

**OUR GOAL IS TO  
HELP YOU ACHIEVE  
YOUR GOALS:**

To return to your pain free, active lifestyle.  
Physical Therapists are able to assist you  
through every step of your recovery.



**UPSTATE**  
UNIVERSITY HOSPITAL

*Physical Medicine  
& Rehabilitation*

750 East Adams Street  
Syracuse, NY 13210  
www.upstate.edu

**PERFORMING  
ARTS PROGRAM**



**UPSTATE BONE AND JOINT CENTER**  
6620 Fly Road, Suite 201, East Syracuse, NY 13057

**UNIVERSITY PHYSICAL THERAPY AT MANLIUS**  
102 West Seneca Street, Manlius, NY 13104

**INSTITUTE FOR HUMAN PERFORMANCE**  
505 Irving Ave, Syracuse, NY 13210

TO SCHEDULE AN  
APPOINTMENT CALL:  
**315-464-2233**

'MEET' OUR  
PHYSICIANS AT  
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800.464.8668

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# PHYSICAL MEDICINE & REHABILITATION

## PERFORMING ARTS PROGRAM

**UPSTATE**  
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### WHO CAN BENEFIT FROM SEEING DANCE MEDICINE SPECIALIST?

- Dancers
- Gymnasts
- Figure Skaters

### DANCE INJURIES COMMONLY INCLUDE

- Foot tendonitis
- Bunion pain
- Ankle sprains
- Achilles tendonitis
- Knee pain
- Hip bursitis
- Snapping hip
- Back pain
- Shoulder tendonitis

### SERVICES OFFERED

#### THERAPY:

- Dance specific evaluation
- Rehabilitation for a variety of injuries, utilizing the most up to date techniques
- Pilates based treatment approach (utilizing Pilates equipment and mat exercises)

#### EDUCATION:

- Dance specific screening assessments provided at dance schools
- Injury prevention/dance conditioning workshops



### INJURY PREVENTION TIPS FOR DANCERS

- Allow adequate rest to allow the body to heal from the daily wear and tear from dance classes or rehearsals.
- Ensure you eat a balanced proper diet, including adequate calcium.
- Warm up your body thoroughly before class, rehearsal or performances.
- Adopt new training schedules slowly
- The progression of difficulty should correspond to skill level
- Use proper footwear – correct size and type shoe for dancer's foot structure and skill level.
- Wear supportive footwear outside of class as much as possible.
- Dance floors should have some type of shock absorption and be level.
- Dancers should be encouraged to cross train year round to maintain aerobic fitness.
- Early recognition of symptoms is important!! Stop activity if pain or swelling occurs. Consult a medical professional if symptoms persist after a few days. It is important to treat injuries in the early stages to prevent chronic conditions.

### STAFF

Christine Rieger, PT has been a practicing physical therapist since 1995, and is certified in Dance Medicine and Pilates Rehabilitation. She specializes in working with performing artists and athletes. Prior to becoming a physical therapist she was a professional dancer with the Hartford Ballet for 12 years, including 8 years as a principal dancer. She then went on to dance with Donald Byrd/The Group in NYC for 2 years.

Kelly Meyers, PT, DPT, CSCS has been a practicing physical therapist since 1997, and is certified in Dance Medicine, Pilates Rehabilitation, and as a Strength and Conditioning Specialist. She studied dance for many years before minoring in dance at Ithaca College. She specializes in working with performing artists and athletes.

Christine and Kelly have presented several times on injury prevention and Pilates at the SUNY Upstate's Dept. of Orthopedics and PM&R Spring Sports Symposium and local dance studios.