



### Physiotherapy Pre-Pointe Assessments

#### **What is a pre-pointe assessment?**

A pre-pointe assessment allows a qualified physiotherapist to assess whether your body is ready to begin pointe work or requires additional preparation. At Coast Sport, a pre-pointe assessment consists of a one-hour appointment during which your physiotherapist will assess your injury history, lower limb strength and stability, joint mobility, and abdominal control. This will help determine if your body is prepared for the large amount of strength, mobility and technique required for progression to en-pointe work, and minimise the risk of injuries.

#### **When should I have a pre-pointe assessment?**

Your ballet teacher will generally suggest you to see a physiotherapist for a pre-pointe assessment before dancing en-pointe. We recommend you have a pre-pointe assessment 3-6 months before you plan on commencing pointe work, as this will give you enough time to work on any areas that need improvement before you progress.

#### **What should I wear?**

Similar to a ballet class, your physiotherapist will need to see your posture and alignment during the assessment. Clothing or dance wear that is comfortable and won't restrict your movement will be helpful for your assessment.

#### **What happens after the assessment?**

Following the assessment, your physiotherapist will provide you with a thorough breakdown of your strengths and weaknesses. A report will be provided to you and your dance teacher, recommending if you demonstrate adequate strength and stability to tolerate beginning pointe work or if there are areas that require improvement before it is safe for you to progress. Tailored exercises will be provided to target any identified weaknesses to help minimise risk of injury as you progress with your pointe training. If required, we will generally recommend a review again in approximately 4-6 weeks to assess your progression.