Locations

Island Health Center Physical Therapy
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Brentwood Physical Therapy
10 Brentwood Dr., Suite A
Ithaca, NY 14850
(607) 274-4159

Cayuga Medical Center
Physical Therapy
(607) 252-3500
cayugamed.org
DANCE PROGRAM

- 80% of dancers experience an injury during their career
- Lower extremity injuries are most common.
- 90% of all days missed in dance are from foot/ankle injury

Common Dancer Injuries:
- Lateral ankle sprain
- Ankle impingement (posterior and anterior)
- Achilles tendonopathy
- Metatarsal, toe sprain, plantar fasciopathy
- Knee sprain, ACL tear/reconstruction
- Patellar tendonopathy
- Hip pain/strain/sprain, impingement
- LBP, spondylolysthesis
- Shoulder and neck pain

Who is the program right for?
The dance program is designed to help dancers of all ages and abilities suffering from various injuries. Dance injuries are often a result of long practice hours, repetition, force, awkward postures, and contact stress. These factors in various combinations can be damaging to the human body. Early identification of injuries and physical therapy intervention can expedite the healing process and minimize lost dancing time.

What are the benefits?
- Reduction of pain and discomfort
- Identification and reduction of stressors that are not allowing your body to heal.
- Strengthening of specific muscle groups to reduce imbalances due to overuse.
- Prevention of recurring injuries

Where is the service provided?
Jaclyn Barbano, DPT, OCS treats dancers at the Island Health Center. Hilary Jones, PT, MSPT, OCS treats dancers at the Brentwood PT clinic.

Does my insurance cover this?
If you have a medical diagnosis and a referral from a physician most insurances will cover physical therapy. Check with your insurance company to see what your policy covers.

How do I get started?
Speak to your doctor about the program because a physician’s referral is required to enter the Dance Program. To schedule an appointment, call (607) 252-3500 for the Island Health Center or (607) 274-4159 for the Brentwood PT office. Bring your physician’s referral with you to the first appointment.