

To make an appointment with one of our dance specialists on staff or to contact us regarding onsite lecture series and screenings, please call UNC Therapy Services at UNC Health Care Wellness Center in Cary at 984-974-6083.



#### UNC Therapy Services (Cary) Business Hours

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Sunday	Closed
Monday	8:00AM – 4:30PM
Tuesday	8:00AM – 4:30PM
Wednesday	8:00AM – 4:30PM
Thursday	8:00AM – 4:30PM
Friday	8:00AM – 4:30PM
Saturday	Closed

### Dance Rehabilitation and Wellness Program...

Helping dancers prevent and recover from injury and return to studio and performance as soon as possible.



#### UNC Therapy Services

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UNC Wellness Center NW Cary  
UNC Therapy Services  
350 Stonecroft Lane  
Cary, NC 27519

Phone: 984-974-6083  
Fax: 984-974-6096  
E-mail: [UNCTS@unchealth.unc.edu](mailto:UNCTS@unchealth.unc.edu)

Follow us on Facebook or Instagram  
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## UNC THERAPY SERVICES



## DANCE REHABILITATION AND WELLNESS





## UNC Therapy Services

Our Dancer Rehabilitation and Wellness program is dedicated to providing the highest quality of care and rehabilitation while meeting the unique needs of dancers. Our staff includes specialists with extensive background in dance, board certification in sports and orthopedic physical therapy with additional certifications in strength & conditioning and athletic training. Our therapists have extensive experience working with dancers of all levels from beginner to professional.

## Dancer Education Events

In-studio group lecture series to provide education on proper cross-training, recovery strategies, activity modification, and common dance injuries. We offer multiple options for dance rehabilitation to allow safe return to full function, strategies to reduce pain, and injury prevention.



## Services Provided

- **Functional assessments:** Evaluation of biomechanics, technique and neuromuscular control.
- **Rehabilitation:** Treatment following acute injuries or surgeries for safe return to the studio.
- **Dancer Wellness Screenings:** Assessments of injury risk factors and programing to enhance performance.
- **Video Analysis:** Feedback of dance technique and motor patterns.
- **Pointe-Readiness:** musculoskeletal maturity and motor skill development screenings to determine safety of advancement to pointe work.
- **Dry Needling:** trigger point needling to reduce pain and muscle tension.
- **Instrument Assisted Soft Tissue Mobilization:** technique using stainless steel tools to treat restrictions and promote tissue remodeling.
- **Aquatic Therapy:** Exercise utilizing properties of water to maintain strength and cardiorespiratory endurance.