



Physical Therapy for the Performing Artist



Ellen Bodner Physical Therapy proudly announces the opening of our new Performing Arts Physical Therapy program in Queens, New York. This program will provide unique and specialized care for dancers and musicians. Our goal is to provide specialized treatment and management for professional, collegiate and recreational - level injuries. An important component of our program is education and training to prevent future injuries and enhance performance. Injuries that can be treated with physical therapy include:

Repetitive strain and cumulative trauma including tendonitis, joint pain and ligament sprains
Nerve entrapments including carpal tunnel, ulnar entrapment and thoracic outlet syndrome
Neuromuscular disorders, orthopedic, arthritic and postural conditions

As part of our evaluation, our physical therapist will perform a thorough orthopedic and musculoskeletal evaluation including a comprehensive history and assessment of posture, ergonomics and practice and performance methods that may be contributing to the repetitive strain disorders or trauma. Current treatment techniques and rehabilitation interventions to reduce pain and relieve symptoms include hands-on manual skills such as soft tissue and joint mobilizations, strengthening and conditioning, balance and gait training, modalities and taping.

Our program also includes screenings and instruction on injury prevention and supervised strengthening and conditioning. Our goal is to focus on a safe return of the performing artist to their pre injury level and achieve long-term wellness.

Our office is conveniently located on Union Turnpike in Bayside, Queens. We have day, evening and weekend hours and appointments are scheduled on a timely basis.

If you have any questions, please feel free to call us at the above number.

Sincerely yours,

Aileen Roginski, MPT
Program Director
Ellen Bodner, PT, DPT
Facility Director

