



SHARON FRAZIER

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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

- 2020 Therapeutic Digital Health New York City, NY | Movement Therapy**
Uniquely designed live health classes online for individuals, seniors, families, and small groups. Behavioral Health support includes evaluation, corrections, feedback, and progress tracking
- 2020 Creative Content Producer New York City, NY | Movement Therapy**
The YouTube therapeutic exercise library offers a help support subscription for clients to stay on track. The library inspires, educates, and encourages with empathy for faster recovery
- 2018-Present Allied Health Care Team New York City, NY | Movement Therapy**
Team Leader, developing programs with Physical and Occupational 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, myofacial release, PNF (proprioceptive neuromuscular facilitation)
- Seabourn Cruise Lines Virgin Islands | Movement Therapy**
RestorativeFusion™ Group, Silver Walker Class, myofacial release, PNF, Foam Roller
- 2011 Hilton Hotels / Marmara Hotels Istanbul, Turkey**
RestorativeFusion™ Group, Self-Myofacial, Foam Roller Therapy

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, Myofacial 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

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

2020 **Dr. Loren Fishman, MD New York City, NY | Yoga for Rotator Cuff Injuries**
Yoga rehabilitation series, The Fishman Method, Zoom online.

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
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, Falls Prevention, Shani Johnson, MPT, CMPT
Exhale New York City, NY
Core Fusion Master Classes, Fred Devito
STOTT Merithew Health & Fitness New York City, NY
Master Classes for reformer, mat, rehabilitation and Special Populations

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
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 **Equinox & Physio Sports Center New York City, NY**
Shoulder & Knee Rehabilitation Exercises

ADDITIONAL EXPERIENCE

Equinox Health Clubs New York City, NY
Master Trainer & Movement Therapy

Joan Pagano Total Fitness New York City, NY
Master Trainer & Movement Therapy

Lotte Berk New York City, NY | Founder, Lotte Berk Technique
Certified in the Barre Method

Moira Merrithew New York City, NY | Founder, STOTT Pilates
Certified in STOTT Pilates