



Sophie Manuela Lindner.

Sports Physiotherapist, BSc MA * Curriculum Vitae.

general info.

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date of birth: December 28th, 1988

place of birth: Oberndorf; Austria

nationality: Austrian

LANGUAGES

Spanish Level C1: Resident in Spain: Madrid
(2007/2008) and Barcelona (2013/2014)

English Level C2: First Certificate in English from
the University of Cambridge (2006, Salzburg)

biography.

Sophie Manuela Lindner studied sports physiotherapy (BSc MA) and is a professional dancer. She works as a lecturer at the Institute of Dance and Movement Culture at the German Sport University Cologne.

Through courses in myofascial osteopathy and dance medicine, Sophie specialized in dancers. Since 2012 she regularly gives health workshops and health check-ups at international dance events and supports professional dancers in their careers.

Since 1999 Sophie has been dancing ballet, jazz and contemporary, since 2002 various urban dance styles with the focus on Hip Hop and since 2007 in Breaking. With her dance groups Skill Sisters from Stuttgart and M.O.T. Crew from Salzburg she takes part in numerous battles and is successful on the international stage.

experience.

WORK EXPERIENCE.

**2022-
today** Lecturer at the 'Institute of Dance and Movement Culture' at the German Sport University (Cologne)

**2019-
today** CEO and head of management, health and performance coach, instructor at HE4DS UG (worldwide)

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

**2012 -
today** Founder, project management, medical dance educator, instructor and lecturer at Urban Dance Health e.V. (worldwide)

**2014 -
2021** Associate Researcher at the CIT Research Institute (Stuttgart)

**2016 -
2019** Physiotherapist at 'Haid Gesundheitswerkstatt' (Stuttgart)

**2014 -
2017** Physiotherapist at 'Center for Integrative Therapy' (Stuttgart)

2016 Physiotherapist at 'Ben Burgess Sports Physiotherapy'; Stuttgart)

2013 6 month internship at the High Performance Center CAR; (Barcelona)

experience.

EDUCATION.

- 2022** Doctoral studies (German Sport University, Cologne)
- 2018** Chiro-Flexing (Paracelsus School, Mannheim)
- 2017** Flossing Instructor (Easy Flossing Academy, Munich)
- 2014-2015** Interdisciplinary Fascia Therapy - myofascial osteopathy and HRV biofeedback (Center for Integrative Therapy, Stuttgart)
- 2013 - 2014** Master in Sports Physiotherapy (University Gimbernat, Barcelona)
- 2013 - 2014** Certificate in Dance Medicine (Tamed, Frankfurt)
- 2012** KPM-concept - Applied Physiology course (FBZ, Salzburg)
- 2011** Certificate in Kinesio-Taping (Salzburg)
- 2009 - 2012** Bachelor in Physiotherapy (Fachhochschule Salzburg, Salzburg)
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published studies (I).

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.
2019	Gordon C.-M., Graf C., Brüderle C.S., Lindner S.M., Montoya P., Andrasik F.	Self-Myofascial Release: Chronische Schmerzen im unteren Rücken und Stress: eine kontrollierte klinische Studie.	Article in the German sports magazine 'Sportärztezeitung' 04/2019.
2018	Gordon C.-M., Lindner S.M., Birbaumer N., Montoya P., Ankney R.L., Andrasik F.	Self-Myofascial Vibro-Shearing: a Randomized Controlled Trial of Biomechanical and Related Changes in Male Breakdancers.	Sports Medicine – Open Journal. DOI:10.1186/s40798-018-0128-1
2018	Gordon C.-M., Lindner S.M., Birbaumer N., Montoya P., Ankney R.L., Andrasik F.	Self-myofascial vibro-shearing: A randomized controlled trial of biomechanical and related changes in male breakdancers.	Abstract in Journal of Bodywork and Movement Therapies. 22(4):852. DOI:10.1016/j.jbmt.2018.09.022

published studies (II).

when.	who.	what.	where.
2016	Gordon C.-M., Lindner S.M., Birbaumer N., Montoya P.	Self-help treatment for low back pain and stress: a pilot study employing a myofascial manipulation tool.	Poster presentation: Intern. Congress for Integrative Health & Medicine, Stuttgart, 09-11/06/2016.
2015	Gordon C.-M., Lindner S.M., Birbaumer N., Montoya P.	Correlation between hydration and fascia stiffness during a self-help treatment with a myofascial manipulation tool.	Abstract in Journal of Bodywork and Movement Therapies. 19(4):668. DOI:10.1016/j.jbmt.2015.07.004
2014	Lindner S.M.	The Breaker's Wrist - Das Handgelenk bei Breakern	Project thesis for the ta.med e.V. dance-medicine certificate, Frankfurt.
2014	Lindner S.M.	Injury prevention for the breakers' wrist	Master's thesis in sports physiotherapy, Gimbernat University, Barcelona
2012	Lindner S.M.	Postural weakness in adolescents: Therapy, Training & Motivation	Bachelor thesis at the Salzburg University of Applied Sciences
2012	Lindner S.M.	The influence of the school backpack on posture	Bachelor thesis at the Salzburg University of Applied Sciences

congresses.

when. what.

where.

2021	(L) Evaluation of a standardized screening test battery. (L) Injury profiles of B-Girls from South America. (W) Self-Myofascial Release Techniques for Dancers. (W) Breathwork for Dancers.	Healthy Dancer Canada digital conference, 6-7/11/2021.
2019	(L) Analysis and treatment of dance-associated injuries	Therapy Leipzig – Medical Congress, Leipzig
2019	(L) Regeneration through fascia self-therapy	Dance Medicine Lecture Series, Dance+Production Centre, Stuttgart
2018	(W) Fascia self-therapy for dancers	14th Congress for Dance Medicine, Frankfurt
2017	(L) The Breaker's Fascia: Function of the fascia in breakdancing	Fascia Symposium Coburg, Medau School, Coburg
2017	(L) Myofascial self-treatment for 113 breakdancers	19th Biofeedback BFE Symposium, Aveiro
2016	(L) Breakdance and tissue regeneration through self-therapy	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: Intern. Conference, Arnhem
2015	(L) Self-help treatment for 113 male breakdancers	4th International Fascia Congress, Washington DC*

(L) Lecture
(W) Workshop
(P) Poster presentation
*Winning award