



About Cape Cod Rehab

We are experts in Rehab, Conditioning and Training. Our customers experience elite services that are cutting edge and backed by evidence. We have satisfied, loyal customers because we provide outstanding service by a team that has passion for health, fitness and sports.

Joseph Carroll PT DPT SCS

- A Doctor of Physical Therapy
- Master Instructor in the Burdenko Method
- Board Certified Sports Clinical Specialist

Jodi Burgess PT DPT

- A Doctor of Physical Therapy
- Certified Burdenko Method Instructor
- Advanced training in Dance Medicine through the Harkness Center for Dance in New York City.

Eric Chandler CSCS

- Certified Strength and Conditioning Specialist
- Certified Burdenko Method Instructor



"Getting you back on your feet and into the game!"

Mashpee

800 Route 28
(508) 477-4800

Osterville

1336 Main Street
(508) 420-3535

Hyannis

735 Attucks Lane
(508) 778-5000

www.capecodrehab.com

For more information
please contact Jen Skiba

508-477-4800
jenskiba@cape.com



Dance Program



What can we offer?

- Physical Therapy for Dance Injuries
- 30 minute demo at your dance studio or one of our Cape Cod Rehab locations
- Burdenko land class—land conditioning with emphasis on core strength, balance, and coordination
- Burdenko pool workout at our Hyannis location
- Functional Movement Screen—screenings by physical therapists trained in dance medicine
- Post-Performance Recovery Clinic or beginning of the season core training
- Discussions on injury prevention



The Burdenko Method

The Burdenko Method is a unique, innovative system for rehabilitation, conditioning and injury prevention. It has been developed by Igor N. Burdenko PhD over a period of 40 years in both the former Soviet Union and the United States. Many individuals from Olympic athletes to the general public have benefited from this original and extraordinarily effective system. The Burdenko Method utilizes both land based and aquatic exercises as a novel way of using your body to optimize health and prevent injury.

The Burdenko Method has been used on famous figure skaters and dancers including 2-time Olympic Medalist Nancy Kerrigan, Olympic Gold Medalist Oksana Baiul, and many Principal Dancers from the New York Ballet and Boston Ballet.

Why the pool?

Experience the 3-Fold Power of Water!

- **Assists:** Water assists body parts that work against gravity and help make flexibility gains
- **Supports:** The buoyancy helps reduce pain and make exercise comfortable
- **Resists:** Water offers resistance in all directions to help develop strength

Our warm water pool workout includes deep water conditioning using buoyancy devices for endurance, speed, and strength & a simulated ballet barre with low impact plyometrics in shallow water.

“Training in the water reduces compression forces on the joints in the lower back and legs. A high impact activity, like ballet, benefits from supplementing their floor work with training in the water. Jumping and landing in waist deep water is safer and just as effective as jump training on land.” —Joe Carroll PT DPT SCS



Testimonials

"It has become clearer to me that the future of dance medicine or dance prevention will be to incorporate physical therapy fundamentals into the dancer's training. Because dance is an art form, we have been more focused on the results than the method, and we haven't been required to understand the inner workings of the dancing body. This [program] is an attempt to create a bridge between the dance instructor and the physical therapist in order to supplement traditional dance training to prevent injury and improve performance."
--Eveline Carle, professional dancer & owner of Cape Cod Dance Center

"You gave me hope that very first appointment. You made me feel like I could do whatever I wanted. From then on I was determined to get better. I was going to show everyone who told me I couldn't, everyone who said it wouldn't happen. I knew that you wanted me to get back to dance and I knew that you were going to get me there. There were times I wanted to quit and give up, but I couldn't let you guys down... They said I'd never dance again but you had me ready for Championships. It may seem like nothing, but you guys gave me my life back... I will always be grateful for what you did for me."
--Kristen, dancer

