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Self-Myofascial Release Techniques for Dancers – How to treat yourself effectively and safely (Sophie Manuela Lindner, Jens Nonnenmann)

Purpose: The dancer's body is his instrument. Therefore, regular body care is of vital importance. Self-Myofascial Release (SMR) is becoming increasingly popular for both amateur and professional dancers and is a widely recognized method to prepare for athletic stress or to promote recovery after performance.

Target population and experience level: This workshop is 1) for dancers and movement artists who want to treat themselves and prevent injuries, 2) for health practitioners who are interested in dance-specific strains, injuries and their treatment.

Format: This is an interactive online workshop combining theory parts with practical exercises. Findings on self-therapy techniques will be presented from scientific studies, and evidence-based knowledge will provide insight into the effectiveness of individual therapy tools. In the practical part, exercises will be conducted live.

Desired outcome(s): Participants will get an understanding of the muscle-fascia anatomy of a dancer and the most important muscle-fascia structures in common dance injuries. They will also learn to apply Self-Myofascial Release techniques targeted to common dance injuries.

Relevance to conference theme: Since many dancers don't have access to dance-specialized health practitioners, this workshop teaches self-therapy adapted to the special needs of a dancer. This way the worldwide dance community can grow healthier and advance further.

Sophie Manuela Lindner

Sophie Manuela Lindner is a studied sports physiotherapist (BSc, MA) specializing on dance medicine, working in the dance-scientific field since over 9 years and as a professional dancer with the main focus on breaking.



Jens Nonnenmann

Jens Nonnenmann is a dancer, choreographer and physiotherapist, specialized on dance-medicine and chronic pain in dancers. He has been working in the dance-medical field since 7 years and practicing breaking since 2000.


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