

isaac Flath	isaac.flath@gmail.com
Standing Leg: right	Working Leg: right
Sex: Male	Ethnicity: White
Test Date: 2020-05-25	Test Administrator: Fake Name
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	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 0 0	
Passe Releve Balance	Balance & Proprioception	L R 0 0	
Passe Flat Foot Balance - Eyes Closed	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.
CKCUEST	Shoulder Strength and Stability	0	
BOLT Test	Cardiovascular Fitness	0	



Prepared by Dr. Sheyi Ojofeitimi, PT, DPT, OCS, CFMT and Dr. Danelle Dickson, PT, DPT, OCS}

Dance Ready Project: [www.danceready.org](http://www.danceready.org)