



Christine Cedilotte, PT, DPT, MS

Dr. Christine Cedilotte is a Licensed Physical Therapist with a Figure Skating background. She is specially trained in anatomy and physiology as it relates to movement and function of the human body. As a Physical Therapist, she can evaluate a figure skater and identify factors to prevent injury, treat acute injuries before they develop into chronic conditions, and help improve performance.

What Do I Bring?

- ✓ Wear comfortable clothing for exercise and supportive sneakers.
- ✓ Water to keep hydrated.
- ✓ Jump rope & exercise mat

For More Information:

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Figure Skating Off-Ice Program

Purpose

Maximize skating skills and performance and to reduce and prevent injuries

Benefits

- ✓ Prevent overuse injuries
- ✓ Enhance skating skills and performance
- ✓ Improve body awareness and spin positions
- ✓ Enhance posture and body positioning on the ice
- ✓ Increase stroking power, speed and line
- ✓ Increase rotation speed of jumps
- ✓ Enhance cardiovascular conditioning and flexibility
- ✓ Improve muscle imbalances
- ✓ Improve balance in order to hold positions and improve jump landings

Off- Ice Services

Individual and Group Classes include exercises for agility, balance, conditioning, core strengthening, flexibility, plyometrics, upper and lower extremity strengthening and posture awareness.

1. **Individual** Comprehensive Evaluation
2. Short Figure Skating Evaluation
3. Re-evaluations
4. One on One Training (1:1)
5. **Group** Training (dynamic warm-up, fitness strength & conditioning, and cool-down)

Individual Sessions

Comprehensive Evaluation

(\$75/1Hour)

- Fitness evaluation to identify medical history, past injuries and recent problems
- Identify skater's goals.
- Perform comprehensive evaluation of agility, balance, flexibility, gait, pain, posture, power, and strength.
- Give feedback on areas that need to be worked on with off-ice training.
- Provide skater with information on identified areas needing improvement and a specific exercise to address those areas.
- Develop a plan such as an independent program, independent home exercise program, or a group program.

Short Evaluation (\$50/40 Min)

For skater that does not want individual program or home exercise program.

- Identify past injuries and recent problems.
- Identify skater's goals.
- Shortened evaluation of balance, flexibility, gait, posture, and strength.
- Set up plan for group program.

Re-evaluation (\$60/1Hour)

1:1(\$45/45 Min)

- Review home exercise program.
- Add to home exercise program.
- Educate on prevention of injury.
- Address individual needs with exercise.

Group Training

Note: In order to participate in Group exercise class, either an individual comprehensive evaluation or short evaluation is needed. The importance of having an evaluation before attending Group class is for the skater's safety and to determine each skater's abilities, goals and needs, which allows the skater to benefit more from Group class.

Dynamic Warm Up (15 Min)

- Anaerobic fitness, plyometrics, dynamic movement.
- Pkg = \$40 for 6 /Pre Reg = \$8/Drop-in = \$10

Group Fitness Strength and Conditioning (40 Min)

- Learn proper form and execution of exercises.
- Work on weaknesses that inhibit performance or cause injury.
- Increase balance, conditioning, coordination, flexibility, posture awareness and strength.
- Build control and power.
- Pkg = \$80 for 6 /Pre Reg = \$15/Drop-in = \$17

Cool Down (15 Min)

- Teach skaters proper cool down and flexibility exercises.
- Pkg = \$40 for 6 /Pre Reg = \$8/Drop-in = \$10

Group 2:1 (15 Min or 40 Min)

- Any of the above groups
- \$15 for 15 min; \$30 for 40 min per skater