

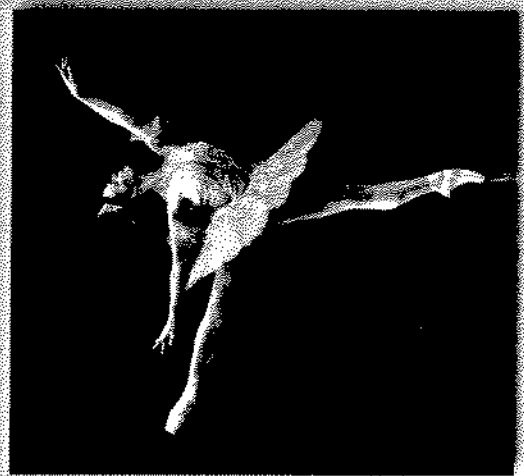


Maximize Your Dance Potential

Too many dancers experience injuries that can be painful, limit their abilities or possibly end their dance career. Common factors that often lead to dance injuries include:

- Faulty technique
- Muscle imbalance
- Repetitive overuse
- Stretch weakness
- Hypermobility without stability
- Adaptive shortening of joints and muscles

At PhysioCare, we strive to not only help dancers fully recover from injury, but also to prevent injury in the future by teaching correct posture, muscle recruitment and body mechanics.



Julia Ostrovskaya (above), Briley Heughebauser (cover) with International Ballet Theatre, Kirkland WA. Prior patients of PhysioCare PT. Photo: © Ben Tranter

Our Therapists

Bret Swigard

MPT, OCS, CMPT, c.MDT

Bret graduated with honors from Eastern Washington University in 1999 with his Masters of Physical Therapy. He is a board certified

Orthopedic Specialist by the American Physical

Therapy Association and is a certified Manual Therapist through NAIOMT. Bret is certified in Mechanical Diagnosis and Treatment of the Spine through the International McKenzie Institute and is also a certified Clinical Instructor. He is the consulting therapist for the International School of Classical Ballet and an owner of PhysioCare Physical Therapy.



Kendra Liere

DPT

Kendra earned her Doctor of Physical Therapy degree from the University of Southern California in 2003. Her professional interests

include Performing Arts Rehabilitation, Pilates,

and Sport & Spine Rehabilitation. She has

worked in a variety of settings including acute care, skilled nursing and outpatient

centers. Kendra grew up dancing and has

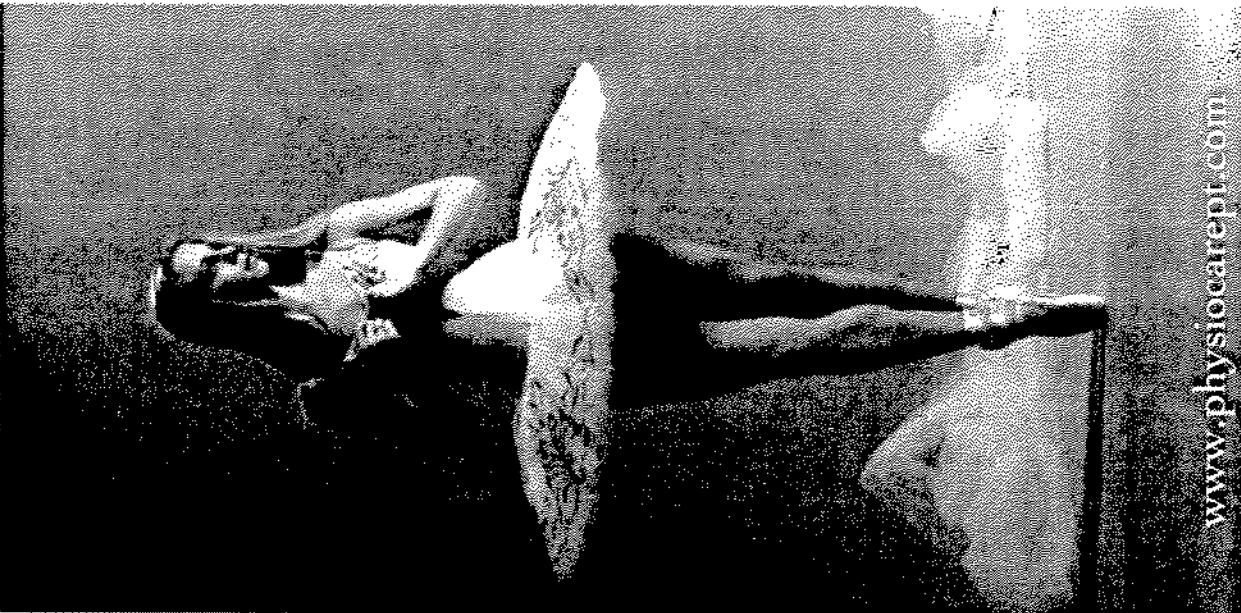
performed professionally, giving her the unique

knowledge and understanding to treat the performing arts population. She is excited to

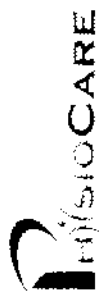
be able to combine her experience as a dancer with her interest in anatomy and physiology.



