

Sharon Sauer

Certified Myofascial Trigger Point Therapist, educator, and author offering evaluation, treatment and professional training in Chicago, Utah, and Hawaii. Trained and mentored by the late Dr. Janet Travell, co-author of *Myofascial Pain and Dysfunction: The Trigger Point Manual*.

EXPERIENCE

MYO Pain Relief Center, Chicago, Ill. — Founder & Director

2003 - PRESENT

Treated members of the Lyric Opera Orchestra, the Chicago Symphony Orchestra and the Chicago Bears. Currently

MYO Seminar Series, Chicago, Ill. — Founder & Director

1993 - 2020

Developed a body of over 60 protocols and training materials unique in the field. Trained over 1000 practitioners in the relief of myofascial pain and dysfunction, including LMTs, PTs, MDs, RNs, and more. Ran workshops in Illinois, Indiana, Michigan, Kentucky, Tennessee, and Hawaii.

Paragon Clinic, Chicago, Ill. — Director of Physical Treatment & Training

2000-2003

Specialized in treating patients with fibromyalgia.

Myo, Inc., Chicago, Ill. — Founder & Director

1986-2000

First practitioner to bring myofascial trigger point therapy to Chicago.

Pain Relief Myotherapy, Lee, Mass. — Founder & Director

1984-1986

EDUCATION

Bonnie Prudden School for Physical Fitness and Myotherapy, Lenox, Mass. — Myotherapy & Exercise Therapy diploma

1984-1985

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Chicago, IL 60616

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CERTIFICATIONS & MEMBERSHIPS

Certified Myofascial Trigger Point Therapist - NAMTPT

Licensed Massage Therapist
- Illinois

Member - American
Massage Therapy
Association

PUBLICATIONS

Co-author, *Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook*

New Harbinger Publications,
2010

Translated and published in
Korean and Japanese
language editions

Creator & Lead Instructor,
"Bodyworkers Mastercourse"

Online master-level
professional training
program consisting of over
50 1-2 hour videos