



Penn Medicine
Chester County Hospital

SPORTS MEDICINE – DANCE INJURY REHABILITATION PROGRAM



The department of Physical Rehabilitation and Sports Medicine at Chester County Hospital has extensive experience with dance injury rehabilitation for dancers of all ages and levels of performance and competition. Our team has received educational training from the physicians and therapists at the Harkness Center for Dance Injuries.

Working as part of a multi-disciplinary team with physicians, dance instructors, registered dietitians, parents, and the dancer, we address the entire scope of the dancer's wellness and wellbeing.

Our therapists are involved with the American Physical Therapy Association Performing Arts Special Interest Group and are continually expanding our skill sets, learning the most recent research and best practices in Dance Medicine.

► TREATMENTS & SERVICES INCLUDE:

- Thorough evaluation for movement dysfunction
- Dance specific exercises
- Pilates based exercises
- Pointe readiness screening (*Fern Hill location only*)
- Soft tissue mobilization & myofascial release
- IASTM incorporating graston and cupping
- Taping techniques
- Nutrition counseling

A physician's prescription is necessary for treatment.

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT:
610.738.2480 | ChesterCountyHospital.org/PhysicalTherapy

Physical Rehabilitation and Sports Medicine

LOCATIONS

Fern Hill Medical Campus

915 Old Fern Hill Road
Building A, Suite 4
West Chester, PA 19380
610.738.2480

Penn Medicine Exton

Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

Medical Building at New Garden

830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

Penn Medicine Southern Chester County

455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950

All locations are facilities of Chester County Hospital