Performing Arts Enhancement and Injury Prevention



www.physiocarept.com



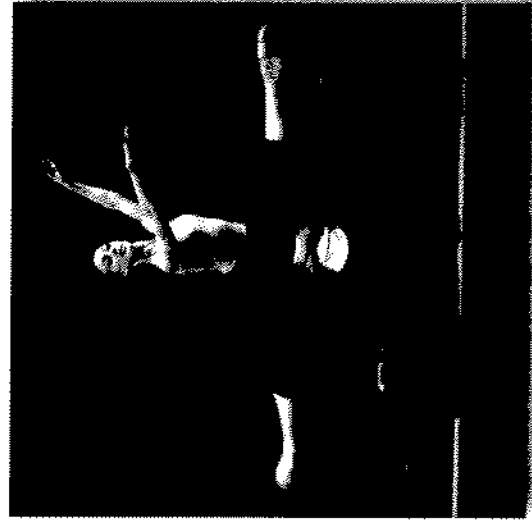
17644 140th Ave NE
Woodinville, WA 98072
425.402.9772

You deserve the best!

At PhysioCare you will be working with physical therapists who recognize the stresses placed on the dancer's mind and body. With a specialized focus on performing arts rehabilitation, we understand dance technique, the rigors of training, and the unique need for extreme flexibility combined with stabilization. In short, we are your dance rehabilitation and injury prevention specialists.

Goals of Dance Rehabilitation

- Resolve pain and restore function
- Improve core stability and lower extremity strength
- Restore muscle balance and symmetry
- Increase muscle flexibility and joint mobility
- Prevent future injury through education and home maintenance programs.

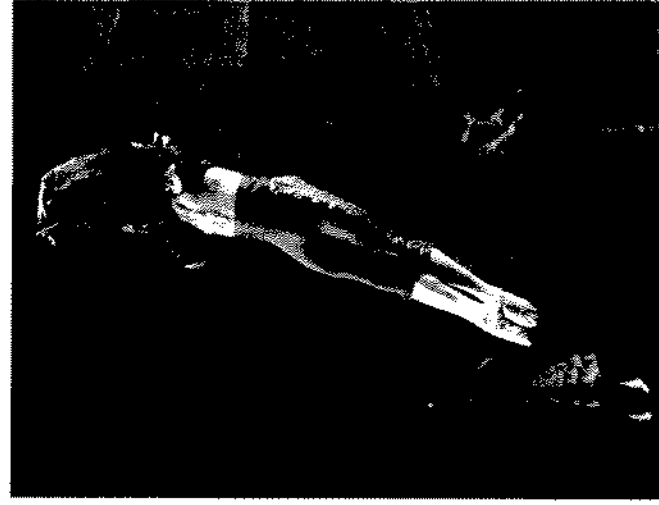


Sophie Edwards with International Ballet Theatre, Kirkland WA. Prior patient of PhysioCare PT. Photo: © Rex Tronier

Goals of Performance Enhancement

- Increase extension and flexibility
- Achieve higher, more powerful jumps
- Improve balance and stability
- Coordinate with your instructors to improve technique

PhysioCare offers one on one 60 minute appointments with specialists who are committed to restoring and improving your function. We treat the causes of your injury, not just your pain.



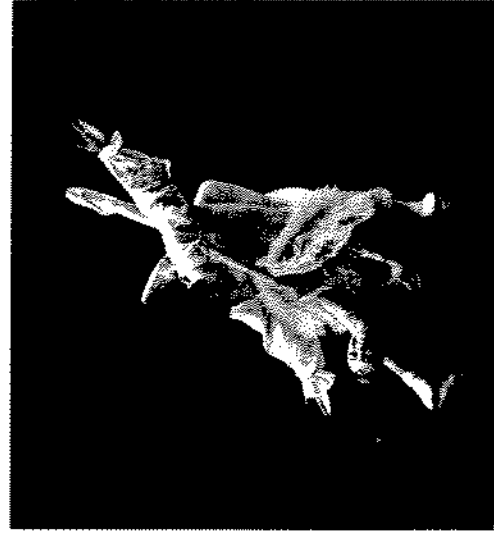
Miles Perri with International Ballet Theatre, Kirkland WA. Prior patient of PhysioCare PT. Photo: © Rex Tronier

Performing Arts Enhancement

PhysioCare Physical Therapy also helps dancers who are not injured. We use biomechanics and physiology to individually assess your abilities and create a custom program to maximize your body. We will help you maximize your movement control, improve the finesse of your adagio and increase the confidence of your dance by utilizing muscle recruitment, joint mechanics, and manual therapy. Beyond the clinic, we also work with your instructors to help achieve obvious and measurable results.

Get a leg up on the competition and safely improve your skills. We offer one-time consultations, individual plans, and group sessions as a part of our Performance Enhancement program. Additionally, PhysioCare offers on-site seminars and in-services for teachers and students.

Please contact us for details on our programs.



Kristie LaMar and Hamilton Nish with International Ballet Theatre, Kirkland WA. Kristie LaMar prior patient of PhysioCare PT. Photo: © Rex Tronier