



## MELANIE MEIER

I grew up in Liechtenstein as well as by the beautiful Lake Zurich.

At the age of 13, I already knew that I wanted to become a physiotherapist. A visit to my mother, who at that time worked at the Grabs hospital, had a great impact on me. I was fascinated by the profession of physiotherapy.

In 1997, I completed my training as a physiotherapist in Landquart. I then worked in acute and cantonal hospitals, as well as in a university clinic, and had the opportunity to gather exciting experiences over the years.

In 2004, my son Liam was born, and we moved from the city of Zurich to Schaan in Liechtenstein. Initially, I worked in a physiotherapy practice, and since 2015, I have been self-employed in the same practice in Eschen. We are four therapists there. I greatly appreciate this work!



By a fortunate coincidence, I was able to expand my work locations. In February 2023, I joined Chiropractic Bad Ragaz.

I am happy to be part of this team as a physiotherapist every Wednesday and Friday! I am also grateful to have the opportunity to exchange ideas within the team using multimodal therapy approaches. This is a great gain for me personally, and I am excited about it!

Years ago, I was a patient of Dr. Roy Bösiger's, and I was impressed by his approach and the spirit in his practice.

With continuous further education and professional experience, I aim to expand my scope and versatility. These are the tools for our patients.

Whether it is manual therapy, fascial therapy, functional training, physiotherapy exercises, strengthening, progressive relaxation according to Jacobson, fall prevention, kinesio- and medical taping, and much more.

Currently, I am in training to become a fascial therapist.

Every patient is unique in their diversity, and it would be a pleasure for me to accompany you on the path to lasting well-being.