

Isaac Flath Isaac.Flath@gmail.com
 Standing Leg: right Working Leg: right
 Male White

Patient Instructions

Read all information on this document

Ask your provider about any questions or concerns

Pay special attention to modification and prescription sections



Accommodations

- Be cautious with work that places moderate to high demand on the core. Keep legs below <60 deg if you have hip or back pain.
- Be cautious with pirouettes and single leg activities, especially jumps. Recommend consultation with DRP physical therapists for follow up.
- Be cautious with all shoulder, neck and arm activities. Recommend consulting with DRP physical therapists to improve the condition of your shoulder girdle and reduce the risk of injury.
- Poor Cardiovascular endurance

Test Results

<u>Test</u>	<u>Measure</u>	<u>Score</u>	<u>Comments</u>
Plank	Core Strength	0	The abdominal core and hip muscles are major sources of stability for dance movements. Weakness in these areas may cause problems in the back, knee, foot/ankle and shoulder. Therefore, maintaining adequate strength and control in this area are critical to a healthy dance career.
Side Plank with Abduction(Right)	Hip & Core Strength	0	
Side Plank with Abduction(Right)	Hip & Core Strength	0	
Single Leg Releves(Right)	Calf Strength	0	
Single Leg Releves(Left)	Calf Strength	0	
Single Leg Bridges(Right)	Hamstring & Gluteal Strength	0	
Single Leg Bridges(Left)	Hamstring & Gluteal Strength	0	
Hop Test(Right)	Quadriceps & Gluteal Function	0	The abdominal core and hip muscles are major sources of stability for dance movements. Weakness in these areas may cause problems in the back, knee, foot/ankle and shoulder. Therefore, maintaining adequate strength and control in this area are critical to a healthy dance career.
Hop Test(Left)	Quadriceps & Gluteal Function	0	
Passe Releve Balance(Right)	Balance & Priopriception	0	
Passe Releve Balance(Left)	Balance & Priopriception	0	The abdominal core and hip muscles are major sources of stability for dance movements. Weakness in these areas may cause problems in the back, knee, foot/ankle and shoulder. Therefore, maintaining adequate strength and control in this area are critical to a healthy dance career.
Passe Flat Foot Balance - Eyes Closed (Right)	Balance & Priopriception	0	
Passe Flat Foot Balance - Eyes Closed (Left)	Balance & Priopriception	0	
CKCUEST	Shoulder Strength and Stability	0	
BOLT Test	Cardiovascular Fitness	0	The breath hold time (BOLT) test is used to determine relative breathing volume during rest and breathlessness during physical exercise. A lower score means your breathing volume is low and you are likely to develop breathlessness

<u>Test</u>	<u>Measure</u>	<u>Score</u>	<u>Comments</u>
			<p>when you perform a physical exercise. Athletes should aim for a BOLT score of 40 seconds or more. Knowing your comfortable BOLT measurement and how to improve this through the correct breathing exercises will significantly improve oxygen delivery to muscles and organs. This will directly correlate to improved athletic performance and general well-being.</p>