



## Pre-Pointe Assessment

**Are you, or do you know, a dancer who is about to begin the next stage of their ballet training and transition to pointe?**

**Has your teacher asked you to obtain a pointe assessment before getting the green light?**

**Our Dance Physiotherapists can complete this assessment for you.**

Beginning pointe repertoire is an exciting time in a dancers career; however, with this excitement comes an increase in risk of overuse injuries such as tendinopathies, ankle impingements and bone stress injuries.

Dancing en pointe alters the biomechanics of ballet, that is, it changes the way the external forces act on your body.



# **A Pre-Pointe Assessment determines the suitability for a dancer to commence En Pointe training.**

## **What to expect**

In a physiotherapist lead pointe assessment, the physiotherapist will ascertain lower limb strength and endurance (with a focus on the calf muscle) and measure angles of the body such as ankle flexibility, big toe flexibility and hip rotation range aimed at minimising overuse injuries. The physiotherapist will also assess the technique of common ballet skills such as a relevé and rise to decrease the risk of acute injuries such as ankle sprains. Once the dancer is measured as satisfactory along all components, they get the clearance to be fitted for pointe shoes. The pre-pointe process may take 2-3 sessions with the dancer obtaining exercises to strengthen the foot and ankle and address any areas of concern. Whilst rare, it is also important to note that some dancers may not be suitable for pointe due to their innate foot and ankle flexibility.

An exciting time in a dancers training, pointe repertoire requires hard work and dedication to not only obtain the shoes, but to remain on them safely and without injury. Receiving a pre-pointe assessment from a physiotherapist with dance experience ensures that the eyes on your feet know the intricacies of ballet, speaks the language of dances and understands the physical nature of ballet training.

**We have multiple Dance Physiotherapists available for Pre-Pointe Assessments.**

**To find out more, or to book and appointment, please call us on 9481 5744.**