



THE
DANCE
CLINIC
HIGHETT PODIATRY

DANCE PODIATRY WORKSHOPS AND PRESENTATIONS

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DANCE STUDIO WORKSHOPS

We offer a range of workshops run in-house at dance studios across Melbourne and in regional Victorian areas. The workshops are designed to provide hands-on feedback during classes to dancers and teachers on the biomechanics of a dancer's body, injury prevention, improving foot strength and best practice for return to dance.

PRE POINTE INTERACTIVE SERIES

A series of four workshops to prepare your students to safely progress to dance en pointe.body

Location: Dance school with students

Suited to: Students leading up to pointe work

INJURY PREVENTION

An interactive seminar to educate dancers on the importance of caring for their bodies and dancing with an injury and how to approach rehabilitation.

Location: In clinic or dance school

Suited to: Full time dance students

PRE POINTE INSIGHTS FOR PARENTS AND DANCERS

This presentation covers the requirements to safely progress onto pointe.

Location: In clinic or dance school

Suited to: Parents, dance teachers and pre pointe dancers



PRE POINTE INTERACTIVE SERIES WORKSHOP

A series of four workshops designed specifically to prepare your students to safely progress to dancing en pointe. One of our qualified and experienced dance podiatrists will come to your studios to conduct these workshops at a mutually convenient time. Ideally, these can be conducted once a term in the year leading up to commencing pointe work, but can be conducted at a time that suits the needs of your students. We like to limit these workshops to a maximum of 10 students, although we can discuss and modify this to your individual needs.

In these workshops we will cover:

Workshop 1

- Foot structure, posture and identify any risk factors with this
- Basic foot and ankle strength, range of motion and quality of movement
- Identification of technique issues that may hinder the progression to pointe

Workshop 2

- Strengthening exercises and general core strength
- Isolation of intrinsic foot muscles
- Improving pointe range

Workshop 3

- Calf Rises for improving lower leg strength and endurance
- Further technique development on the intrinsic foot muscles
- Improving turnout

Workshop 4

- Consolidating requirements for pointe work
- Preparing for a pre pointe assessment



INJURY PREVENTION WORKSHOP

An interactive seminar aimed at the more serious, pre professional and professional dancer. This seminar aims to educate young dancers on the importance of caring for their bodies and the best way to manage them to avoid serious injury and time away from the dance studio.

Topics covered:

- Basic anatomy and biomechanics of the lower limb
- Common lower limb dance injuries
- Injury prevention
- Dancing through injury
- Rehabilitation





PRE POINTE INSIGHTS FOR PARENTS AND DANCERS WORKSHOP

This presentation is aimed at parents, teachers and pre pointe dancers covering the requirements to safely progress onto pointe.

Parents and students have the chance to ask questions in an interactive session to help build their knowledge base in this area.

Topics covered include:

- Basic anatomy
- Pointe shoe anatomy
- Requirements for pointe work
- Exercises to improve your pointe work



To book a workshop, please email:
thedanceclinic@highettpodiatry.com.au