

**Best prepared for dancing on pointe – are you ready?  
Anita Kidritsch, Wien, AT**

This workshop is a practical addition to the tamed® factsheet “dancing on pointe”. It will demonstrate how dancers, trainers or therapists can test readiness for dancing on pointe. The content of the workshop will be based on the article titled “Functional Criteria for Assessing Pointe-Readiness” by Richardson, Liederbach and Sandow which was published in the *Journal of Dance Medicine & Science* in 2010. Furthermore, these authors have proposed a warm-up which is intended to assist dancers in achieving readiness for pointe. For the participation in this workshop no pointe shoes or experiences with dancing on pointe are required. Yet, if one or two dancers experienced in dancing on pointe would like to contribute some questions, they are invited to demonstrate a specific technical demand in order to receive advice during this workshop. In this case, their contribution will be used as a demonstration for the other participants, who might want to improve their analytical competencies and get inspiration for possible difficulties as well as individual corrections to solve them.

Kurzbiografie des ersten Autors: FH-Prof. Anita Kidritsch, MSc is a physiotherapist, employed at the Multiple Sclerosis Day Care Center Vienna and freelancer in the care of dancers since 2009. She completed her Master of Science in Physiotherapy in 2011, focusing on Evidence-Based Physiotherapy, Motor Learning, and Physical Therapeutic Treatment Strategies for Pain. She has been a lecturer at the University of Applied Sciences St. Pölten since 2013.