



Liz Woods, MSC, B.A. Dance

Education

- Bachelor of Arts (Dance): West Australian Academy of Performing Arts
- Master of Physiotherapy: Curtin University

Certifications

- AAPT Dry Needling certification
- Optimize Rehab credited Rehabilitation Therapist
- Polestar Pilates credited Pilates Instructor

Specialties

- Dance & Performing Arts Medicine
- Vocal Massage
- Dry Needling
- Manual & Manipulative Therapy
- Acute Injury Management
- Rehabilitation of Dance
- Circus specific injuries
- Soft Tissue Massage
- Functional Training & Taping
- Musical Theater
- Cupping, IASTM



Show and Dance Experience

- West End: The Lion King and Aladdin
- Other Experiences: Volta at Cirque du Soleil

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