Gaylord Physical Therapy, located in a state-of-the-art facility with access to dance studio space, Pilates and fitness equipment, offers dance specific rehabilitation for dancers of all ages. Our dance medicine program focuses on injury prevention, rehabilitation, and conditioning specifically designed for dancers.

Dancers will be educated on the treatment process for their injury, and will receive an individualized program of care designed to rehabilitate as well as condition the body for prevention of future injuries.

Our unique staff of physical therapists, many with advanced certifications, as well as personal dance experience, will assist dancers in meeting their goals, and help them to restore muscle balance, joint function and proper body mechanics. Progression utilizing return to dance plyometric program will be emphasized throughout the course of treatment, utilizing functional treatment programs.

Our Physical Therapists have specialized training and certifications in the following areas:

- Dance Medicine
- Orthopedic Clinical Specialist
- Pilates
- Graston Technique
- Manual Therapy
- Aquatic Therapy
- Athletic Training

Dance-Specific Evaluations consist of:

- Musculoskeletal Testing including assessment of:
  - Strength
  - Flexibility
  - Balance
  - Postural Stability
- Biomechanical Assessment
- Technique Analysis

To schedule a complimentary dance injury screening, or for more information, please call 203.230.9226.
Gaylord Physical Therapy Orthopedics and Sports Medicine partners with dance schools across Connecticut to provide preventative injury screenings.

Injuries are common among dancers due to repetitive stress and athletic demand placed on the body. Prevention of injuries is critical in order to keep a dancer healthy and participating in the classroom. In order to keep dancers in the studio, our skilled Physical Therapists offer free one-on-one injury prevention assessments. These appointments are held at Gaylord Physical Therapy clinic located adjacent to Healthtrax Fitness and Wellness in North Haven. The aim of the screening is to maximize each dancer’s potential for wellness. The screening exam will be up to one hour in length and consist of a review of the dancer’s complaints including a gross musculoskeletal scan with general fitness testing. At the conclusion of the assessment, the dancer will be given an individualized injury prevention exercise regime with recommendations for technique modification, training strategies, and proper footwear.

To schedule a screening or if you have additional questions please contact Duane Scotti, PT, MPT, OCS, CSCS or Marika Baxter, PT, MSPT, OCS at Gaylord Physical Therapy (203) 230-9226.

Please complete both sides of the Dance Injury Preventative Screening form and bring to your scheduled appointment.