



# Maureen Kane LMT, CPT



## Advanced Bodyworks, LLC

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As a Licensed Medical Massage Therapist, Maureen is conscientious, caring, determined, hardworking, reliable, knowledgeable, and talented. She has an in-depth knowledge of the human anatomy and applies this knowledge in her sessions to assist her clients in the pursuit of a pain-free, comfortable existence.

Maureen is trained and certified in the following massage modalities; Swedish Massage, Hot Stone Therapy, Pre and Post Natal massage, Cupping, Myofascial Release, Full Body Stretching, Head, Neck and Face Lymphatic Drainage and Neuromuscular Therapy (our form of Deep tissue) – *A form of systematic manual manipulation of the muscle fibers and tendons in conjunction with the body's own Central Nervous system in order to re-align the muscle fibers providing the client with better joint range of motion and neuromuscular control.*

**Maureen** began her career in health and fitness after a successful career as a dragon boat racer. In 2005 she set a goal to make the 2007 Team USA going to Australia. With hard work, determination, and commitment to attending every practice, she made the team. Australia was her first of many national and international competitions. In 2008, she won a Gold Medal in the National Championships at Long Beach, CA. Silver and Bronze World Medalist in Prague in 2009, Gold Medal winner and National Champion in 2010. Multiple Silver and Bronze Medalist in 2011 at the Tampa Bay International Dragon Boat Championship, Silver Medalist at the 2012 World Club Crew Championships in Hong Kong and finally Gold Medal winner and National Premier Champion in 2013.



Her Coaching and Personal Training career began in 2012. She received her Personal Training Certification through NASM (National Association for Sports Medicine), accepted a coaching position for the River Sirens and started her personal training career at a progressive training facility, Evolution Fitness in Cherry Hill. From 2012 to 2018, she successfully trained and helped to build the River Sirens Team from a small recreational team to a major competitive club team made up of Sport and Community paddlers. With a new coaching staff in place, Coach Maureen stepped away from the River Sirens in 2019 to directly focus on her client training at Evolution Fitness. After 8 dedicated years at Evolution Fitness, she spread her wings, and became a Medically Certified Massage Therapist. In June of 2022, she and her business partner opened Advanced Bodyworks in Cherry Hill.

**CERTIFICATIONS:** New Jersey State Licensed Medical Massage Therapist, Head, Neck and Face Lymphatic Drainage, Full Body cupping, Certified Personal Trainer, and Corrective Exercise Specialist through NASM. Certified in CPR and AED through the American Red Cross.