



SHARON FRAZIER RESTORATIVE FUSION™

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SHARON FRAZIER is the CEO of **RestorativeFusion™** in New York City founded in 1992. Ms. Frazier has been a Therapeutic Trainer and Movement Therapist for twenty years and produces RestorativeFusion™ videos featured on Youtube and Facebook.

CURRENT EXPERIENCE

- 2018-Present** **Allied Health Care Team** New York City, NY | **Movement Therapy**
Team Leader, developing programs with Physical, Occupational and Speech Therapists for total Recovery “In Home” Programs
- 2016-Present** **Stroke Rehabilitation**, New York City, NY | **Movement Therapy**
Developed new strategies for movement mechanics combining Rehabilitation Exercises, Art, and Cognitive Therapy for Stroke Recovery
- 2018** **Mt. Sinai Hospital Wellness Center** New York City, NY | **Movement Therapy**
Collaborative programs with a team to create recovery programs using all modalities of Physical, Occupational, Speech, and Cognitive Therapies
- 2012** **New York City Marathon** New York City, NY | **Medical Tent**
Road Runner Club, myofascial release, PNF (proprioceptive neuromuscular facilitation)
Seabourn Cruise Lines, Virgin Islands | **Movement Therapy**
RestorativeFusion™ Group, Silver Walker Class, myofascial release, PNF, Foam Roller
- 2011** **Hilton Hotels / Marmara Hotels** Istanbul, Turkey
RestorativeFusion™ Group, Self-Myofascial, Foam Roller Therapy
New York City Marathon New York City, NY | **Medical Tent**
Road Runner Club, myofascial release, PNF, stretch.

MEDICAL EXPERIENCE

- 2018** **Mt. Sinai Hospital Wellness Center** New York City, NY | **Movement Therapy**
Collaborative programs with a team to create recovery programs
- 2012** **Dr. Loren Fishman, MD** New York City, NY
RestorativeFusion™ Group, Myofascial Release Class, Foam Roller
- 2010** **Mt. Sinai Sports Therapy** New York City, NY
Intake program, presenting RestorativeFusion™
- 1998–2001** **Beth Israel Medical Center** New York City, NY | **Movement Therapy**
Physical Therapy aide, assisting physical & occupational therapists
- 1997–1999** **Physio-Sports Center for Physical Therapy** New York City, NY | **Movement Therapy**
Physical Therapy aide, four internships assisting physical therapists
- 1992-1994** **Mt. Sinai Hospital Sports Therapy Center** New York City, NY | **Movement Therapy**
Physical Therapy aide, assisting Physical & Occupational Therapists
- 1986–1988** **Special Olympic Qualifier's** New York City, NY
Private movement trainer, “Handicap Wheelchair Running Program” Special Olympic Athletes.

EDUCATION

- Louisiana State University** LA, BFA.
- Marymount Manhattan College** New York City, NY | **Movement Therapy, Exercise Science**
- Laban Bartinieff, Institute of Movement Studies** New York City, NY
Movement Therapy, Movement & Gait Analysis, Anatomy, Exercise Science, Kinesiology



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CERTIFICATIONS

- Current since **1993** **ACE American Council of Exercise Certification**
- Current since **1994** **IDEA Health & Fitness Certification**
- Current since **1995** **STOTT Pilates Certification**
- 2000-2004** **Internship; Dr. Chen Wai Gun, Sefu New York City, NY**
Traditional Chinese Pressure Points, Acupressure, Chinese Neuromuscular Release.
- 1994-1999** **Equinox Personal Trainer Certification New York City, NY**
Master Trainer, Movement Therapy for Special Populations, Bilingual

