Injury has no place in your performance. We’ll help keep it out.

As a performing artist, you expect a lot from your body – and injuries can prevent you from reaching your peak potential.

At Northwell Health’s Performing Arts and Dance Medicine Injury Program, a specially trained team of orthopaedists, along with physical therapists from STARS (Sports Therapy and Rehabilitation Services), is on hand to evaluate your injuries and develop a comprehensive treatment plan for your specific needs.

We treat all levels of performing artists as part of our Sports Medicine Program, whether you are a dancer, gymnast, figure skater or musician. Our clinical professionals understand the demands you place on your body and will get you back to performing at your highest possible level.

Sports medicine program

Conditions we treat:
– Repetitive stress injuries
– Muscle tension
– Sprains and strains
– Ankle instability
– Muscle imbalance
– Tendonitis
– Postural issues
– Foot/knee/back/neck pain
– Post-surgical rehabilitation
– Fractures

Therapeutic benefits:
– Return to full performance level
– Improved core stability
– Injury prevention
– Improved alignment
– Enhanced dance technique
– Pain relief
– Increased joint and muscle mobility

Have questions? Want to set up an appointment? Give us a call at (516) 321-7522.