

## **The Bodywork Team (TBT)**

**BetsyAnn Baron: Board Certified Structural Integrator, specializing in Structural Myofascial Therapy**

**Paul John Elliott: Muscular Therapist specializing in Active Isolated Stretching**

**Burt Houlihan: Pilates instructor and massage therapist**

**For more information concerning The Bodywork Team, please contact BetsyAnn Baron: [info@baronmassotherapie.com](mailto:info@baronmassotherapie.com)**

TBT currently specializes in Structural Myofascial Therapy, Active Isolated Stretching and Pilates-based strengthening. All 3 include movement re-education and other overlapping modalities as well.

Very important in TBT's philosophy is the idea of **Prehab**. Yes, rehab does become necessary if there has been injury. **Prehab** gives you tools to help avoid the need for rehab!

TBT joined the Springboard project in 2009 to help support dancer's health. They are a team in the true sense in that the dancer receiving treatment may very well start with one of TBT therapists and finish the session having worked with one or both of the others, thus insuring as complete a treatment as possible.

In addition, Dr. Roger Hobden, medical doctor and osteopath, is available for referrals and additional treatment.

### **Modalities used by TBT:**

**Structural Myofascial Therapy (SMFT)** is a deep, hands on therapeutic technique combined with postural awareness exploration, which treat the body's myofascial system. With slow, deep manoeuvres, this work accesses the myofascial structure with amazing efficiency. As with all techniques offered by TBT, this work helps support faster global body recuperation, addresses specific injury and increases respiratory capacity.

What is **fascia**? It is the family of membranes that surround everything in and around the body. What is **myofascia**? It is the membrane that specifically surrounds the muscle tissue from the tiniest cell to the whole web that encompasses the body! This tissue connection (indeed it is called "connective tissue") can help explain the reason why a hip problem may develop when there has been an ankle sprain, for example.

**Active Isolated Stretching (AIS)** is a cutting edge method of stretching used by today's massage therapists, athletes, athletic therapists and fitness professionals. Working with the body's natural physiological makeup; this method of stretching increases fascial elasticity which helps eliminate physical pain and improve human performance.

**AIS** offers another way for dancers to think about stretching. This work brings increased oxygen and nutrients to muscle tissue. Efficient self stretching helps faster recuperation from muscle soreness and tightness. For more information: [www.stretchingcanada.com](http://www.stretchingcanada.com)

**Pilates-based education and strengthening:** evolved from the work of Joseph Pilates. Sessions involve observation and awareness of poor postural habits and inefficient movement. We help the body to assume a more integral form by educating it in a stronger muscular pattern. For more information: [www.studiolibramen.com](http://www.studiolibramen.com)