

# INJURY PREVENTION FOR DANCERS

PERFECT FOR DANCERS LOOKING TO  
STAY STRONG, SAFE, & STAGE-READY  
ALL SEASON LONG!

JOIN DR. KATIE KURTH,  
PHYSICAL THERAPIST

& CERTIFIED DANCE SPECIALIST

for an interactive workshop designed  
to help dancers build body awareness,  
reduce injury risk, and improve  
movement quality.

## WHAT YOU WILL LEARN:

- Common dance-related injuries and ways to prevent them
- Lower body movement screening
- Targeted exercises to address strength and mobility deficits

BROADWAY ACADEMY OF ART & DANCE

SATURDAY  
SEPTEMBER 13, 2025

ENTRY FEE \$20.00 /PERSON

### Workshop times:

- 5:30–6:30 PM
  - Juniors/Teens (ages 9–12)  
**Register Here!**
- 6:30–7:30 PM
  - Elite Teens/Seniors (ages 13+)  
**Register Here!**
- 7:30 PM
  - **Free Individual Injury Screens**  
(parents encouraged to be present)
  - Sign up for a 15 minute time slot  
by emailing  
**shannon@baadance.com.**



PRESENTED BY  
TO THE CORE:  
PHYSICAL THERAPY &  
WELLNESS



Kaitlyn Kurth is a local physical therapist and certified dance specialist. She earned her Doctorate of Physical Therapy from Concordia University-Wisconsin in 2014 and has since earned additional certifications in manual therapy (COMT) and dry needling (FDN II). With 18 years of formal dance training, she has a deep understanding of the technique and physical demands required of dancers. She has treated dancers ranging from beginner to professional levels including Joffrey Ballet and Giordano Dance Company. Through these experiences she has developed a respect for the unique athleticism required of the art form. She is dedicated to serving the dance community by providing physical therapy services focused on rehabilitation, injury prevention, and performance enhancement to help dancers reach their maximum potential and improve their longevity.