

Dance and gymnastics are very physical sports as well as beautiful art forms. Consequently, dancers' and gymnasts' bodies are subject injuries just as other athletes are. Dublin Dance Centre & Gymnastics is committed to keeping students injury-free through teacher training in top-notch technique and safety training, however injuries do occur. The Wellness Studio offers on-site injury checks, prevention appointments, technique modification, and various types of massage to keep the body moving safely and to aid in healing as needed.

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## Physical Therapy

Ms Annika Russo, MPT  
students, all ages.

Available to DDC&G current

### **Why would I need a Physical Therapy appointment?**

Annika can see students for a variety of concerns: aches and pains during class, technique questions that don't seem to be improving due to some physical barrier, exercise and stretching advice, injury-prevention education.

### **How do I schedule an appointment?**

Call or stop by the office to schedule. Payment is collected during scheduling (\$35/20 min appointment). A parent must sign a release form prior to the scheduled appointment time. Call for availability: 614-761-2882.

### **What can my dancer expect from an appointment in the Wellness Studio?**

Annika will ask each student for specific information about his/her complaints. We will brainstorm together why it might be happening and develop a plan for at-home, self-managed exercises, stretches, or technique modification. Annika, with your permission, will also coordinate with each of the students's teachers to ensure that the technique modification recommendations can be applied to class, as well. A follow-up appointment may be recommended as needed, but a student may not be treated for the same injury more than three times.

If necessary, Ms Annika may recommend a doctor and physical therapy team to treat your dancer for his/her specific needs. We are excited to partner with OSU Dance Medicine Department to be able to offer high-quality care to our injured dancers and gymnasts. With this partnership, students are guaranteed an appointment within two business days at an OSU facility.



Wexner  
Medical  
Center

### **More about Ms Annika:**

Annika comes to Dublin Dance Centre & Gymnastics after many years of combining dance and movement science. At Butler University in Indianapolis, Annika studied Dance Pedagogy with a

concentration in pre-Physical Therapy. While there, she worked with the Athletic Training program to start a program for treating the dancers of the Butler Ballet. After graduating from Butler, Annika attended Physical Therapy school at MCP Hahneman Hospital in Philadelphia. While there, she treated dancers as a student at the Pennsylvania Ballet and Performing Arts Physical Therapy in NY. After graduation, Annika worked at Neurotrauma Day Treatment Program in the suburbs of Chicago and the Rehabilitation Institute of Chicago... *to read full bio, please see [www.dublindance.com](http://www.dublindance.com).*

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