



## Fall 2017 Physical Therapy Update



I mentioned to all of you in our original championship parent meeting in September that one of my goals this fall has been to team up with an experienced physical therapist. In the past 18 months so far, we've built a strong relationship with our phenomenal workshop teacher, Francis Ward, and we've all enjoyed working regularly with our empowering and enthusiastic personal trainer, Tim Kelly. The World-level technical standard to which our dancers are now held combined with the fitness requirements to dance safely at that level have without question highlighted the need for increased focus and education on injury prevention.

I'm pleased to introduce you all to [Jon Paryz](#), who is going to be a terrific addition to our team here at Inis Cairde. Jon received his PT degree in 1993, and has practiced here in the Triangle for the past 20 years. An athlete himself, he is an avid triathlete, participating in everything from local races to the Lake Placid Ironman in 2012. He has worked with athletes in every professional sport, but most pertinent to our needs, worked as the resident PT for the Carolina Ballet for five years. I'm very excited to have him on board with us.

In addition to his experience working with professional dancers, Jon brings to the table a wide range of additional certifications that could really help our dancers:

- He's a Speed Mechanics/Movement Training Specialist, a field which focuses on fast-twitch muscle fibers (what helps our dancers shift quickly from movement to movement)
- He's a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association, which is a science-based method of improving athletic training (you can read about it [here](#))
- He fabricates his own temporary and/or permanent orthotics (for dancers who may need a more level platform during their non-dance time)
- He has extensive experience in sports rehab and performance training for endurance athletes ("Faster, Higher, Stronger"). His goal is to get athletes out of his office and back into their respective games.

Formerly of Impact Orthopedics and Impact Physical Therapy in Raleigh, Jon and his wife Debbie have their own private PT practice called [Stay Strong Endurance](#) where their first commitment is to focus on each patient's individual needs without having their therapy choices affected by insurance limitations. Stay Strong Endurance offers physical therapy in Raleigh on Atlantic Ave, and in Cary on Darrington Dr.

While his private practice is out-of-network, he does take insurance through his group affiliation with Pivot Physical Therapy, where he has offers appointments in Raleigh and Cary.

Our first round of evaluations with Jon will be held Sunday, October 15th, between 2:00-4:00pm. Dancers can sign up to be assessed in 15-minute increments, and if the demand is higher than the slots available, we have the option to add more times. If your dancers would like an appointment, please check out the following signup sheet:

<http://www.signupgenius.com/go/10c044cafa82da7f58-individual>

I'm very much looking forward to working with and learning from Jon so that I can further personalize and prioritize your dancer's individual training needs.

Thanks,  
Meighan