

Patient Instructions

Read all information on this document

Ask your provider about any questions or concerns

Pay special attention to modification and prescription sections



Test Results

Test	Measure	Score	Comments
Plank	Core Strength	0	Calf, hamstring, gluteal, quadriceps strength and coordination are critical to all jumps, floor, and foot work. Strengthening these muscle groups will improve your ability to perform these movements efficiently.
Side Plank with Abduction(Right)	Hip & Core Strength	0	Calf, hamstring, gluteal, quadriceps strength and coordination are critical to all jumps, floor, and foot work. Strengthening these muscle groups will improve your ability to perform these movements efficiently.
Side Plank with Abduction(Right)	Hip & Core Strength	0	Calf, hamstring, gluteal, quadriceps strength and coordination are critical to all jumps, floor, and foot work. Strengthening these muscle groups will improve your ability to perform these movements efficiently.
Single Leg Relevés(Right)	Calf 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

Test	Measure	Score	Comments
			and shoulder. Therefore, maintaining adequate strength and control in this area are critical to a healthy dance career.
Single Leg Relevés(Left)	Calf 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.
Single Leg Bridges(Right)	Hamstring & Gluteal 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.
Single Leg Bridges(Left)	Hamstring & Gluteal 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.
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	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 Releve Balance(Right)	Balance & Proprioception	0	Good balance is necessary for performing most dance movements. Maintaining and improving good balance will allow a solid foundation to build your dance technique and performance.
Passe Releve Balance(Left)	Balance & Proprioception	0	Good balance is necessary for performing most dance movements. Maintaining and improving good balance will allow a solid foundation to build your dance technique and performance.
Passe Flat Foot	Balance &	0	Good balance is necessary for performing

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Balance - Eyes Closed (Right)	Priopriception		most dance movements. Maintaining and improving good balance will allow a solid foundation to build your dance technique and performance.
Passe Flat Foot Balance - Eyes Closed (Left)	Balance & Priopriception	0	Good balance is necessary for performing most dance movements. Maintaining and improving good balance will allow a solid foundation to build your dance technique and performance.
CKCUEST	Shoulder Strength and Stability	0	
BOLT Test	Cardiovascular Fitness	0	

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