



Ballet and Pointe Fitness Lecture-Demonstration

Tuesday, July 21

7:00-8:30pm Studio B Marie Stinnett Dance

RSVP by Friday July 17

Learn about foot and ankle injuries and contributing factors such as muscle imbalance or weakness, faulty alignment, and overuse. The discussion will include physical issues affecting pointe readiness (growth spurts and the closing of growth plates, joint flexibility and stability). Students will be lead through some exercises to address these issues. Presented by Dr. Chris Chung and Kim Gardner

Chris Chung, MD Dr. Chung received his medical degree from St. Louis University, in St. Louis, Missouri, and continued his education by returning to UCLA for his family medicine residency. Following completion of that program, he moved to Salt Lake City, Utah, for his sports medicine fellowship. He is board certified in Family Medicine, with the added CAQ in sports medicine.

Following his experience working at a large medical group in San Diego, he joined a medical mission in the Philippines in 2001, and he relocated to San Jose in 2002. He has been working with Bay Area Physical Therapy and Sports Medicine out of O'Connor Hospital.

His volunteer activities include being the Staff Physician for Ballet San Jose, Team Physician for King's Academy High School, Physician for South Valley Pop Warner Football, and being on the medical staff team for various marathons. He has an interest in all sports, is an avid runner, and is continually broadening his expertise in sports medicine and electronics.

Kim Gardner, Dance Therapist, Pilates Instructor Ms. Gardner founded O'Connor Hospital's Dance Medicine/Pilates Program in 1999 to serve patients with a variety of rehabilitative issues and brings her skills and more than 20 years experience teaching movement to the SBSPPMA team. Kim and Dance Med staff develop sports/dance-specific conditioning and functional rehabilitation programs based upon individual needs and physical therapy goals.

Kim danced professionally for 17 years and has been teaching ballet since 1984. Known for her ability to impact an experiential knowledge of the anatomy and aesthetics of ballet technique, Kim enjoys helping dancers and instructors reduce their risk of injury.

As Lead Dance Medicine Specialist, Kim has given numerous presentations on the applications of Pilates-based exercise for injury prevention and rehabilitation to physical therapists, athletic trainers, physicians, dance instructors, and university dance and theatre departments. Most recently Kim can be found working with the hammer Golf Physical Therapy clinic in Campbell, and Western Ballet in Mt. View.

To reserve your place or for more information:

AOCBallet.com

408.355.3767

info@aocballet.com