

# Sports Medicine

## Screenings for Dancers: Injury Prevention and Pointe Readiness

2013: Year of the Arts

Westerville, OH

In conjunction with the City of Westerville's 2013: Year of the Arts celebration, the Performing Arts Medicine Program at Nationwide Children's Hospital Sports Medicine is hosting 4 nights of screenings for dancers of all genres. This special event, consisting of movement-based screenings, is ideal for dancers 10 to 20 years old. Dancers should come dressed to move and should bring their dance shoes with them. The clothes appropriate to wear to dance class are appropriate for this event.

**March 6, May 14, August 8 and November 4, 2013 6:00 pm – 8:00 pm**  
**Sports Medicine and Orthopedics Center**  
**584 County Line Road West, Westerville, OH 43082**

Our **Dance Injury Prevention Screening** starts with an Athletic Trainer leading your dancer through a functional screening consisting of various exercises and stretches designed to identify weak or inflexible areas of the body. Then, based on the results of these tests, we will teach appropriate strengthening and flexibility exercises to correct potential "problem areas" that could put him or her at a higher risk of developing an injury due to dance.

During the **Pointe-Readiness Screening with Shoe Fitting**, one of our athletic trainers will ensure that your pre-pointe ballerina has the proper strength, flexibility, balance, and control to begin dancing on pointe safely. This service is designed for young female dancers who are close to beginning pointe work in ballet class (within the next 6 months). Bring her first pair of pointe shoes with her and we'll ensure that they fit her properly and identify key features to look for when shopping for new pointe shoes. Poorly-fitting pointe shoes can negatively influence a dancer's ability to perform to her full physical and aesthetic potential and they can even contribute to injury. *If your ballerina is already dancing in pointe shoes, she can sign up for a Pointe Shoe Fitting Only. With the Fitting Only option, one of our performing arts athletic trainers will evaluate how well the design of your dancer's shoes matches the structure of her foot. Then, we'll teach you what specific pointe shoe design features are best for your dancer.*

### Cost:

Services are priced individually. You receive a 10% discount for purchasing 2 services.

\*All services must be paid for at the same time to receive the discount.

**Pointe-Readiness Screening with Shoe Fitting: \$15.00**

*Pointe Shoe Fitting Only: \$10.00*

**Dance Injury Prevention Screening: \$25.00**

\*Pricing listed here reflects discounts specific to the Westerville Year of the Arts celebration. These significantly discounted prices are only available on the night listed above.

For more information, please call Kerry Waple, MEd, ATC, CSCS at **(614) 355-6013**.

