

Isaac Flath  
Standing Leg: right  
Sex: Male

isaac.flath@gmail.com  
Working Leg: right  
Ethnicity: White

## **Patient Instructions**

**Read all information on this document**

**Ask your provider about any questions or concerns**

**Pay special attention to all accommodations**



## **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.
- Be cautious with activities that require lifting or supporting your body weight with your arms (floor work, partnering, sommersault etc). Your strength needs to improve in order to do these movements safely.
- Good cardiovascular endurance

## Test Results:

Dance Ready Score = 59.58

Left Side Score = 72.50

Right Side Score = 65.83

Test	Measure	Score	Comments
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	Hip & Core Strength	L R 50 25	
Single Leg Relevés	Calf Strength	L R 60 20	
Single Leg Bridges	Hamstring & Gluteal Strength	L R 75 100	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	Quadriceps & Gluteal Function	L R 100 100	
Passe Releve Balance	Balance & Proprioception	L R 100 50	
Passe Flat Foot Balance - Eyes Closed	Balance & Proprioception	L R 50 100	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.
CKQUEST	Shoulder Strength and Stability	75	
BOLT Test	Cardiovascular Fitness	100	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 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.