



Jens Nonnenmann.

Physiotherapist * Curriculum Vitae.

general info.

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date of birth: June 26th, 1991.

place of birth: Ostfildern-Ruit; Germany.

nationality: German.

LANGUAGES

English: Level C2 | **French:** Level B2

Spanish: Level B2 | **Portuguese:** Level B2

biography.

Jens Nonnenmann has been breaking since he was nine years old. In 2007 he founded the internationally successful German breaking crew by the name Tru Cru.

Through his personal dance-related injury history, he has dedicated himself to understanding the human body and therefore became a physical therapist.

Since 2014 he has been working in the dance medical field with the non-profit association Urban Dance Health e.V., which has laid the foundation for creating the HE4DS method.

Since 2014 he is involved in scientific research and has conducted several studies with the focus on injury prevention and training practices of breakers.

His goal is to train and educate about dance and health to have less injured dancers on the planet.

experience.

WORK EXPERIENCE.

**2022-
today** Physiotherapist at ‚Heneka Physiotherapie‘ (Stuttgart)

**2019-
today** Co-Founder & Head of education at HE4DS UG, health and performance coach, instructor (worldwide)

**2019-
today** Medical dance educator, health and performance coach at the ‚Professional Dance Academy‘ (Stuttgart)

**2014-
today** Founder, project management, medical dance educator, instructor and lecturer at Urban Dance Health e.V. (worldwide)

2021 Physiotherapist at ‚Ben Burgess Sportphysiotherapie‘ (Stuttgart)

2021 Physical Performance Coach for ‚United Angels‘ Synchronized Skating Team

**2015-
2020** Physiotherapist at ‚Haid Gesundheitswerkstatt‘ (Stuttgart)

2014 Scientific researcher for CIT Research Institute (Stuttgart)

**2009-
2018** Hip-Hop dance and breaking instructor at various dance schools & academies (Stuttgart)

experience.

EDUCATION.

- 2022** Master course 'Injuries in Sport' (Stuttgart)
- 2018** Chiro-Flexing (Paracelsus School, Mannheim)
- 2017** Flossing Instructor (Easy Flossing Academy, Munich)
- 2016-2018** Myorelex therapist (Munich)
- 2012-2015** Physiotherapy (Stuttgart)
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published studies.

when.	who.	what.	where.
2021	Lindner S.M., Nonnenmann J., Schott N., Steinberg C.	Evaluation of a standardized screening test battery – Analysis of the mental and physical prerequisites for pro-breakers.	Presentation at Healthy Dancer Canada digital conference, 7/11/2021.
2021	Lindner S.-M., Nonnenmann J., Morales-Castillo S., Schott N., Steinberg C.	Injury profiles of B-Girls from South America: Prevalence and associated factor.	Presentation at Healthy Dancer Canada digital conference, 7/11/2021.

congresses.

when.	what.	where.
2021	(L) Evaluation of a standardized screening test battery. (W) Dancing on five Extremities : Breaking. (W) Self-Myofascial Release Techniques for Dancers. (W) Breathwork for Dancers.	Healthy Dancer Canada digital conference, 6-7/11/2021.
2018	(L) Arthrosis in Dancers – How to treat and prevent it	Dance Medicine Lecture Series, Dance+Production Centre, Stuttgart
2016	(W) Breakdance – Control in dance	12th Congress for Dance Medicine, Dresden