

# PERFORMING ARTS & DANCE MEDICINE

CONTINUE  
TO CREATE  
AND INSPIRE.



# FIND THE PERFECT DANCE PARTNER.

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



[agilitysportsmedicine.com](http://agilitysportsmedicine.com)

### **Portage Location**

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### **Kalamazoo Location**

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