ADVANCED EDUCATION

- 2018** **St. Joseph College Brooklyn, NY | Nuerorehabilitation**
Interactive workshop demonstrating the use of Robotics in Occupational Therapy
- 2012–2013** **ECA Conference New York City, NY**
STOTT Pilates; Rehab on Reformer, Pilates for Injuries, Therapy Ball, Core Integration, Metabolic Training
- PESI Healthcare New York City, NY**
Falls & Balance Prevention, Shani Johnson, MPT, CMPT
- RUSK Institute New York City, NY | Stroke Care**
Fall Prevention, Balance Methods, Vestibular Program
- 2010** **PESI Healthcare New York City, NY | Dr. Edwin Hsu, Hospital for Special Surgery**
Hip Resurfacing, Hip & Knee Replacement
- Exhale New York City, NY**
Core Fusion Master Class, Fred DeVito
- STOTT Merithew Health & Fitness New York City, NY**
Injuries & Special Populations, Reformer and Mat
- 2009** **ECA Conference New York City, NY, STOTT Pilates ; Mat & Reformer for Special Populations, Pilates for Cancer Survivors, Bio-mechanical Training**
- 2005** **New Strategies in Post-Rehab, ETC, Inc. New York City, NY**
Back, Shoulder, Knee, and Hip injuries, Exercise for Neuromuscular Disease, Therapeutic Exercise for Knees, Hips & Backs.
- IDEA Summit New York City, NY**
Core Fusion with Fred De Vito from Exhale
- 2003** **STOTT Pilates, IDEA Summit New York City, NY**
Foam Roller, Reformer and Mat, Postural Imbalances, Rehabilitation
- 1999** **IDEA Conference Baltimore, MD**
New Developments in Rehabilitation & Movement Therapy.
- Equinox & Physio Sports Center New York City, NY**
Shoulder & Knee Rehabilitation Exercises
- 1996** **Uniting Physical Therapists with Movement Therapists Boston, MA**

ADDITIONAL EXPERIENCE

- Equinox Health Clubs New York City, NY**
Master Trainer & Movement Therapy
- Joan Pagano Total Fitness New York City, NY**
Master Teacher & Movement Therapy



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BIO • BACKGROUND

Sharon Frazier, founder of RestorativeFusion™ has been a Therapeutic Trainer and Movement Therapist's for over twenty years.

After receiving her degree from Louisiana State University, she continued her education at Marymount Manhattan College and Laban Bartienieff Institute for Movement in New York City. Ms. Frazier, worked for physical and occupational therapists at Mount Sinai Sports Therapy Clinic, Beth Israel Hospital, and internships with the Physio-Sports Center for Physical Therapy in New York City.

She has been an American Council of Exercise certified personal trainer since 1993, working with Equinox Health Clubs, Joan Pagano Total Fitness, Special Olympics Qualifiers, and the National Multiple Sclerosis Society, New York Chapter.

It was during her experiences in rehabilitation, working with patients that had chronic pain, limited mobility, and neurological limitations, that she recognized the healing effects of RestorativeFusion™, using different modalities integrated into the therapy often using light weights, bands, balls and balance techniques.

Ms. Frazier added elements of dance to encourage patients to move across a space. The dance movements fused with modified yoga and Pilates also provided stretches and additional gentle movements for the joints.

“Working with creative physical therapists, our success rate was phenomenal, as patients graduated into more intensive therapies with a positive mental attitude and desire to get stronger,” she recalls. “Thus, my concept of RestorativeFusion™ was born.”

RestorativeFusion™ further fused the concepts used in physical and occupational therapy, and applied them to fitness for everyone, of every age. “We are proud to prevent injuries,” she says, “and blend your fitness program into a program prescribed by your doctor or therapist.”

Ms. Frazier works by appointment, using RestorativeFusion™ methods in a variety of home, office and outdoor settings. Sharon Frazier's extensive dance training includes studies in Brazil, Cuba, Spain, Istanbul, and Thailand, as well as with the Alvin Ailey School and Ballet Hispanico.

She is able to provide her RestorativeFusion™ programs in Spanish, Portuguese, and English. Ms. Frazier lives in New York City.

APPEARANCES • WORKSHOPS • EVENTS •

Channel 2 ABC **Restorative Exercises with McGee Hickey**

Channel 4 NBC **Weekend Today with Pat Battle**

Channel 4 NBC **The Morning Show; Fitness on the Circle Line for Molly Fox**

Channel 4 NBC **The Morning Show; Core Fusion Program**

VIDEO

YouTube | **SharonFrazierNYC Channel**

Producing and starring in over 100 original therapeutic fitness videos filmed in Central Park and throughout New York City.

Featured in doctors' offices on Park Avenue and the Upper East Side, including joint videos with doctors and physical therapists.



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REHABILITATION THERAPY • ACHIEVEMENTS •

2018–Present

Mt. Sinai Hospital Wellness Center

New York City, NY | Movement Therapy

Collaborates with a team to create recovery programs using all modalities of Physical, Occupational, Speech, and Cognitive Therapies.

