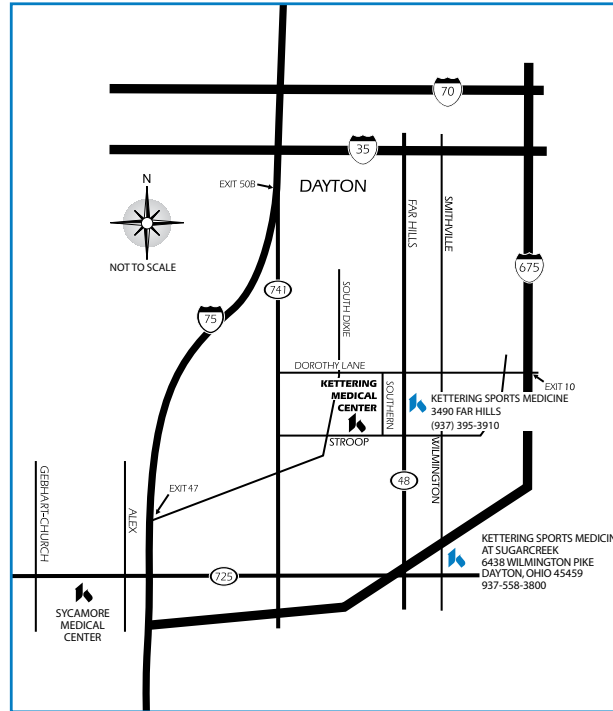


This unique program helps dancers and gymnasts recover and increase their performance, strength, endurance and flexibility.



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[KHNETWORK.ORG/KSMC/](http://KHNETWORK.ORG/KSMC/)

PE08-0906 R10/08 (3000)



# SPORTS MEDICINE FOR THE GYMNAST & DANCER

KETTERING SPORTS MEDICINE



KETTERING SPORTS  
MEDICINE CENTER

KETTERING HEALTH NETWORK™

# RECOVER AND INCREASE PERFORMANCE, STRENGTH, ENDURANCE AND FLEXIBILITY



## DANCE MEDICINE SPECIALIZES IN:

- Physician care specializing in the diagnosis of dancers and gymnasts

- Physical therapy with physical therapists trained to treat dancers and gymnasts
- Performance enhancement
- Injury prevention seminars to dance studios and gymnastic facilities

## AND FEATURES:

- Individual evaluations
- Custom-designed rehabilitation for dancers and gymnasts
- Pilates mat and machine instruction
- Cardio-endurance conditioning
- Balance training
- Gyrotonic Expansion System® Tower and Ladder
- Muscle activation training

Physicians who evaluate these athletes have done so for 20 years and have been involved with Dayton Ballet, DCDC, Wright State Dancers, and many other studios and gymnasts in the Dayton area.

Physical Therapists who treat these artists/athletes are Pilates-certified, Gyrotonic Expansion System-certified, and have completed extensive training and internships geared for the gymnast and dancer.

## PILATES

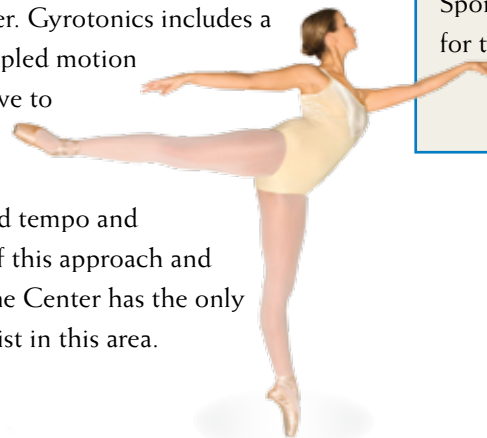


Pilates was developed by Joseph Pilates and includes both mat exercises and specific instruction on various machines. The principles of Pilates training is to elongate the spine, while strengthening all body parts with precision of movement, coordination, breathing, posture and

specific alignment. Pilates mat exercises are tapered to the patient who demonstrates various types of pain patterns and diagnosis. Emphasis on core training is essential to Pilates for the gymnast and dancer that present with all diagnosis. Pilate's rehabilitation uses a whole-body approach, with emphasis on a biomechanical evaluation of dancers and gymnasts.

## GYROTONIC EXPANSION SYSTEM®

Gyrotonic Expansion System® utilizes both the tower wall pulley unit and ladder. Gyrotonics includes a multi-directional and coupled motion approach that is imperative to rehabilitation of the spinal conditions of the dancer/gymnastics. Varied tempo and breath are components of this approach and Kettering Sports Medicine Center has the only certified Physical Therapist in this area.



## TESTIMONIALS

Dance Medicine is the only place in the region where professional dancers can receive exceptional physical therapy and rehabilitation. It is a unique program specifically designed to treat the injuries and strengthen the technique of a dancer. My career was extended by several years thanks to the extraordinary care received thru this outstanding program.

*Sharon Lancaster, Dayton Ballet Professional*

"WSU Dance Program is indebted to Carol Fisher and the Kettering Sports Medicine Team on many levels. At the first sign of injury or trauma, our dance majors rely on her expertise as a dance specialist as she listens to the specific pains and needs of each individual and develops a physical therapy regimen to help restore the dancer's function in a direct, positive and healthy manner. I continue to be amazed at the consistent healing that she and the Kettering Sports Team enable...what an incredible resource for this community to have!"

*Teresa Wylie McWilliams, Associate Professor and Coordinator of Dance at Wright State*