



Performance Centre  
278 Keira Street | 02 4295 0707

Wollongong  
65 Auburn Street | 02 4227 1990

Woonona  
44 Hopetoun Street | 02 4285 8532

Kiama  
15/3 Brown Street | 02 4233 1851

Shoalhaven  
78 Bridge Road | 02 4422 7715



[www.baimedphysio.com.au](http://www.baimedphysio.com.au)

# PHYSIOTHERAPY SERVICES FOR DANCERS

*Did you know?*

## A DANCE SCREEN CAN IMPROVE A DANCER'S FUNCTIONAL CAPABILITY.

The BaiMed Dance Screen is designed to enhance the dancer's safe participation by detecting any performance-limiting musculoskeletal conditions or identifying conditions that may predispose a dancer to injury.

Created in partnership and consultation with highly experienced dance instructors, the BaiMed Dance Screen will provide a set of tools that will support dancers, their teachers and ultimately reduce time needed off dance.

## *Services we provide*

- A full dance screen, which is a 60 minute comprehensive series of tests (including a full pointe assessment if appropriate)
- A pre pointe assessment, which is a 45 minute series of tests assessing the dancer's readiness for pointe
- Specific and tailored corrective exercises based on assessment findings
- Assessment and management of dance-related injuries

All Dance Screen participants receive VIP status and 12% off future BaiMed consultations. Health fund rebates are available.

Book your appointment today, contact BaiMed on 02 4285 8532 or email [dance@baimedphysio.com.au](mailto:dance@baimedphysio.com.au)

