

WESTSIDE DANCE PHYSICAL THERAPY



HEALTHY FOOT CLASS:

A series of 4 group classes taught by a physical therapist specializing in the foot and ankle. This class focuses on exercises and self care for the feet but does not include corn and nail care. Ideal for runners, dancers, athletes, hikers, walkers or those with foot pain (eg. arch pain, heel pain, metatarsal pain, tendonitis) or fallen arches. Activities include:

- Strengthening: particularly of those hard-to-strengthen toe intrinsics and first ray muscles
- Stretching: the correct way to stretch the calf and toe extensor tendons
- Balance: proprioception drills, these are excellent for preventing sprains and falls
- Foot as the foundation for posture and movement
- Gait (walking) re-education
- Self Massage and “toe gymnastics”
- Invigorating exercises and restorative positions to improve lower leg circulation

Fee: Series of 4 classes are \$150 Call to schedule: 212-541-8450

Comments/Precautions: _____

This class is not a substitute for appropriate medical care

Physical Therapy: Westside Dance Physical Therapy (WSDPT) was started in 1986 by Marika Molnar to provide quality physical therapy services to the dance population of New York City. WSDPT is conveniently located across from Lincoln Center at Columbus Avenue and 62nd Street. Our licensed therapists are skilled in orthopedic manual therapy and biomechanical analysis. Our practice is not strictly limited to professional dancers. The same skills and expertise used to return our professional dancers back to performance level are applied to all our patients to achieve the best-individualized results and to meet the patient’s particular goals.

Yoga for Back Care: A 75-minute class taught by a physical therapist. This class is taught in a small group format and uses modified yoga-based postures to strengthen and stabilize the spine. We also welcome clients that need a medically sound, adaptive yoga class. If you wish to return to yoga after a total joint replacement or other surgery/injury and need assistance to correctly modify yoga poses, this is the class for you.

Acupuncture: Our licensed acupuncturists are also physical therapists. Musculoskeletal acupuncture is an approach that blends traditional acupuncture with structural and myofascial techniques to impact pain, soft tissue injuries, and other health care disorders commonly treated using acupuncture. This approach is readily integrated into a multidisciplinary approach to client care.

Pilates: 1:1 or 2:1 sessions with a skilled instructor. Pilates is a form of exercise that incorporates motor control of core stabilizing muscles. Our trainers use biomechanically correct pilates techniques to improve postural alignment and flexibility, enhance balance and coordination, reduce joint stress and develop overall strength and muscle tone.

53 Columbus Avenue, Suite 4 @ 62nd Street

212-541-8450