



FlySpace Physical Therapy + ROCKY HORROR Welcome + FAQs

Hello and thank you for welcoming FlySpace Physical Therapy into your community!

We're thrilled to support you during rehearsals and performances of ROCKY HORROR.

At FlySpace, we help dancers, athletes, and performers prevent and manage injuries so you can perform at your best — safely and sustainably. Our goal is to ensure you feel **supported, informed, and empowered** in your care.

Please see below for more information about physical therapy services. Don't hesitate to reach out with any questions — we look forward to working with you!

Warmly,
The FlySpace PT Team

WELLNESS HUB

All things health and wellness for ROCKY HORROR will be posted in one central spot:

https://linktr.ee/ROCKYHORROR_PT. Visit this page to:

- Sign up for all wellness appointments
- Access important health resources
- Learn more about your care team

BEFORE YOUR PHYSICAL THERAPY SESSION

Please complete this confidential medical history and consent form before your first PT session:

[Medical Screening Form](#) - *Treatment cannot begin until forms are completed. Your privacy is our priority.*

This form is strictly confidential and will not be shared with anyone other than your care team. Your responses help us provide the safest, most effective care possible. Thank you for your cooperation!



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WHERE IS PHYSICAL THERAPY TAKING PLACE?

Physical Therapy will take place in the foyer of the mezzanine. You can sign up for all PT appointments via the [WELLNESS HUB](#)

HOW DO I SIGN UP FOR PT?

Visit the WELLNESS HUB to sign up for PT sessions both onsite and at FlySpace.

- Onsite sign-ups open each **Monday** for that week.
- If you can no longer attend your appointment, please remove your name from the list promptly and message the group chat to see if another performer would like to take your spot.

Thank you for being considerate of your colleagues!

WHAT CAN YOU EXPECT IN A PHYSICAL THERAPY SESSION?

In each session, we'll review your symptoms, activity load, and movement, then perform a physical exam to guide the most effective treatment — from hands-on care to movement training and exercise.

Our goal is to help you feel your best in the moment while also giving you the tools to address issues early, so small aches don't have the chance to turn into something bigger.

WHEN SHOULD YOU COME TO PHYSICAL THERAPY?

Sign up for physical therapy if you:

- Are experiencing pain during rehearsal, performance, or backstage
- Tweaked something outside of work
- Feel an old injury returning
- Want guidance on safely moving props or equipment



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But you don't need to wait until something hurts! Even without an injury, PT can help fine-tune your movement mechanics, build warm-up and cool-down routines, and connect you with other health and wellness professionals for comprehensive care.

We encourage you to come **sooner rather than later** — addressing small issues early keeps you healthy, strong, and ready to perform.

Because sessions are brief, please come prepared to share:

- When and how your issue started
- Current pain level (0–10)
- What improves or worsens your symptoms

WHAT HAPPENS IF I NEED TO SEE A PHYSICIAN?

DR. WEISS: We are fortunate to work closely with Dr. David Weiss, MD (he/him) – Roundabout Theatre's official orthopedist and an experienced performing arts medicine specialist. If we feel you need to consult a physician for your issue, we will refer you to Dr. Weiss for further evaluation. Dr. Weiss strives to get you in as quickly as possible to make sure that you can start your rehabilitation journey in a timely fashion. You can read more about Dr. Weiss at www.DavidWeissMD.com.

Though we will work closely with Dr. Weiss on this contract, he wants to ensure you feel welcome to seek care with the physician of your choice.

WHAT HAPPENS IF I AM INJURED?

Our priority is getting you back to the show pain-free, safe and fast. If your injury is show-related, please fill out an accident report. If you indicate on the report that you'd like to receive medical treatment, Company Management will file a Workers' Compensation claim for you, and help coordinate getting you an appointment with our company physician.

Regardless of if you see our company physician or not, the FlySpace will help coordinate care with outside practitioners to ensure your rehab goes smoothly. Need additional wellness resources? We'll do our best to assist.



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For treatment beyond the show, you're welcome to visit us for additional support:

FlySpace Physical Therapy is located at: 252 W 81st St (cross-street Broadway), Level C, New York, NY 10024

Contact: www.flyspacenyc.com -- call/text: 646.476.0907 -- email: info@flyspacenyc.com

At FlySpace, **we accept workers' compensation** and are otherwise out-of-network with insurance providers. If you have a workers' comp case, you can also be seen at our clinic under your claim.

*******When booking, please mention you're with ROCKY HORROR and we will get you in as quickly as possible. *******

Dr. David Weiss' Office is located at:

161 Madison Avenue, Suite 10NW (Between 32nd and 33rd Street), NY, NY 10016

Contact: www.DavidWeissMD.com – tel: 212-889-8228 - **Fax:** 844-287-3555 **Email:** DrWeissNY@gmail.com

Dr. Weiss accepts workers' compensation. When booking, please mention you're with **Rocky Horror Picture Show** and he will get you in as quickly as possible.

Meet your PTs

Marissa Schaeffer, PT, DPT, MBA, OCS, CSCS (she/her), is the owner of FlySpace Physical Therapy. A graduate of the SUNY Purchase College Conservatory of Dance, she earned her doctorate in physical therapy from Columbia University. Marissa previously served as a senior therapist at Alvin Ailey American Dance Theater and now leads all of FlySpace's backstage and onsite contracts, including coordinating physical therapy services for touring companies. She directs FlySpace's ongoing partnerships with St. Ann's Warehouse, Theatre for a New Audience, and Steps on Broadway, and through FlySpace has supported countless dance companies—including HopeBoykinDance, Parsons Dance, and GALLIM—as well as multiple theatre and musical theatre productions, most recently *Pirates! A Penzance Musical*, *Queen of Versailles*, *Anna Christie* and others. In addition to presenting at performing arts medicine conferences, she has published research in academic journals and contributed to Dance Magazine, Dance Teacher Magazine, and Dance Studio Life.

Brett Warner, PT, DPT, CSCS (he/his) earned his Doctorate of Physical Therapy from Drexel University in 2018, and has been working with the NYC community ever since. As a physical therapist and strength and conditioning coach, he has a passion for helping high performers achieve at their greatest potential.



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When not working with performers at Flyspace, Brett travels on the WTA tour with a professional tennis athlete, providing concierge style physical therapy and fitness programming, and works with NYU students experiencing orthopedic injuries, trauma, and chronic pain. Brett is passionate about a whole-body treatment approach, utilizing movement science and manual therapy to remove pain and address the root cause of symptoms. He believes every patient should be equipped and empowered to prevent injury and manage their health independently.