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## Dr. Stephen Gray

A graduate of the CMCC (Magna Cum Lauda), Dr. Gray is also certified/trained in clinical and athletic taping, mental health first aid (CAMH), Smarttools, Progressive Ballet Tech (PBT), Pilates Process Teacher Training, Athletic Movement Assessment, Concussion Detection & Management (U of Calgary), Thompson Tech, Functional Range Conditioning, and McMaster U's Medical Acupuncture. Prior to his clinical journey, Dr. Gray performed for over 10 years as a member of CAEA, AEA, and ACTRA across North America (Stratford, Broadway tour, Degrassi), has taught for Ryerson, Sheridan, George Brown, U of M, Randolph, Cornerstone U, DUBO Force (Mexico), in Taipei, Taiwan, the National Dance Institute (NM), Rochester School for the Arts, ESA, and Cawthra Park.

## Chiro Basics

Understand who a chiropractor is, what chiropractic care encompasses, the role of various modalities of care for a dancer, and how a chiropractor fits in with a dancers training approach.

15 min lecture  
FREE

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~ TO **move**  
Worshops & Lectures

[www.madetomove.a](http://www.madetomove.a)  
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## Common Dance Injuries: treatment & prevention

Dive into 10 of the most common dance injuries, causes, tissues aggravated, prehabilitation prevention exercises, and rehabilitation exercises to treat these conditions. Learn to pick up early warning signs of mechanical issues to help avoid further complication or chronic syndromes.

90 minutes practical

90 minutes lecture

## Dr. Gray's Top 10

This workshop puts students and teachers through a 1 hour conditioning class comprised of Dr. Gray's current top 10 conditioning exercises and sequences. The focus is on stability training, with a full body approach to prevent many common dance injuries.

60 min practical

## Intro to Dance Medicine

This lecture based workshop gives students a taste at some of the elements of dance medicine such as anatomy, biomechanics, radiology, and pain science.

2 hours lecture

## The Secrets of Stretching

Learn various safe stretching techniques, how to target different soft tissue that limit range of motion, and how to see results quickly and efficiently. Students and teachers learn tools to increase their flexibility all while maintaining neurological control at their newly established end range. Lecture components dive into the science behind why certain stretching techniques work, as well as response to stretching on a cellular level.

90 minutes practical

90 minutes lecture

## What is the core?

Understand what your core is, detailed anatomy, and how it relates to extremity movement and spinal stabilization. Learn beginner, intermediate and advanced conditioning to maximize core training with a safe approach to prevent irritation of spinal structures.

30 minutes practical

30 minutes lecture

## Foot Foundations

Students develop a deeper understanding of foot and ankle anatomy, biomechanics of gait, and specific conditioning to increase ankle stabilization, foot strength and esthetic.

30 min practical

30 min lecture