



Dance Injuries, Prevention and Treatment

A unique workshop at Michigan's only licensed STOTT PILATES training studio.

Offered four times a year.
Call or visit our web site for dates.

The Dance Injuries Workshop will focus on the prevention of repetitive strain injuries and managing minor problems before the injury requires medical management. Dance Teachers will have a unique opportunity to participate in assessment of alignment issues that can be caused by bony abnormalities, muscular tightness, muscle imbalances and technique. The workshop will include introduction of STOTT PILATES principles that will help address these issues, modification of cueing and techniques for dance and postural alignment and identification of causative factors.

The workshop is available to dance, gymnastic, skating and movement instructors who are encouraged to bring students (1-2 depending on space) to the workshop who have alignment difficulties such as scoliosis, bow legs, limited turnout, or pronated feet. The workshop is interactive with demonstrations, participation in assessment and matwork exercises.

Instructors include **Eva Powers** and **Kim Dunleavy**.

Kim Dunleavy MS, MOMT, PT, OCS is an Assistant Professor at Wayne State University in the Department of Physical Therapy. She is an Orthopaedic and Sports Physical Therapist who has treated dance injuries for the past 12 years including managing the injuries for the American Ballet Theatre midwest workshops and professional companies travelling to Detroit. She is an active Ballroom Dance Competitor on the US National Circuit. She is a STOTT PILATES Instructor Trainer for the Injuries and Special Populations courses and Rehab Pilates. She sees clients at Equilibrium with rehabilitation needs.



6405 Telegraph ■ at Maple & Telegraph ■ buildings G & H
visit www.equilibriumstudio.com to schedule your class online or call 248.723.6500