



# Tuxedo

Physiotherapy

## DANCE PHYSIOTHERAPY & REHABILITATION

*We have experienced physiotherapists with over 30 years of dance training in ballet, jazz, tap, lyrical, modern and Spanish Classical.*

### **Dance Physiotherapy Services Include:**

- \* Pre-pointe readiness assessment
- \* Foot, ankle, knee, hip, low back, upper body injuries or pain
- \* Clinical pilates to supplement training
- \* Full body scan to determine any muscle imbalances in strength or flexibility

Tuxedo Physiotherapy  
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Dance Physiotherapy and Rehabilitation is offered by physiotherapists who have years of dance training experience and a physiotherapy degree.

The goal of treatment for the dancer is to get them back into the studio and to give them the tools to keep their bodies moving!

Dance specific rehabilitation is available for dancers of any age. All dance forms are able to book with a physiotherapist.

Lisa Mills-Hutton has completed several post graduate courses in dance rehabilitation and completed physiotherapy mentorships at the Royal Winnipeg Ballet Physiotherapy Department and the Artist Health Alliance in Toronto.

