



SHARON FRAZIER RESTORATIVEFUSION™

333 East 83rd St., NY NY 10028 • 917-545-0710 • sharoart@aol.com • sharonfrazier NYC.com

[in](#) : /SharonFrazierNYC • [yt](#) : /SharonFrazierNYC • [f](#) : /SharonFrazierNYC

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.



SHARON FRAZIER RESTORATIVE FUSION™

333 East 83rd St., NY NY 10028 • 917-545-0710 • sharoart@aol.com • sharonfrazier NYC.com

[in](#) : /SharonFrazierNYC • [yt](#) : /SharonFrazierNYC • [f](#) : /SharonFrazierNYC

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.





SHARON FRAZIER RESTORATIVE FUSION™

333 East 83rd St., NY NY 10028 • 917-545-0710 • sharoart@aol.com • sharonfraziernyc.com

[in : /SharonFrazierNYC](https://www.linkedin.com/company/SharonFrazierNYC) • [yt : /SharonFrazierNYC](https://www.youtube.com/channel/UC...) • [fb : /SharonFrazierNYC](https://www.facebook.com/SharonFrazierNYC)

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

