

## dance academies & events.

**when.**

**who.**

**what.**

<b>2021</b>	Red Bull Dance Your Style Final Germany	Individual Treatment. Healthcare at events.
<b>2018-2021</b>	Professional Dance Academy, Stuttgart	Dance-medical Screening. Lessons in Anatomy, Nutrition & Dance Medical Training.
<b>2020</b>	Red Bull BC One World Final	Individual Treatment. Breaking-specific Screening. Healthcare at events.
<b>2019</b>	Red Bull BC One Germany Cypher	Workshop.
<b>2018</b>	Red Bull BC One Spain Camp	Workshop. Panel Discussion.
<b>2016-2019</b>	Red Bull BC One Austria Cypher	Workshop. Breaking-specific Screening. Healthcare at events.
<b>2014-2018</b>	Circle Industry	Workshop. Breaking-specific Screening.
<b>2014-2015</b>	The Notorious IBE	Workshop. Panel Discussion.
<b>2014</b>	Raw Circles	Workshop. Lecture.
<b>2014</b>	Red Bull BC One Training Camp Holland	Workshop. Lecture.

# dancers.

when.	who.	what.
2021	<p><b>B-Boys:</b> Menno. Flea Rock. Xak. Lil Ceng. Wild Jerry. Thomaz. D-TEX. Light. Said. Double D.</p> <p><b>B-Girls:</b> Jilou. Paulina. Luma. Carito. Pauline. Alicia.</p>	Individual Treatment. Breaking-specific Screening.
2020	<p><b>B-Boys:</b> Shigekix. Vero. Philip. Lil Zoo. Amjad. Xak. PacPac. Artform. XXL. Schlag</p> <p><b>B-Girls:</b> Kastet. Jilou. AT. Movie One. Kami. Ayane. Sunny. Paulina. Mess. Sina.</p>	Individual Treatment. Breaking-specific Screening.
2019	<p><b>B-Boys:</b> Lil Zoo. Uzee-Rock. Mouse. Ice. Light. Vakho. Wolfer. Zip-Rock. Tricky</p> <p><b>B-Girls:</b> Sunny. Dora. Kastet</p>	Individual Treatment.
2018	<p><b>B-Boys:</b> Menno. Roxrite. Lil Zoo. Taisuke. Mounir. Poe One. Reveal. Crazy-Legs. Focus. Redo. Lil Dany. Wolfer. Xak. Kinder. Zip-Rock. Gimnast.</p> <p><b>B-Girls:</b> AT. Dora. Paulina</p>	Individual Treatment. Breaking-specific Screening.
2017	<p><b>B-Boys:</b> Hong 10. Menno. Roxrite. Victor. Crazy-Legs. Focus. Nequin. Wing. Lilou. Pelezinho. Junior. Cico. Lil-G. Ronny. Lil-Amok. Benny Kimoto. Vartan. Lil Ceng. Willy. Fuego.</p> <p><b>B-Girls:</b> Jilou. Sunny. AT.</p>	Individual Treatment. Breaking-specific Screening.

# congresses.

## when. what. where.

<b>2021</b>	(L) Injury profiles of B-Girls from South America. (L) Evaluation of a standardized screening test battery. (W) Breaking on five extremities. (W) Self-Myofascial Release Techniques for Dancers. (W) Breathwork for Dancers.	Healthy Dancer Canada: international conference, online.
<b>2019</b>	(L) Analysis and treatment of dance-associated injuries.	Therapy Leipzig - Medical Congress, Leipzig
<b>2019</b>	(L) Regeneration through fascia self-therapy. (L) Osteoarthritis - Biomechanics of a dancer & possibilities of conservative therapy.	Dance Medical Lecture Series, Dance + Production Center, Stuttgart
<b>2018</b>	(W) Fascia self-therapy for dancers.	14th Congress for Dance Medicine, Frankfurt
<b>2018</b>	(L) Meniscus damage in dancers - The way back to the international top.	Dance Medical Lecture Series, Dance + Production Center, Stuttgart
<b>2017</b>	(L) The Breaker's Fascia: Function of the fascia in Breakdancing.	Fascia Symposium Coburg, Medau School, Coburg
<b>2017</b>	(L) Myofascial Self-Treatment in 113 Breakdancers.	19th Biofeedback BFE symposium, Aveiro
<b>2016</b>	(L) Breakdancing and Tissue Regeneration through Self-Treatment.	12 <sup>th</sup> Congress for Dance Medicine, Dresden
<b>2016</b>	(P) Myofascial Self-help Treatment in 113 Male Breakdancers.	Intern. Congress for Integrative Medicine & Health, Stuttgart
<b>2015</b>	(W) Urban Anatomy.	Beyond ballet: international conference, Arnhem
<b>2015</b>	(L) Self-help Treatment With A Myofascial Manipulation Tool in 113 Male Breakdancers.	4th International Fascia Congress, Washington DC*

# published studies.

when.	what.	where.
2021	Evaluation of a standardized screening test battery – Analysis of the mental and physical prerequisites for pro-breakers.	Healthy Dancer Canada: international conference book
2021	Injury profiles of B-Girls from South America: Prevalence and associated factor.	Healthy Dancer Canada: international conference book
2018	Self-Myofascial Vibro-Shearing: a Randomized Controlled Trial of Biomechanical and Related Changes in Male Breakdancers.	Sports Medicine – Open Journal
2018	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 employing 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; Award for Best Poster Presentation
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