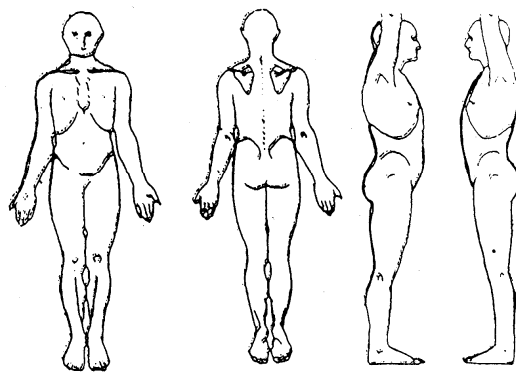


## *Pre-Pointe Questionnaire*

Personal Details	
Name	
Date of Birth	

Dance History	
Age Started Dance	
Hours of Dnce/wk	
Styles of Dance	
Other Sports	

Current Injuries



Injury History

## *Pre Pointe Assessment*

Postural Assessment			
	Mark	Notes	Corrected?
Head			
Upper Back			
Low Back			
Abdominals			
Hips			
Knees			
Right Foot			
Left Foot			

Functional Assessment			
	Mark	Notes	Corrected?
Fwd Bend			
Back Bend			
1st Position			
Demi Plié			
Grand Plié			
Rises in 1st			
Sauté			
Échappé			
	<b>Left</b>	<b>Right</b>	
Single Leg Standing			
S K Bend - Parallel			
S K Bend - Turnout			
Tendu en croix			
Retire			
Relevé Passé			

Single Leg Rise				
	Left	Right	Notes	Corrected?
Strength				
Height				
Toes Flat				
Weight Placement				
Maintains Turnout				
Controlled Lower				
Hips Square				
Abdominal Control				
Knees Straight				

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<b>Foot Assessment</b>				
	<b>Left</b>	<b>Right</b>	<b>Notes</b>	<b>Corrected?</b>
Toe To Wall Test				
Toe Swapping				
Piano				
Doming				
Pointe Range				
FHL Thickening				
Bunions				
1 <sup>st</sup> Toe Extension				
Toe Formula				
Foot Type				

<b>Hip Assessment</b>				
	<b>Left</b>	<b>Right</b>	<b>Notes</b>	<b>Corrected?</b>
Turnout - Active				
Turnout - Passive				
Gluteal Firing				
Hamstrings – R1				
Hamstrings – R2				

<b>Core Stability</b>				
	<b>Mark</b>		<b>Notes</b>	<b>Corrected?</b>
Deep Abdominals				
Side Support - Left				
Side Support - Right				

<b>Other Factors</b>				
	<b>Mark</b>		<b>Notes</b>	
Age				
Hypermobility				
Body Type				
Height				
Weight				
Maturity				

<b>Suitability for Pointe?</b>				