



Dance Medicine Program

Orthopaedic Care
Physical Therapy
Nutrition

For all performance skill levels

- Dancers (e.g., ballet, jazz, hip-hop, lyrical, contemporary, tap, African, Irish, etc.)
- Gymnasts
- Cheerleaders
- Figure skaters
- Musicians

Our Dance Medicine care team:

- Understands the unique biomechanical requirements of a performer's feet, ankles, knees, hips and back.
- Enhances performance by improving posture, balance and strength.
- Evaluates injuries and prescribes an individually tailored therapeutic program.
- Educates dancers about how to avoid injury and stay healthy.
- Incorporates Pilates-based rehabilitation.

Benefits of the program:

- Early diagnosis and management of orthopaedic injuries.
- Understand the cause of an injury and how to prevent it in the future.
- Optimize proper technique with corrective exercises.
- Obtain an individual sports nutrition plan that supports the performer's training, performance and recovery.

Dance Medicine team members:

- Pediatric Orthopaedic Surgeons
- Physical Therapists
- Physical Therapy Assistants
- Registered Dietitians
- Certified Athletic Trainers
- Certified Pilates Instructors



Dance Movement Consultations and Trainings

- Pointe Readiness Assessment.
- Individual/Group Performance Assessment Screen.
- Initial consultations \$150;
Follow-up training sessions \$80



MAT Pilates classes

- Call for dates and times:
Oakland, 510-428-3558
Walnut Creek, 925-979-3430
- Performers of all types, age 12 and older.
- Cost: First class free; \$20/class drop-in; 12 visits \$144.

Dance Medicine Team



Coleen S. Sabatini, MD, MPH

*Pediatric Orthopedic Surgeon
Division Chief, Orthopaedics*

Dr. Sabatini started dancing at the age of 3, her parents' attempt to channel her exuberant energy into something productive. Early on she studied ballet, tap, jazz, and lyrical. In college at UCSD, she performed mostly modern, contemporary and hip-hop work. She taught dance for many years beginning in high school and continuing through medical school at Harvard. Dr. Sabatini is committed to helping dancers stay healthy and achieve their potential on the stage!



Caitlin Mouille, PT, DPT, MTC

*Doctor of Physical Therapy
Board Certified Clinical Specialist, Sports Physical Therapy
Manual Therapy Certification
Lead, Dance Medicine Program, Walnut Creek*

Since a young age, Caitlin has enjoyed being on stage and has participated in numerous music theater productions. Growing up she took voice lessons and can often be heard singing around the clinic.



Heather Walsh, MPT

*Master of Physical Therapy
Certified Pilates Instructor
Lead, Dance Medicine Program, San Ramon*

Heather was involved in figure skating for seven years during her childhood. She has always enjoyed the performing arts and working with dancers, gymnasts, and figure skaters. She incorporates all of the Pilates principles into her practice and is excited to be part of the Dance Medicine Team.



Jessica Medros, PT, DPT, CYT, CGT

*Doctor of Physical Therapy
Certified Pilates Mat Instructor
Certified GYROTONIC® Trainer
Certified Yoga Teacher*

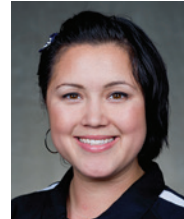
Jessica started dancing ballet at age 4 and began yoga at age 8. She has 20 years of Pilates training and over a decade of experience in ballet, modern, jazz, flamenco, West African, and Capoeira. She continues to study with first and second generation Pilates and GYROTONIC® teachers who are dance specialists. She teaches the weekly Pilates class and provides Pilates-based and dance-specific rehabilitation.



Mary Lesser, PhD, RD

*Registered Dietitian
Researcher*

Mary has been an athlete since she was young and has participated in multiple athletic activities over the years, including various forms of dance. Growing up she took lessons, trained, and performed in ballet, tap, and jazz at the Dance Gallery 2 and Green Tree Studio. Mary is excited to help create individualized nutrition plans to fuel performing artist athletes.



Vanessa Chiu, PT, DPT

*Doctor of Physical Therapy
Lead, Dance Medicine Program, Oakland*

Vanessa has been dancing for over 28 years; her dance background includes ballet, jazz, contemporary, cheer, hip hop, and musical theatre. Vanessa is a former dance member of the Sacramento Black Art of Dance, a dance company dedicated to Afro-Caribbean movements. Currently, Vanessa is a choreographer/dancer with Bay Area Dancers, and is looking forward to her upcoming performances.



Danielle Bergstedt, PT, DPT, OCS

*Doctor of Physical Therapy
Board Certified Clinical Specialist, Orthopedic Physical Therapy
Board Certified Clinical Specialist, Sports Physical Therapy
Certified Pilates Rehab Instructor
Lead, Dance Medicine Program, San Francisco*

Danielle danced ballet, modern, jazz, African, and hip hop. Of her 15 years spent dancing, she spent 11 years en point. While attending Washington State University, she joined their dance troupe and taught modern classes at the collegiate level. She is certified in Pilates Rehab and uses her experience in dance and Pilates to address movement dysfunction and injury in the dancer.



Kelli Adams, PTA, ATC

*Physical Therapy Assistant
Certified Athletic Trainer*

Kelli has been dancing since 2002, after she tried her first Samba class at a gym and was immediately hooked. She takes regular classes at The Beat and Brasarte in Berkeley, ODC, and Mission Cultural Center in San Francisco focusing on Brazilian and Cuban Dance. Kelli dances with a group named Latin Dance Grooves that has performed in the SF Carnival Parade for the past three years.



Annie Thatcher-Stephens, MS, ATC, CSCS

*Masters of Science
Certified Athletic Trainer
Certified Sports & Conditioning Specialist*

Annie grew up dancing at Long Beach Ballet Arts Center before receiving her BFA in Dance Performance from the University of Hartford. After college, she worked with several contemporary dance companies in the Bay Area including Perceptions Dance, Copius Dance Theatre and Natasha Carlitz Dance Theatre. Some favorite dance experiences include a 2009 tour to Egypt with Natasha Carlitz Dance Theatre and performing at Davies Symphony Hall in San Francisco.