



# SESSION HANDOUT

## “Rockettes-Tested”

### Prevention with Passion

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MS, ATC, EMT-b

Health Athletic Trainer

Director of Wellness



## SESSION HANDOUT

### Presenter

Elaine Winslow-Redmond

### Schedule

10 min: Introduction  
5 min: Partnering up  
60 min: 10 minutes per section x 6  
15 min: Q & A  
(Total: 2 hours)

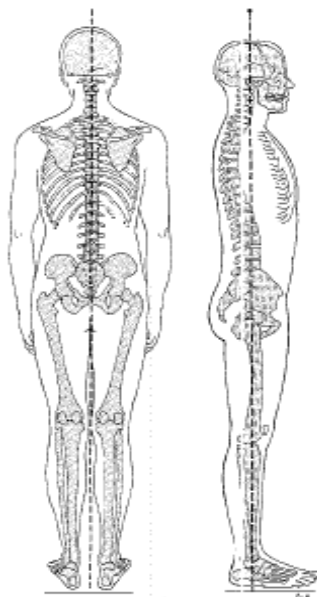
### Session Objective

- Learn your strengths & weakness through a self evaluation
- Learn corrective exercises to avoid injury

### History & Background

This session will use the “Rockettes-tested” physical screening methodology to assist participants with a self evaluation. Elaine Winslow-Redmond created this screening for the Rockettes and other performers and applied it to many other professions. She is thrilled to be introducing the Zumba community to this method of injury prevention and self preservation.

### Posture Assessment / Alignment



Observation of Spine  
Shoulders Bilateral  
Hips Bilateral  
Forward Head  
Excessive Lordosis

#### Exercise 1- Posture Correction

Head & Neck ROM  
Flexion/Extension  
Rotation L/R  
Tilt L/R

#### Exercise 2 – Neck ROM – 1<sup>st</sup> Rib

Shoulder Strength  
Scapula Winging Bilateral  
Rotator Cuff  
Internal Rotation  
External Rotation  
Empty Can

#### Exercise 3 – Rotator Cuff Strength

Abdominal Strength  
Single Leg Lift  
Single Leg Slide  
Single Leg Lift & Extend  
Double Leg Lift  
Double Leg Lift & Extend

#### Exercise 4 – Abdominal Strength

#### Hip/Knee ROM

Kendall Test  
Psoas  
IT Bands  
Quadriceps  
Hamstrings  
Straight Leg Raise

Knee  
Tracking

Single Leg Squat

Exercise 5 – Psoas Stretch

Exercise 6 – IT Band Release

Exercise 7 – Hamstring Stretch

Exercise 8 – Hamstring Strength

Exercise 9 – Quadricep Stretch

Exercise 10 – Quadricep Strength

Exercise 11 – Glute Strength

Foot & Ankle Strength

Proprioception;

The unconscious perception of movement and spatial orientation arising from stimuli within the body itself.

Exercise 12 – Balance Exercise