



# **IAB Health On-site Health Clinic**

Information for students  
2022-2023



# The Clinic

IAB Health is the on-site performing arts physiotherapy & health centre within the premises of the Institute of Arts Barcelona. We are here to assess and provide on-site treatment and advice to students and staff in order to ensure you have health & wellbeing support throughout your degree. Our health treatments are available at a range of times, weekly.

## Range of services expected to be available in 2022-23:

- Physiotherapy & Osteopathy
- Sports Massage
- Mindsetting & Goal setting
- Mental Health & Psychology
- Meal Planning & Nutrition Advice
- Alexander Technique
- Yoga, Pilates, GYROKINESIS®
- Performance Screening



## Bookings and Fees

All sessions must be booked online. Payment will be made at the time of booking by debit/credit card. All cancellations require 24 hours' notice.

Please check our website or contact [health@iabarcelona.es](mailto:health@iabarcelona.es) for more information!

Book online: <https://www.iabhealth.com/book>

## Our Team

### ISABEL ARTIGUES - Clinic Director, Physiotherapist & Rehab Pilates

Isabel is a pioneering Physiotherapist (Ramon Llull University, Barcelona) and Specialist in Performing Arts Medicine (UCL, London) combining diverse clinical experience with a huge passion for education and research in this growing field. She's also a Polestar Pilates and Mindsetting coach, helping performers recognise, restore and enhance their physical and mental potential.



Outside IAB Health, she regularly lectures at higher education performing arts institutions in the UK, US and Spain and has published academic research in the field (Journal of Clinical Rheumatology, Journal of the British Association of Performing Arts Medicine). She was on-site physiotherapist at Trinity Laban Conservatoire of Music & Dance (UK) and is now living in the US where she has collaborated with renowned institutions such as Harkness Center for Dance Injuries, Alvin Ailey and Dance/USA.

Isabel founded IAB Health in 2014 aiming to share her Performing Arts Medicine & Dance Science knowledge from the UK and US and bring high quality and specialised health services & advice to IAB.

### GISELA DE DIOS - Physiotherapist & Osteopath

Gisela graduated as a Physiotherapist (Gimbernat University, Spain) and has a C.O. in Osteopathy (EOB, Spain). She has done courses in pre-post partum, Kinesiotape and has great manual therapy skills.

She has been dancing since an early age and studied at the Royal Academy of Dancing. She has been working with dancers for the past 16 years.



## Our Team

### CLAUDIA JIMENEZ TEN HOEVEL - Dietitian & Yoga Teacher

Claudia earned her bachelor of Human Nutrition and Dietetics (University of Barcelona) and then completed a two-year Master's Degree in Nutrition Sciences (University of Barcelona, Hospital Clinic). She is an experienced Dietitian-Nutritionist with experience in the health, wellness and fitness industry. She's skilled in Sports Nutrition, Nutritional Counselling, Nutritional Education and Diet Planning.



She has been dancing since an early age and started her semi-professional career in La Companyia Juvenil de Ballet Clásico de Catalunya. Claudia has also trained in a variety of techniques that enrich her clinical practice, such as Hatha Yoga, Mindfulness and Coaching.

### MORGAN SYMES - Alexander Technique Teacher

Morgan is an actor and Alexander Technique teacher. After training for three years at the Brighton School for Alexander Technique, he gained the world-renowned STAT qualification.

His experience include helping a wide range of performers, including actors, dancers, and musicians. He has taught at City and Islington College, London, The Academy of Creative Training, Brighton, The City Lit, London, and as tutor across the acting, dance and musical theatre faculties at the Institute of Arts Barcelona.



## Our External Collaborators

[Maria Luisa Armenter](#) - Primary Care, General Medicine & Homeopathy

Luisa works at Policlinic Sitges and can help students that need prescriptions, emergency care or general medical advice.

[Carles Puértolas](#) - Orthopedic Surgeon & Trauma

Carles was the former on-site medical doctor at Institute del Teatre, Barcelona and has extensive experience in treating dancers and performers. He can help students that need second opinion around physical injury, imaging and medical treatment at a hospital. He works at Hospital Universitari General de Catalunya in Sant Cugat.

[Cori Casanova](#) - Speech & Voice Doctor (Foniatra)

Cori has extensive experience as a professional singer and is a lecturer at the ESMUC (Higher Education School of Music) in Barcelona. She also teaches at the BA in Speech Therapy and the Postgraduate Degree in Voice Pathology at University Ramon Llull in Barcelona.

[Katarina Gunnard](#) - Clinical Psychologist & Eating Disorders Specialist

Katarina is a licensed clinical psychologist in Spain, UK and Sweden. She is an expert on mental health and eating disorders, with experience working with dancers and performing artists. She works at PsicoDex inside Hospital Dexeus in Barcelona.

For referrals to our External Network, please contact [studentservices@iabarcelona.es](mailto:studentservices@iabarcelona.es)



## Our External Collaborators

[Denise Tibbey](#) - Clinical Integrative Psychotherapist & Trauma Specialist

Denise is a Clinical integrative psychotherapist, specialising in neuroscience, attachment theory and trauma. She's also a trained Somatic psychotherapist, working with therapies such as somatic experiencing, internal family systems and mindfulness.

[Natalia Matas](#) - Clinical Psychologist, Psychotherapist & Coach

Natalia has a BA in Psychology (Clinical and Health Psychology) and a BA in Sociology (Social Psychology). She also has an MA in Psychotherapy (Integrative Humanist), which is her greatest passion and her main tool to transform problems into opportunities for growth and happiness.

## What is Performing Arts Medicine?

Performing artists spend many years training from a young age to achieve extreme levels of skill and artistry and this will inevitably take its toll on the body. Expert advice and support is essential to address the cause of any discomfort or pain and prevent recurrent symptoms causing unnecessary time loss and a decrease in performance quality.

Performing Arts Medicine (PAM) is a field of medicine devoted to the care and support of all performing artists.

At IAB Health we are proud to have on board practitioners with an in-depth knowledge of the vocabulary and the techniques involved in a diverse range of disciplines, as many of the physical symptoms that performing artists encounter will have their roots in the particular postures, movements and techniques related to their discipline.





# Our Performance Enhancement Screening

The Screening, open to all students at IAB, is a unique aspect of the student experience. We recommend ALL students to do a Screening at least once a year at the beginning of the Academic Year

## WHAT ARE THE BENEFITS?

- Assess your level of body control and balance
- Track your training progress and goals
- Address potential injury risk
- Awareness of your optimal performance potential
- A personal report will allow you to apply the latest theories of movement & injury prevention directly to your personal artistic practice.



## HOW DOES IT WORK?

- Online questionnaire gathering information of your health & past injuries
- One-to-one physical functional assessment including flexibility, strength and posture measures
- A report with the significant findings and recommendations for the academic year

## Contact Details

IAB HEALTH

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