



Aimee Martel, PT, DPT

Doctor of Physical Therapy



Let me introduce myself!

I considered The Ballet School my second home for much of my childhood, training in ballet under Lareen Fender, performing in “Once Upon A Christmas” for many years, and becoming a member of The Ballet Joyeux. I couldn’t be happier to return in this new role as the in-house Physical Therapist for The Ballet School.

I graduated from San Diego State University in 2004 with a Bachelor’s of Science degree in Kinesiology, and in 2007 from Samuel Merritt University’s highly respected program as a Doctor of Physical Therapy. Returning to San Diego to practice, I gained valuable experience as an orthopedic therapist in an outpatient women’s health clinic. My husband and I always dreamed of moving our children closer to family and love that we can now call Pleasant Hill our home.

A professional goal has always been to work with dancers and it is a dream come true to be, once again, affiliated with The Ballet School.

I was trained in the techniques taught at The Ballet School, and know what is expected of the students. This is valuable insight when evaluating and treating a dance related injury. With your permission, I can discuss your injury with your teachers, and we can work as a team to develop the best strategy for your recovery.

I am also very happy to treat non-dancers!

Memberships and Certifications:

- International Association for Dance Medicine and Science (IADMS)
- American Physical Therapy Association (APTA)
- Advanced Kinesio-tape certified
- CPR certified

FAQ'S

What is Physical Therapy?

WebMD defines Physical Therapy as:

1. Treatment of pain, disease, or injury by physical means; Syn: physiotherapy
2. The profession concerned with promotion of health, with prevention of physical disabilities, with evaluation and rehabilitation of persons disabled by pain, disease, or injury, and with treatment by physical therapeutic measures as opposed to medical, surgical, or radiologic measures.

Can I use insurance?

I accept cash, credit card, or check. I am happy to provide an invoice, as you may be able to use your flexible spending account or seek reimbursement with your insurance. Some will reimburse up to 70-90%.

Do I need a prescription from my doctor?

No, I do not need a prescription from your physician. As of January 1, 2014 consumers were granted direct access to physical therapy services! You can book an appointment with me without a referral or diagnosis. You may receive PT treatment for up to 12 visits within 45 days. If at that point you need to continue PT, you'll need to check in with your physician and I will send you with a plan of care that will need to be approved by them at that time.

What are the benefits of having PT at The Ballet School versus a regular PT clinic?

The services I offer at The Ballet School are unique in that you will receive convenient and focused one-on-one attention, quite rare in a typical PT setting. Here, you will not be passed off to an aide after a short session with a PT. I will be with you to provide manual therapy, monitor form during therapeutic exercise to maximize outcomes, and answer questions along the way. I will not rush you!

If you are a student at The Ballet School, I am able to meet with your teachers so we can formulate a plan to expedite your recovery.

I treat:

Individuals of any age and activity level with orthopedic complaints including:

- Dance related injuries
- Back pain
- Neck pain
- Foot, ankle and knee dysfunction
- Headaches
- Pelvic Girdle dysfunction
- Shoulder and upper extremity injuries
- Gait dysfunction

Athletic injuries
Pregnancy related pain
Ergonomics

Expectations from you:

Optimal outcomes require active participation on your part! Treatment sessions are just a piece of the puzzle for complete rehabilitation. I will provide you with a comprehensive home exercise program tailored for your specific needs, and you are expected to complete these between treatment sessions for best results. Think of me as a guide in your rehabilitation journey.

Fees:

According to law, you are required to have a complete evaluation prior to any form of treatment.

Evaluation: \$115

55 min treatment session: \$95

30 min treatment session: \$50

Screening consultation: \$30

Kinesiotape application: \$15

Regular tape application: \$5-10

PT and Pilates Combo Package: ask for details

For questions or to schedule an appointment at The Ballet School, please contact

Aimee directly at:

(925) 334-0365