

Mavis Rode

Senior Lecturer & Manager of Dance Physical Therapy at Loyola Marymount University

Los Angeles, CA, US

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Biography

Dr. Mavis Rode earned degrees in Biology and in Physical Therapy from CSUN and her Doctor of Physical Therapy from Utica College, NY. She is a Certified Sports & Conditioning Specialist (CSCS) with the National Strength and Conditioning Association and an AASCN (American Academy of Sports Dietitians and Nutritionists) Nutrition Specialist. Before beginning her career with the Dance Program at Loyola Marymount University, Rode gained many years of clinical experience in orthopedic physical therapy in both hospital and outpatient settings. She now specializes in Dance Medicine and Science, teaching dancers about wellness and injury prevention, and guiding them in rehabilitation post injury. She also teaches classes in kinesiology. Rode has studied modern dance, ballet, jazz, tap, and hip hop. Her interests in functional movement and rehabilitation developed during her years as a modern dancer. She has also worked as a fitness instructor, teaching aerobics, dance fitness, Pilates, and strength and conditioning classes. She now combines her manual therapy skills with her experience in dance, Pilates, and other forms of movement re-education in her work with dancers at LMU and with her fitness clients and patients in her private practice.

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