

SPEAKER BIOGRAPHY

Steph De'Ath



Stephanie enjoyed studying dancers' health and well-being throughout her professional contemporary dance training at Middlesex University (London) which subsequently led to studying the MSc Dance Science at Trinity Laban (London) and then qualifying as a soft tissue therapist from NLSSM (London) before going on to complete a Postgraduate Certificate in Academic Practice at Canterbury Christ Church University (Kent). Stephanie was previously Manager of the National Institute of Dance Medicine and Science (NIDMS) and has been a lecturer in Dance Science at UK universities and vocational dance colleges. Stephanie is now Head of Student Welfare at London Studio Centre, a dance-specialist soft tissue therapist and Senior Tutor at NLSSM. Stephanie has a keen interest in injury epidemiology and has previously presented at IADMS, winning the Student Travel Research Award and has been an IADMS member since 2013. Alongside work, Stephanie volunteers as Chair of the IADMS Development Committee and London Regional Director for the Sports Massage Association.

Talk: Hypermobility: is it just bendy bodies or is there more to consider?

Steph will be talking about working with clients with Hypermobility and providing practical advice which you can implement directly into your clinic when dealing with this client group. The presentation will give a short overview of the differences between Hypermobility Spectrum Disorder and Hypermobility Ehlers Danlos Syndrome, key information to look out for at the subjective and objective stages and suggested treatment choices for working with hypermobile clients.