

Dance and gymnastics are very physical sports as well as beautiful art forms. Consequently, dancers' and gymnasts' bodies are subject injuries just as other athletes are. Dublin Dance Centre & Gymnastics is committed to keeping students injury-free through teacher training in top-notch technique and safety training, however injuries do occur. The Wellness Studio offers on-site injury checks, prevention appointments, technique modification, and various types of massage to keep the body moving safely and to aid in healing as needed.

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## Massage

Ms April Warner, LMT

Available to DDC&G current students and their parents.

### Why would I need a Massage appointment?

For pain management, reduce the risk of injury (by helping the body stay supple and de-stressed), increase your range of motion, relieve headaches, reduce stress, and promote better sleep (to name a few reasons). A massage supports overall health by helping the body eliminate toxins (like lactic acid) and improving circulation. In addition to general well-being needs, Ms April will work with our physical therapist to aid in specific requirements and needs.

### How do I schedule an appointment?

Call or stop by the office to schedule. Payment is collected during scheduling (\$35/30 min appointment or \$55/60 min-Adults only). A parent must sign a release form prior to the scheduled appointment time for minors. If under the care of a physical therapist and/or doctor for injury, a recommendation is requested.

Day-of appointments accepted as available. Please call or stop in the DDC&G office to schedule: 614-761-2882

### What types of Massage is offered in the Wellness Studio?

Ms April offers Swedish/Relaxation; Deep Tissue; Neuromuscular/Trigger Point Therapy; Myofascial Release; On-Table Passive and Facilitated Stretching; Cupping; and Prenatal.

Minors are accepted for 30minute focused appointments only, or by PT recommendation. Adults may choose either 30 minute focused or 60 minute appointments.

### More about Ms April:

April earned her double major Bachelor's degree in Pre-Dance/Movement Therapy and Theatre from Ohio Wesleyan University. She began her dance training as a toddler at DDC&G and continued through college at OWU, where she was lucky to explore other areas of interest, such as theatre/dance performance, psychology, anatomy/physiology, and sports science. Through her degree in Pre-Dance/Movement Therapy, April learned the importance of applying the body and mind together to provide mindfulness, healing, and growth. While pursuing her theatre/dance career, she found she had an evolving passion not only for seeking out self-care methods, but also methods for promoting wellness and health to others through means such as yoga, massage, meditation, fitness, and nutrition. April is a Licensed Massage Therapist with a certification in Neuromuscular Therapy and is able to perform Massage Cupping... *to read full bio, please see [www.dublindance.com](http://www.dublindance.com)*

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