



SEEING A MEDICAL PROFESSIONAL? THE DANCE FAMILY CHECKLIST.

Seeing a doctor can be stressful. For many families, the hardest part is not just the injury itself, but knowing how to explain what is happening and how to leave the visit with real clarity. At DANCE|PREHAB, we know these conversations can feel confusing, which is why we encourage families to prepare ahead of time, ask genuine questions, express themselves clearly, and keep the conversation going after the appointment.

Let's help your dancer feel heard, helping the provider see the full picture, and making sure the next steps feel clear and useful.

Before Your Visit

- Dress comfortably and be ready to move.
- Bring your dance shoes or any footwear that feels relevant.
- Have a list of your goals.
- Think about what events or activities are important to get back to.
- Bring a video if it helps show the movement or issue more clearly.

During Your Visit

- Be a student of your own body.
- Be ready to learn what your body may need right now.
- Ask genuine questions and express yourself clearly.
- Ask, "What can I do while healing?"
- Ask what movements, training, or activity can still be maintained safely.
- Ask about virtual or telemedicine follow-up options if needed.

After Your Visit

- Build your team.
- Think about who is part of your dancer's support system.
- Continue the conversation.
- Keep communication open so the plan can shift when needed.





HELLO FROM DANCE|PREHAB!

Hello and a pleasure to meet you!
DANCE|PREHAB is the intersection of our team's ongoing experiences as dance student, professional dancer, dance educator, and now dance performance physical therapists.

DANCE|PREHAB has always been more than a physical therapy clinic - **it's a response to the words we've heard and the needs that have been expressed in our dance community.**

At DANCE|PREHAB we are dedicated to supporting artist-athlete health in a constant shifting and changing world.



HOW CAN WE SUPPORT YOU BEST?

PHYSICAL THERAPY & HEALING

For dancers moving through pain, injury, recovery, or return to dance. We help bring clarity to what is happening, support the healing process, and guide the next steps back into training and performance.

PERFORMANCE PREHAB & SUPPORT

For dancers who want to build strength, mobility, control, and confidence before pain becomes the main conversation.

EDUCATION WITHIN THE DANCE ECOSYSTEM

Workshops and learning for dancers, families, and educators. We make health topics in dance more accessible, more relevant, and easier to apply in the spaces where dancers actually live and train.



**BOOK A COMPLIMENTARY
DISCOVERY CALL**



**KIND WORDS
FROM OUR COMMUNITY**