

# Medical Excuse from dance major classes at Charleston County School of the Arts

Students who are dance majors at School of the Arts are required to participate in rigorous dance classes on a daily basis. Dance classes can be adapted to meet the needs of an individual students with a medical excuse. It is our hope that through the information you share with us, that \_\_\_\_\_ (student's name) could still participate in dance classes in a meaningful and productive way.

It is important for the dance faculty to understand the nature of a student's illness or injury.

Date of illness or injury: \_\_\_\_\_

Condition that limits dance activities: \_\_\_\_\_

\_\_\_\_\_

Anticipated return to normal activities or reassessment: \_\_\_\_\_

The following is a general list of movements and activities included in dance class. Please check those activities in which the student should **REFRAIN** from doing and **NOT** participate in:

- Footwork- point, flex, rotate, push off floor
- Footwork- weight bearing and balancing: right foot left foot both feet
- Knee bending
- Knee extension
- Rotation of legs
- Seated exercises (or dance movements performed seated in a chair)
- Arms movements- rotation, lifting above head, pushing right arm left arm both arms
- Arm movements- weight bearing (handstands, inversions, downward dog)
- Spine movements- bending forward backwards sideway
- Jumping
- Stepping and walking
- Stretching
- Turning
- Abdominal work and core exercises
- Upper body exercises (push ups, weighted balls)
- Lower body exercises (squats, leg lifts, calf raises)

Please provide any other information you think will be helpful or any other restrictions to the faculty and student:

\_\_\_\_\_  
\_\_\_\_\_

Physicians signature

physicians name

\_\_\_\_\_

Physicians phone or contact information: \_\_\_\_\_