1999–present

National Multiple Sclerosis Society NYC Chapter

Develops and implements specific in-home training programs for people with special needs. Therapeutic programs for balance along with strength training and light weights, modifying Yoga/Pilates to encourage flexibility.

1999–2003

Beth Israel Center New York City, NY

Assisted occupational therapists in a clinic to further develop the idea of using movement for rehabilitation, helping those patients that had chronic pain, limited mobility, and neurological limitations. Blended therapeutic exercises, dance movements, and relaxation techniques in a bilingual (Spanish/English) clinic for chronic pain.

1998–2001

Joan Pagano Fitness Group New York City, NY

Conducted private in-home training through Joan, using a fusion of therapy exercises and movement. She worked with breast cancer survivors for strength and flexibility. With Joan Pagano, she participated in a bilingual (Spanish/English) workshop for breast cancer survivors at SHARE, New York City, NY.

1994–1999

Equinox Health Club New York City, NY

Master trainer with a focus on post-rehabilitation and dance therapies for a range of clients, including professional athletes and adults with neuromuscular disabilities such as multiple sclerosis (MS). There, she started a pilot program to develop strengthening programs for the MS population. She offered a variety of programs taught in Spanish and Portuguese at the Equinox health Club.

1997

Physio Sports Center for Physical Therapy New York City, NY

Obtained internships at this physical therapy center, where she participated in development of new orthopedic and neurological recovery training programs under the guidance of physical therapists.

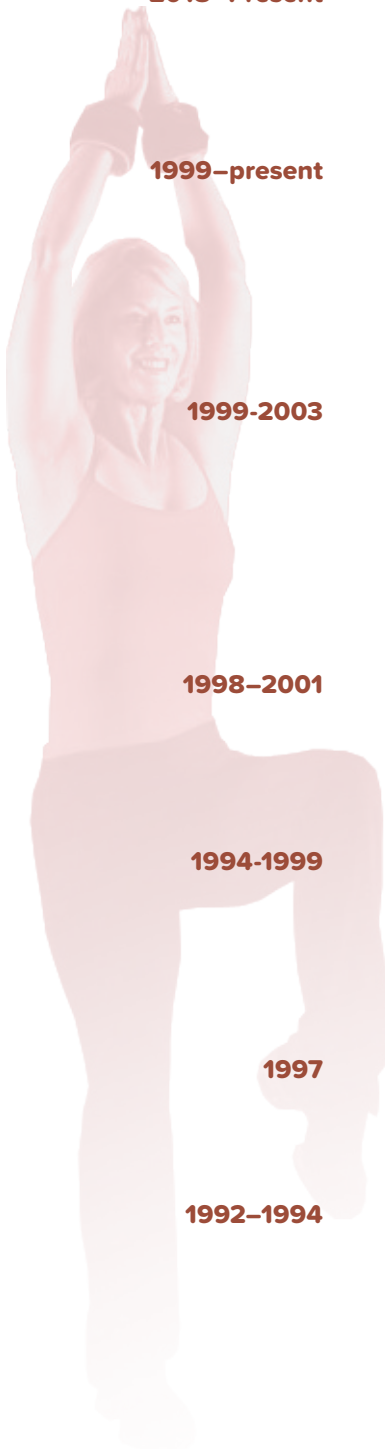
1992–1994

Mt. Sinai Sports Therapy Clinic New York City, NY

Assisted occupational and physical therapists in a pilot program integrating movement with therapeutic exercises, including water therapy, for hip and knee replacement patients.

Yorkville Total Fitness New York City, NY

Started this gym's first free-weight program for women. Strength Training for Women consisted of methods to safely use smaller weights and make modifications to the equipment to better suit women's bodies. Trained women athletes who were preparing for Special Olympics Qualifiers in Seoul, South Korea.





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PROGRAMS

RESISTANCE TRAINING

Weighted exercises blended with balance techniques



BACK & ABDOMINAL PROGRAMS

Exercises for a healthy back and stronger core. Weighted exercises blended with balance techniques



OUTDOOR TRAINING

Using bands and light weights to improve stamina



INTEGRATED SPECIAL NEEDS / REHABILITATION PROGRAM

In conjunction with your physical therapist or doctor



FLEXIBILITY / PNF STRETCHES

Stretches to alleviate stress and for greater range of motion



RESTORATIVE FUSION™ LEVELS 1/2/3

To strengthen and tone muscles and maintain healthy bones

