

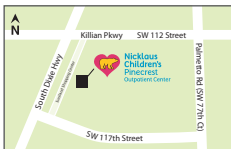
Locations of Service



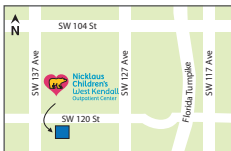
Nicklaus Children's Hospital
3100 SW 62 Avenue
Miami, FL 33155



Nicklaus Children's
Nirvaair Chowdhury Midtown Center
3915 Biscayne Boulevard
Miami, FL 33137



Nicklaus Children's
Pinecrest Sports Health Center
11521 South Dixie Highway,
2nd Floor, at Suniland
Pinecrest, FL 33156



Nicklaus Children's
West Kendall Outpatient Center
13400 SW 120 Street
Miami, FL 33186

Dance Medicine Program



Nicklaus
Children's
Hospital

3100 SW 62 Avenue, Miami, FL 33155
305-666-6511 | nicklauschildrens.org



Nicklaus
Children's
Hospital

SportsHealth



The Nicklaus Children's Hospital Dance Medicine Program is devoted to providing comprehensive medical and performance-based care for dancers. Our team consists of orthopedic surgeons, physical therapists and athletic trainers. We strive to improve and maintain the health and wellbeing of the dancer through evidence-based injury prevention and performance-enhancing screenings, evaluations and training.

Dance injury prevention screening

Team/Studio Screening

A biomechanical motion analysis and physical screening of dancer's risk of injury. Involves a 30-minute dancer screening performed at the studio with individual injury risk profile provided.

Cost: \$50 per dancer

Individual Screening

A comprehensive biomechanical motion analysis and physical evaluation of dancer's risk of injury. Designed to identify areas needing improvement to reduce the risk of injury and enhance performance. Includes a 60-minute motion analysis and physical assessment with individualized results summary and training recommendation package.

Cost: \$130 per dancer

For more information or to schedule an appointment, please call **855-NCH-SPRT** (855-624-7778) or visit **nicklauschildrens.org/SportsHealth**

Dance injury prevention training

Ideal for studios and individual dancers

A training program designed to improve strength, range of motion, balance and neuromuscular control to enhance performance and reduce the risk of dance-related injuries.

Team/Studio Cost:

6 session program per dancer: \$120

8 session program per dancer: \$160

12 session program per dancer: \$240

Individual Training Cost:

60-minute session: \$70

30-minute session: \$35

Group classes available at the Pinecrest Sports Health Center.



Pointe readiness screening

Ideal for dancers preparing to start pointe

A physical screening designed to determine if the dancer has adequate strength, balance and range of motion to safely begin pointe. Includes a 15-minute screening with individualized recommendations for pointe preparation.

Cost: \$25 per dancer