

Performing Artists/Dancers/Athletes

Common injuries & conditions seen in ballet dancers

- Chronic Shin Splints
- Stress Fractures to the lower legs and feet
- Low back pain
- Ligamentous tears of the hips, knees, and ankles
- Tendonitis of the hips, knees, and ankles
- Sprains to the hips, knees, and ankles
- Joint Pain



Treatment Options

An Individual Treatment plan is developed for each dancer to ensure goals are met. Body education for unrestricted postures and movements are emphasized to enhance current practice.

- Posture and Movement Dynamics Education
- Manual Therapy Techniques
- Progressive & Dance Specific Exercise Program
- LDigital Imaging (Before & After Comparisons)