



DEPARTMENT OF
Orthopedics and Rehabilitation
UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE AND PUBLIC HEALTH

Physical Medicine and Rehabilitation is a medical specialty which provides non-operative care for a broad spectrum of musculoskeletal and neurological disorders with a goal of maximizing function.

For Dancers: Dance technique causes muscle imbalances which can predispose a dancer to injury. The repetition involved in dance training can also lead to musculoskeletal problems due to overuse. Treatment of the dancer includes a thorough assessment of these and other factors which may be contributing to an injury, with a goal of returning to dance as quickly as possible. Over time, correcting some of these problems may improve technique and prevent injuries in the future.

For Musicians: Each musical instrument poses unique physical demands for the musician. Posture, strength, practice habits, technique, and repertoire can all play a role in putting a musician at risk for injury. A comprehensive evaluation and treatment plan is the key to return to successful performance. Therapists and music educators are included in the treatment team as appropriate.

Dr. Bonnie Weigert specializes in treating the unique medical problems of musicians and dancers. Before attending medical school, she completed a secondary major in Dance at Butler University. She has done research in dance injuries, and made numerous presentations at the International Association of Dance Medicine and Science and the Performing Arts Medicines Association. She served 2 terms on the Board of the Performing Arts Medicine Association and was the Co-Program Chair for their Annual Symposium on Medical Problems of Performing Artists in 2014.

To schedule an appointment in the Rehabilitation Clinic, call 263-8412.