

# healthy balance

## Therapeutics

Physiotherapy • Massage Therapy • Osteopathy • Nutrition

Our mission is to provide exceptional one on one client-centered service, through a friendly, knowledgeable, and professional team.

We value above all else compassion and respect for people, coupled with providing the highest quality natural healthcare.

We aim to educate and empower the individual and the community, and to show that finding Health means finding Balance.

### How can I get more turnout?



Many dancers do not access all of their available turnout! "Turnout" for dancers is a movement called external rotation of the hip joint. Individual bone structure and ligaments determine the availability of movement of the hip; however limits in the following areas can impede the turnout in any dancer.

- tight hip flexors
- gripping of the Tensor Fascia Lata (TFL) muscles
- not finding or using an upright pelvis
- ignoring popping or snapping of hip joint

Many times, understanding how the bones and muscles move to produce turnout also helps you to find the right strategies to achieve a greater degree of turnout.

Book your Physiotherapy assessment today so we teach you how to maximize your potential turnout!



Cynthia Roberts

For all our DANCE families, HBT is thrilled to announce the latest addition to our team – Cynthia Roberts, PT! Cynthia is a Registered Physiotherapist, and since 2009 has been a staff physiotherapist at Canada's National Ballet School in Toronto! Cynthia has personal experience dancing ballet, jazz, and modern throughout her childhood and adolescence. It has been a dream come true to marry her passion for dance with her passion for physiotherapy. "Helping dancers prevent injuries, recover from injuries and maximize their potential continues to be extremely rewarding."

Cynthia's treatment approach includes educating her clients, dancers and non-dancers alike, about the anatomy, physiology and biomechanics behind their injury or condition. This empowers them to take control and be active participants in their rehabilitation.

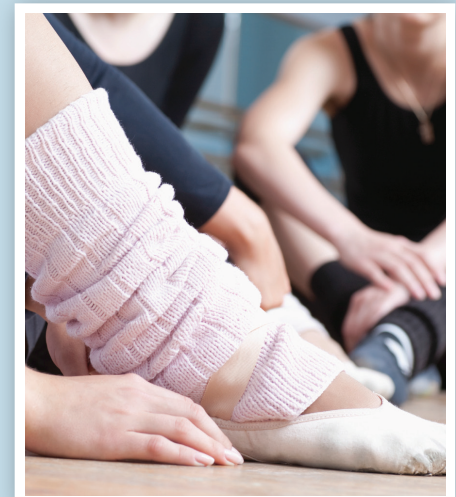
See Cynthia's full bio on our website [HBTherapy.com](http://HBTherapy.com)!

### Don't get sidelined with common dance injuries...

Dancers place unique demands on their bodies and as a result suffer some unique injuries.

In the hip, **Snapping Hip Syndrome** is characterized by clicking or popping in the front or side of the hip. The snapping is usually caused by a tendon moving over a bony prominence, but there are some rare cases where painful snapping is caused by a tear in the cartilage of the hip joint. An assessment with a Physiotherapist can help you determine the cause of your snapping, and can address poor core/pelvic stability, tightness and muscle imbalances around the hip, and refine strategies for turning out the hip.

In the ankle, **Posterior Impingement Syndrome** is common, and is characterized by pain at the back of the ankle when pointing the foot, on demi-pointe, or on full pointe. It is often mistaken for Achilles' tendonitis. Posterior impingement syndrome is caused by soft or bony tissues at the back of the ankle getting pinched or compressed when the ankle is in the pointed position. A physiotherapist can help clarify the diagnosis for you, and address any inflammation, identifying muscle imbalances/weaknesses that may be predisposing you to the impingement, and define strategies to optimize alignment.



find health ▪ find balance

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