

Introduction to Dance and Gymnastics

Physiotherapy in Ottawa, Nepean, Kanata, Stittsville for Dance and Gymnastics

Welcome to the Physiocare Physiotherapy & Rehab Centre's resource about dance and gymnastics.



The popularity of shows like "Dancing with the Stars", as well as the interest the gymnastic competitions at the Olympics garners, has made many people turning to both of these activities for exercise and sport.

However, there is much more to the Rumba than simply "shaking it" and a lot more to the balance beam than just placing one foot in front of the other.

In order to get moves like Cheryl Burke or the grace and balance of Shawn Johnson, any dancer or athlete must condition themselves properly and know the exercises that keep them from injuring their ankles, wrists, knees or feet.

In this section of our site, you will find the information you need that will keep you performing back flips like Mary Lou Retton and dancing the Mambo like Karina Smirnoff.

After all, any great dancer or gymnast wants to spend more time enjoying their sport and less time with their ankles taped.

Click on a link to learn more about:

- [Guide for Selecting Personal Gymnastic Equipment](#)
- [Stretching Guide for Gymnastics](#)
- [Gymnastics - Common Injuries](#)

Physiocare Physiotherapy & Rehab Centre provides services for physiotherapy in Ottawa, Nepean, Kanata, Stittsville.