

# dancers.

when.	who.	what.
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>	Coaching. Therapy. Dance medical 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>	Coaching. Therapy.
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>	Coaching. Therapy. Dance medical screening.
2017	<p><b>B-Boys:</b> Hong 10. Menno. Roxrite. Victor. Crazy-Legs. Focus. Neguin. 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>	Coaching. Therapy. Dance medical screening.

# events.

## when.

## who.

## what.

<b>2020</b>	Red Bull BC One World Final	Coaching. Therapy. Backstage Health Care.
<b>2019</b>	Red Bull BC One Germany Cypher Combo Nation Russia.	Workshop.
<b>2018</b>	Red Bull BC One Spain Camp	Workshop. Talk Discussion.
<b>2016-2019</b>	Red Bull BC One Austria Cypher	Workshop. Backstage Health Care. Dance medical screening.
<b>2014-2018</b>	Circle Industry	Workshop. Dance medical screening.
<b>2014-2015</b>	The Notorious IBE	Workshop. Talk Discussion.
<b>2014</b>	Raw Circles Red Bull BC One Training Camp Holland	Workshop.

# congresses.

when.	what.	where.
2019	(L) Analysis and treatment of dance-associated injuries.	Therapy Leipzig - Medical Congress, Leipzig
2019	(L) Regeneration through fascia self-therapy.	Dance Medical Lecture Series, Dance + Production Center, Stuttgart
2018	(W) Fascia self-therapy for dancers.	14th Congress for Dance Medicine, Frankfurt
2018	(L) Osteoarthritis - Biomechanics of a dancer and possibilities of conservative therapy.	Dance Medical Lecture Series, Dance + Production Center, Stuttgart
2018	(L) Meniscus damage in dancers - The way back to the international top.	Dance Medical Lecture Series, Dance + Production Center, Stuttgart
2017	(L) The Breaker's Fascia: Function of the fascia in Breakdancing.	Fascia Symposium Coburg, Medau School, Coburg
2017	(L) Myofascial Self-Treatment in 113 Breakdancers.	19th Biofeedback BFE symposium, Aveiro
2016	(L) Breakdancing and Tissue Regeneration through Self-Treatment.	12th Congress for Dance Medicine, Dresden
2016	(P) Myofascial Self-help Treatment in 113 Male Breakdancers.	International Congress for Integrative Medicine and Health, Stuttgart
2015	(W) Urban Anatomy.	Beyond ballet: international conference, Arnhem
2015	(L) Self-help Treatment With A Myofascial Manipulation Tool in 113 Male Breakdancers.	4th International Fascia Congress, Washington DC*

# published studies.

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 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 („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