A dancing success
Award winning osteopath for the performing arts

Winner of the Dance Health Care Practitioner Award and also the Dance Healthcare Team Award with the London Contemporary Dance School at the premier One Dance UK Awards last year, Karolin enlightens us on her interest in working with the performing arts.

What is your background to working with dancers and performers?
I love the performing arts, competitive sports and artistry specific movement. I am especially drawn to the performing arts because of the dedication, commitment and ultimate sacrifice a performer makes to achieve their goals.

I trained as a physiotherapist in Germany at the International Academy Asklepios Clinics. Soon after I also studied osteopathy at the British School of Osteopathy, London and graduated with the Masters Degree. Finally, I specialised further at University College London (UCL) with a postgraduate Masters Degree in Performing Arts Medicine (MSc. PAM). It was here that I developed my understanding of the diverse requirements for the performing arts community and unique skill set each performer, genre and style utilises to achieve the greatest performance levels.

In 2016, I was among a group of osteopaths that setup the Osteopathic Performing Arts Care Association (OPACA). The association takes a special interest in the care of performers such as dancers, singers, actors or other performing background. The OPACA received the Community of Practice Award at the Institute of Osteopathy Convention in 2018.

How are patients referred to you?
In private practice some patients are from word of mouth referrals. Other patients have researched online for options of treatment and have chosen to attend my clinic because of my broad experience, level of training and skill set.

Specialist consultants also refer patients to me. Orthopaedic specialists or sports doctors will refer patients to me for my opinion of a case or for treatment. I aim to achieve the best functionality possible for each of my patients, and aim to achieve minimum pain perception.

Do you work with other healthcare practitioners or specialist to provide a package of care?
In private practice I work closely with other disciplines. Usually I work within a multidisciplinary team including osteopaths, physiotherapists and sports doctors with support from radiologists, orthopaedic specialists and neurologists.

Following a discussion of a case, an assessment is made of the structure and function of the body and special orthopaedic testing then a diagnosis is identified. A treatment protocol and rehabilitation program is decided upon, all of which creates a specialised package of care. At times it may be necessary to refer for imaging such as MRI or X-ray.

Do you see your patients in terms of maintaining ‘fitness and health’ as well as injury/condition treatment?
Yes, I see them for both. For example, when working at LCDS I aim to support the dancers abilities to perform well, they

Do you want to know anything more about these osteopaths and the work that they do please contact us at the iO at: comms@iOsteopathy.org