

7/2/2024

Hello DANCE|PREHAB Community!

This is Dr. Rob Tsai, founder and owner of DANCE|PREHAB Physical Therapy & Performance. I am grateful to have had the chance to meet many of you, and if we haven't, I hope our paths cross soon! Your trust and overall support of our work here at DANCE|PREHAB means the world to us. We are privileged to be a part of your lives and look forward to providing the best physical therapy care, training support, and education for our dance and performing arts community.

What changes are happening?

I'm reaching out to share an important update: **Starting Sept 1, 2024, we will be instituting an increase in our services.** Our last price increase was announced July 2022, which took effect in August 2022. We have always stood by the principle of transparency and openness to promote proactive health communication. In this same spirit, I also want to be transparent about this change. The details can be found below:

	Before 9/1/2024	After 9/1/2024
Evaluation / Single Session	\$195.00	\$215.00
Proactivity 6 Visit Bundle	\$1,050.00 \$175.00 per visit	\$1,170.00 \$195.00 per visit
Performance 10 Visit Bundle	\$1,600.00 \$160.00 per visit	\$1,750.00 \$175.00 per visit
New Rx 20 Visit Bundle	-	\$3,300.00 \$165.00 per visit
Membership Silver 1 visit	\$160.00	\$175.00
Membership Gold 2 visits	\$310.00 (\$155/visit)	\$330.00 (\$165/visit)

Why the changes?

We've expanded our team in the last two years!

- DANCE|PREHAB has grown beyond myself to include our amazing Dance Performance Physical Therapists **Dr. Claire Spivak, PT, DPT** and **Dr. Lizzy Rothstein, PT, DPT**. You may have also chatted with our Family Care Coordinator, **Cindy Lopez**. They each have brought insight, effort, and energy that makes DANCE|PREHAB what it is today. The care they bring to each dancers' healing and training process is deeply informed by the nuance of their own lived experiences as movement artists and humans and contributes greatly to the over DANCE|PREHAB care we are able to provide the community.

We've updated our treatment modalities & therapist resources to include:

- ActivForce2 Handheld Dynamometer for accurate strength readings.
- SAGAFitness Blood Flow Restriction Cuffs to enhance strength building for healing and training.
- Fringe Red Light Therapy for inflammation reduction and healing optimization.
- Normatec 3 Recovery Compression Boots for increased rehab and training recovery.
- Virtual Visit Options



We continue to dedicate ourselves to learning and quality care:

Our investment in our own growth and learning as a leading organization in dance medicine and rehabilitation has led to:

- The privilege of working with prominent dance organizations such as **Debbie Allen Dance Academy**, **Houston Ballet Academy**, **American Ballet Theatre Gillespie School**, and more.
- Guest educational seminars at numerous university programs both domestic and abroad, and of course our own dance community here in Southern CA. [See our collaborations.](#)
- Recognized as **Dance Education Organization of the Year** by the International Association of Dance Medicine and Science in 2023.

We look forward to providing you with a deeply informed standard of care that is recognized by current leading dance education and training institutions.

Where to from here?

As a gesture of gratitude, **we want to offer you an opportunity to enhance or continue your care prior to Sept 1, 2024.**

- **Bundles.** Any bundle purchase before 9/1/2024 will be honored. Just respond back to this letter via email or call our office and reference this letter. We look forward to working with you again and for you to see all the progress we continue to make here at DANCE|PREHAB. Please let us know if you have any questions/concerns. We would love to address them in as much detail as you would like.
- **Memberships.** Any membership commitment prior to Sept 1, 2024 will retain the same monthly fee until cancellation.

We've always taken pride in our efforts to listen and respond to the community. It's how we continue to craft the human-centered healing, training, and educational experience that we are known for. Should you have any feedback, suggestions, and insight into how we can continue to set an example of care for the dance community, we're all ears!

Thank you and it continues to be a privilege to serve you, your family, and this community!

Dr. Robert Tsai, PT, DPT

Founder & CEO

DANCE|PREHAB Physical Therapy & Performance