAM

when.	what.	where.
2019	Self-Myofascial Vibro-Shearing: a Randomized Controlled Trial of Biomechanical and Related Changes in Male Breakdancers.	Sports Medicine – Open Journal
2019	Self-Myofascial Release: chronic low back pain and stress: a controlled clinical trial.	Sports doctor magazine
2016	Self-help Treatment for Low Back Pain and Stress: a pilot study emplying a myofascial manipulation tool.	Conference Book: Intl. Congress for Integrative Health & Medicine
2015	Correlation between Hydration and Fascia Stiffness during a Self-help Treatment: a Bioimpedance Controlled Trial.	Journal of Bodywork and Movement Therapies
2015	Self-help Treatment With A Myofascial Manipulation Tool in 113 Male Breakdancers.	4th International Fascia Congress Book, Washington DC („Best Poster Presentation“ Award)
2014	The Breaker’s Wrist.	Project thesis for the tamed certificate
2014	Injury Prevention of the Breakdancer’s Wrist.	Master of Sports Physiotherapy and Recuperation from Physical Activity

BOOKS & STUDIES ABOUT MOBILITY

when.	what.	from who.	where published?
2021	Hip Mobility and Flexibility for Track and Field Athletes.	Teichmann, J., Burchardt, H., Tan, R., & Healy, P. D.	Advances in Physical Education.
2020	Differences in the Quality of Movement Functionality between Judokas, Karatekas, and Non-Athletes.	Mekic, A., Vrevic, E., Malovic, P., Kapo, S., & Kajmovic, H.	Journal of Anthropology of Sport and Physical Education.
2019	Optimal Training. Performance-physiological training theory with regard to children and youth training.	Weineck, J.	Spitta GmbH
2019	The effect of core stability training on functional movement patterns in college athletes.	Bagherian, S., Ghasempoor, K., Rahnama, N., & Wikstrom, E. A.	Journal of sport rehabilitation.
2019	Thoracic spine mobility, an essential link in upper limb kinetic chains in athletes: a systematic review.	Heneghan, N. R., Webb, K., Mahoney, T., & Rushton, A.	Translational Sports Medicine.
2019	Effect of Reduced Ankle Mobility on Jumping Performance in Young Athletes	Godinho, I., Pinheiro, B. N., Júnior, L. D. S., et al.	Motricidade.
2018	Periodization: theory and methodology of training.	Bompa, T. O., & Buzzichelli, C.	Human kinetics.

BOOKS & STUDIES ABOUT MOBILITY

when.	what.	from who.	where published?
2017	Correlation between the functional movement screen and hip mobility in NCAA division II athletes.	Jenkins, M. T., Gustitus, R., Iosia, M., Kicklighter, T., & Sasaki, Y.	International journal of exercise science.
2017	Functional mobility and flexibility in young female swimmers.	Piekorz, Z., Lewandowski, A., Radzimińska, A., et al.	Trends in sport sciences.
2015	Functional movement screen differences between male and female secondary school athletes.	Anderson, B. E., Neumann, M. L., & Bliven, K. C. H.	The Journal of Strength & Conditioning Research.
2013	Training principles for fascial connective tissues: Scientific foundation and suggested practical applications.	Schleip, R. & Müller D. G.	Journal of bodywork and movement therapies.
2008	Mobility and stability adaptations in the shoulder of the overhead athlete.	Borsa, P. A., Laudner, K. G., & Sauers, E. L.	Sports medicine.
2003	The effect of dance training on joint mobility, muscle flexibility, speed and agility in young cross-country skiers—a prospective controlled intervention study.	Alricsson, M., Harms-Ringdahl, K., Eriksson, K., & Werner, S.	Scandinavian journal of medicine & science in sports.
2000	Isokinetic performance and shoulder mobility in elite volleyball athletes from the United Kingdom.	Wang, H. K., Macfarlane, A., & Cochrane, T.	British Journal of Sports Medicine.

about us.



**Sophie
Manuela**
Lindner

- Physical Therapist since 2012, BSc, MA
- Specialized in Myofascial Osteopathy, Dance Medicine and Stress Competence Training
- Dancing Ballett & Contemporary since 1999, Hip Hop since 2003, Breaking since 2007



Jens
Nonnenmann

- Physical Therapist since 2015
- Specialized in Myoreflex therapy, Breathwork & Dance Medicine
- Breaking since 2000



Bao Chau
Nguyen

- Physical Therapist since 2011
- Specialized in High Performance & Neurofunctional Training
- Breaking since 2002

CONTACT



LUISA MÖLLER
HE4D of Communication
info@he4ds.com

www.he4ds.com
[@he4ds_method](https://www.instagram.com/he4ds_method)

phone: +49 1522 3535213