PERFORMING ARTS & DANCE MEDICINE

CONTINUE TO CREATE AND INSPIRE.
If you’re a dancer, musician, singer, actor, or in another area of the performing arts, your passion requires a unique type of physical therapy. Our trained experts at Agility Physical Therapy & Sports Performance can help you recover from an injury and even prevent future injuries.

At Agility…We understand.
Our physical therapy facility offers a unique quality of care for the dance and performing artist. We understand:

- The language of dance, theatre, gymnastics, music and skating to effectively work with the demands of each art form
- The need to keep performing
- The technique and terminology
- The specific footwear requirements
- The beginner to the professional

Our Approach
We are able to address the needs of the performing artist from the comprehensive evaluation, from “head to toe,” to the functionally based treatment plan.

Our evidence-based program includes:

- Studio-to-stage training
- Manual therapy and osteopathic manipulation techniques
- Modalities for soft tissue preparation and pain management
- Taping techniques for postural retraining and support
- Custom foot orthotic evaluation
- On-site aquatic un-weighting therapy
- Consulting services: Sport Psychology and Sports Nutrition

Our Expert Staff

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Therapists with formal dance training and professional experience in New York City
- Advance training in biomechanical analysis for lower quarter injuries

FIND THE PERFECT DANCE PARTNER.

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6016 Lovers Lane, Ste 3, Portage, MI 49002
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