

## Mercedes Miguel Lalanda, Body technique



Mercedes Miguel Lalanda (1987)

Obtained her Physiotherapy Degree at Madrid's Complutense University in 2009.

Throughout 2012 to 2014, she obtained her Advanced Manual Therapy Expert's Degree at Madrid's Complutense University. Afterwards she attended an advanced postgraduate course of Pregnant and Postpartum adapted Physiotherapy techniques.

### PROFESIONAL EXPERIENCE

In her 10 years as a Physiotherapy Expert she has used a wide range of manual techniques, and/or dry puncture therapy, to treat temporo-mandibular disorders of the musculoskeletal system, visceral disorders, headache or diseases which are a result of keeping bad postures.

Since 2010 she is assistant professor at the SCAENA (Carmen Roche Graduate School of Dance, Madrid) where she teaches anatomical concepts and techniques of corporal control to dance students.

For almost 10 years in her every day work at the clinic, she has been treating and working with students and teachers of the Reina Sofia Superior School of Music. Her work has focused mainly in such important aspects as developing different corporal techniques which are indispensable for a musician's work.

At present she will teach Corporal Techniques at Reina Sofia's 2020 Summer Camp Edition