



Healthcare that Cares...

# DANCE PHYSIOTHERAPY



## Physiotherapy for Dancers

Introducing Tatum Eames, a Physiotherapist with a passion for treating young dancers of all disciplines. She has been a dancer for 20 years, and trained in a number of styles, including classical RAD Ballet, Jazz, Tap and Contemporary.

It's Tatum's passion to help young dancers achieve their goals, and educate them on the best ways to improve their technique, strength, control and flexibility.

**Dance Physio Pricing:**  
\$157 per session (1 hour)

**Contact us today to make a booking at:**  
**Orion Family Physiotherapy / (07) 3470 1203**  
**Level 1 / Suite 3 Orion Springfield Central Q 4300**



**Tatum Eames**  
Physiotherapist



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**Our aim is to help create a safe, supportive environment for dancers, by showing great attention to your health needs and biomechanical features, with a strong emphasis on injury prevention. We want dancers to enjoy what they do and have as long a career as they choose – without pain or injuries being the deciding factor!**



### Dance Assessment

A thorough musculoskeletal assessment of muscle strength, flexibility, mobility, postural alignment and dance technique. A dance assessment is beneficial for dancers who are having difficulty with specific movements or technique, or for those who want to prevent potential injuries. Your physiotherapist will identify areas for improvement and give you exercises to help you dance to your full potential and achieve your goals.

### Pre-pointe Assessment

A pre-pointe assessment will help identify if a young dancer is ready to start pointe work. It is important that a young dancer is at the appropriate stage developmentally and has the suitable strength and control for the demands of pointe work. Areas for improvement are identified through a holistic examination of the whole dancer, and not just the foot. Your physiotherapist will prescribe specific exercises to help you reach your goal and ensure you are fully prepared to go on pointe.

### Pilates for Dancers

A dance specific strengthening and conditioning class run by a registered physiotherapist. Please contact us if you are interested in this class.

- Improve flexibility
- Improve core stability
- Strengthen dance specific muscle groups
- Improve dance technique
- Improve postural and body awareness

