

isaac Flath	isaac.flath@gmail.com
Standing Leg: right	Working Leg: right
Sex: Male	Ethnicity: White
Test Date: undefined	Test Administrator: undefined
3 Month Injury: N/A	5 Year Injury: N/A



Patient Instructions

Read all information on this document

Ask your provider about any questions or concerns

Pay special attention to all recommendations

Recommendations

- 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:

Dance Ready Score = 0.00

Left Side Score = 0.00

Right Side Score = 0.00

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 0 0	
Single Leg Relevés	Calf Strength	L R 0 0	
Single Leg Bridges	Hamstring & Gluteal Strength	L R 0 0	
Hop Test	Quadriceps & Gluteal Function	L R 0 0	
Passe Relevé Balance	Balance & Proprioception	L R 0 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	Balance & Proprioception	L R 0 0	
CKCUEST	Shoulder Strength and Stability	0	Rotator cuff, shoulder strength, stability and endurance are critical for efficient port de bras partnering, and floorwork involving the arms. Improving these will lower your risk of injury, improve function and enhance performance.
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 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.



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Dance Ready Project: www.danceready.org