North Shore-LIJ
Performing Arts and Dance Medicine Injury Clinic

As performing artists, you demand a lot from your body. The physical demands of complex and repetitive movements can cause injuries that limit your ability to perform at a high level.

At North Shore-LIJ Health System’s Performing Arts and Dance Medicine Injury Clinic, a specially trained team of orthopaedists, along with physical therapists from STARS (Sports Therapy and Rehabilitation Services), is on hand to evaluate your injuries and develop a comprehensive treatment plan for your specific needs.

We treat all levels of performing artists, whether you are a dancer, gymnast, figure skater or musician. Our clinical professionals understand the demands you place on your body and will get you back to performing at your highest possible level.

Conditions We Treat
- Repetitive stress injuries
- Muscle tension
- Sprains and strains
- Ankle instability
- Muscle imbalance
- Tendonitis
- Postural issues
- Core weakness
- Foot/knee/back/neck pain
- Injuries/conditions requiring postsurgical rehabilitation
- Fractures

Therapeutic Benefits
- Return to full performance level
- Improved core stability
- Injury prevention
- Improved alignment
- Enhanced dance technique
- Pain relief
- Increased joint and muscle mobility

Specialized care for the unique demands of the performing artist

For more information or to set up a consultation, please contact:

Performing Arts and Dance Medicine Injury Clinic
801 Merrick Ave
East Meadow, NY 11554
(516) 280-3733

Clinic Dates
August 11, 2015
September 1, 2015
October 6, 2015
November 3, 2015
December 1, 2015

Hours
1pm-4pm

Most insurance plans accepted
**Meet Our Team Leaders**

**Randy Cohn, MD**
Dr. Randy Cohn is an orthopaedic surgeon who specializes in sports medicine. He earned his medical degree from Mount Sinai School of Medicine and completed his residency in orthopaedic surgery at New York University (NYU) Hospital for Joint Diseases. He also completed fellowship training in sports medicine at Massachusetts General Hospital in Boston. While at NYU, Dr. Cohn worked with dancers and performing artists at the Harkness Center for Dance Injuries and Alvin Ailey American Dance Theater. He assisted with evaluating and treating common injuries seen in the dance population.

Dr. Cohn previously served as the Executive Chief Resident at NYU Hospital for Joint Diseases and as an instructor at Harvard Medical School. He is an assistant professor of orthopaedic surgery at the Hofstra North Shore-LIJ School of Medicine.

**Aileen M. Roginski, PT, DPT**
Aileen is a licensed physical therapist at STARS Manhasset and a graduate from the University of Scranton with a doctorate in physical therapy, master's degree in physical therapy and a bachelor's degree in health science. Aileen has been rehabilitating dancers, musicians, actors and other theater professionals of Broadway and off-Broadway productions for more than 11 years. She plays trombone, piano and baritone horn, and has studied ballet, tap, jazz and belly dancing. She brings her own experience in the field to her care of performing artists.

**Brigid M. Dunne, PT, DPT, OCS**
Brigid is a licensed physical therapist at STARS East Meadow with a doctorate in physical therapy from Columbia University and a master's degree in physical therapy from the University of Miami. With more than 15 years' experience, Brigid has worked with dancers and performing artists while serving as a senior physical therapist at NYU Hospital for Joint Diseases. In addition, she has received training and mentoring from therapists at the prestigious Harkness Center for Dance Injuries. Brigid is also board certified as an Orthopaedic Clinical Specialist (OCS) by the American Board of Physical Therapy Specialties and is an assistant professor at the Hofstra North Shore-LIJ School of Medicine.

**Ariellen Calivas, PT**
Ariellen is a licensed physical therapist and a graduate of Boston University. Prior to joining the STARS Roslyn team in 2010, Ariellen was the Chief of Physical Therapy at NYU Hospital for Joint Diseases as well as a physical therapist at the Harkness Center for Dance Injuries. Ariellen has more than 12 years’ experience treating both pre-professional and professional ballet and modern dancers.