

Heather Southwick is the Director of Physical Therapy for Boston Ballet managing the health and wellness program for the company dancers. Her position includes providing daily injury prevention, management and rehabilitation care. Prior experience was at Boston Children's Hospital as a staff physical therapist for 15 years with a contract to provide services to the Boston Ballet company and school. She also has experience with musical theater treating on Broadway and touring companies for numerous shows such as "The Lion King", "Hairspray", "Cats" and has traveled on tour with Alvin Ailey American Dance Theater. Education includes a Bachelor of Arts from Mount Holyoke College with a double major in Dance and Psychology and Masters in Science in Physical Therapy from Simmons College.

Some of her recent publications include two chapters in Preventing Injuries in the Young Dancer, edited by Lyle J. Micheli, MD, "Nutcracker Fracture in a Ballet Dancer Performing in the *Nutcracker*" and "A Preseason Cardiorespiratory Profile of Dancers in 9 Professional Ballet and Modern Companies" both published in the *Journal of Dance Medicine and Science*

Heather is an active member of the Dance USA Task Force on Dancer Health and manages the research protocol for the standardized screening and injury surveillance projects for professional dancers. She is also a long standing member of the International Association of Dance Medicine and Science and the Performing Arts Medical Association.