



DANCEPREHAB

PHYSICAL THERAPY & PERFORMANCE

FREE COMMUNITY DANCE|PREHAB SCREENING!

SAVE THE DATE: SUNDAY, 1/7/2024, 10A-2P

WHO & WHY?

- Dancers ages 13+ who have pre-professional or professional aspirations
- Dancers who may have completed physical therapy but are interested in further learning about how to train for performance goals.
- Dancers or teachers who want to know more about what we do and how we work with dancers at DANCE|PREHAB

WHAT TO EXPECT!

- One-on-one assessment with a physical therapist that will include tailored strength and mobility measurements to address specific interests and concerns.
- Breakdown of assessment outcomes and data along with creation of specific exercise programming covering individual needs
- 2 week access to exercise programming on online platform



**SCAN TO
SAVE
YOUR SLOT!**



WHERE?

**N10 DANCE STUDIOS
17291 17TH ST
TUSTIN, CA 92780**



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WHAT IS DANCE|PREHAB?

At DANCE|PREHAB, our mission is to redefine the experience and standard of care, healing, and training for movement artists - whether it's dance, gymnastics, cheer, or life. We work together with you so you can get back to moving the way the need and the way you want, all while better equipped and with more knowledge.

Whether it's **coming back from injury** or **continuing to build strong human foundations**, we are committed to supporting the dancer, but also the human behind the dancer. To us, this means creating healing spaces for learning, application, and accountability to support movement artist resilience and longevity,



WHY DANCE|PREHAB?

"Their attention to detail specific to a dancer was just what my daughter needed. **Not only was this journey a physical healing process, Dr. Claire supported my daughter mentally. For her this was a whole body and mind recovery.** Our family would highly recommend utilizing this facility to help recover or prevent injury for your dancer!"

- JJ, Dance Parent

"Not only has [DANCE|PREHAB] been helpful for healing my body physically, but mentally as well. DANCE|PREHAB has allowed me to grow and heal while feeling motivated, safe, and incredibly supported. **I have learned various exercises and tools that I will be able to utilize for the rest of my life and my dance career.**"

- SP, Pre-Professional Dance Student

"Rob was able to adapt the sessions to a strength and conditioning experience, helping me prepare for overhead lifts in ballet pas de deux. **I've struggled with shoulder problems, joint damage, and surgeries since 15, so being able to press a person's weight overhead easily and without pain was amazing!**"

- SY, Professional Dancer

