

## Pre-Pointe Assessment

A Pre-Pointe Assessment conducted by one of our specially trained podiatrists will provide you, your dancer and their dance teacher with specific, individualised feedback regarding areas your dancer may need to work on to ensure safety en pointe, thereby reducing their risk of injury.

In the Initial Pre-Pointe Assessment, your podiatrist will assess the dancer's pointe range, foot control, turnout range and pelvic stability, core control and the application of all of these in basic ballet steps. An assessment report is written for the dancer to provide to the dance school/teacher and if required, the dancer is prescribed a set of exercises aimed to improve their capabilities in the identified areas.

The Pre-Pointe Assessment consultation is 1 hour long, allowing your podiatrist to spend quality time and to complete a thorough assessment, treatment (if necessary) and tailored exercise program development. Our assessments are detailed and specific, empowering your dancer with the knowledge and tools that they need to succeed.

After working on their prescribed exercises at home for 4-6 weeks the dancer is usually reassessed to determine their progress. Anywhere from 1-5 appointments may be required before a dancer achieves all of the components required to safely progress onto pointe. This is obviously dependent on their current level of training, and also their diligence with their home program.

We love working with passionate, dedicated dancers who want the best out of their training and value their health as an absolute priority. Whether your dancer plans to be en pointe for just a few years for fun or aims to be a professional dancer, they will need their feet to be in the best possible condition for the rest of their life. An investment in establishing correct biomechanics and technique prior to going en pointe can make a dramatic difference to the long-term health of their feet and hips. It truly is an investment in their future.

We aim to make them the specialist in their own body - taking advantage of their opportunities and intelligently working on their challenges. Each dancer is unique, and while the destination may be the same, the process of how we get there may be quite different.

