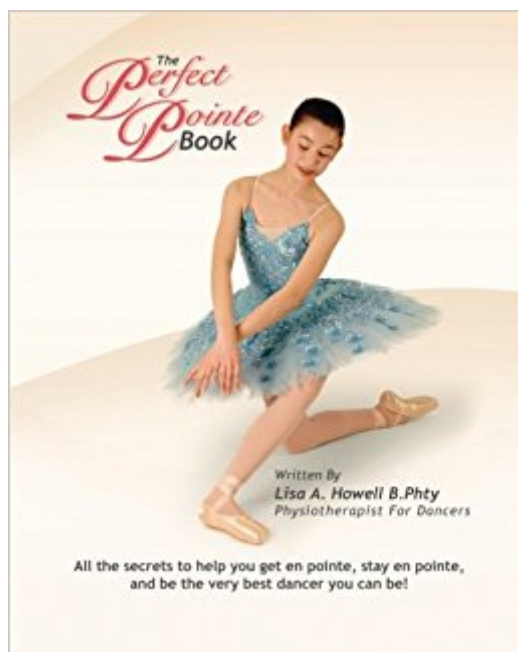




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# The Perfect Pointe Book: All You Need To Get On Pointe, Stay On Pointe And Be The Very Best Dancer You Can Be!



## Synopsis

This unique book gives you the extra help you need to really get strong enough for pointe work. It includes lots of exercises, divided into four simple stages to work on; the flexibility of your feet and ankles, the strength of your little foot muscles, your turnout and your core control. It also guides you through tests for each stage so that you can work out where your problem areas are! This book is essential for any student preparing for, or already on pointe, and any teacher wanting to learn more about safely preparing students for the most beautiful of dance forms!

## Book Information

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## Customer Reviews

Lisa Howell is a physiotherapist specializing in the education and treatment of dancers. She owns and runs the Perfect Form Physiotherapy practice in North Sydney, New South Wales, Australia, and also lectures internationally to various ballet schools and sporting institutions on exercise rehabilitation and safe technique. Lisa's aim is to develop a series of resources to allow dancers, athletes and the general public - wherever they are in the world - to have access to vital information that may change the way they work with their bodies. She enjoys working with dancers because of the responsibility they take for their own management, and their drive to achieve, or return to, full capacity as quickly as possible. Lisa began dancing at the age of 5 and she continues to use her involvement with dance as a constant learning tool. She loves to have a close interaction with her clients, so please feel free to contact her through the open blog at [www.theballetblog.com](http://www.theballetblog.com).

I have many of Ms. Howell's books and DVD's. They are good but not exceptional, and cost quite a bit for what one gets. I feel there are other, more comprehensive books and DVD's available, from

other authors, that are a better buy. I find that as time goes on, I use this resources less and the others more, in my teaching . For a young student and the parents of this student, the book is easy to read, understand and follow. That is why I did give the three stars.

Amazing! I would recommend this to anyone who is interested in dance, is currently dancing, and especially those who teach. Lisa has done a fantastic job and is obviously very passionate and knowledgeable about the subject.

This isn't the cheapest book and there weren't many reviews, so I was hesitant to buy it. But I wanted to dance better, so I tried it. Glad I did. I often rely on user reviews so I'll try and give a decent one here. I'm not a ballet dancer, but I got into ballroom and latin later in life. I like spins and turns but can't control them as well as I'd like. I figured, whatever it takes to enable one to dance on pointe, can't hurt for ballroom spins and turns. Besides, ballet is the grandmother of most all western dance and there's definitely ballet elements in the ballroom dances. I'm no couch potato, I work out seven days a week including an hour long weight lift routine 3X per week that is (I think) a decent full-body work out. I felt that my spins and turns problem was at least partly a lack of the right kind of leg strength, but I couldn't figure out how to work the right muscles. I take private dance lessons weekly and have been trying to improve my spins and turns, but it seems I've been stuck on a plateau for six months now. Need to break out of the rut. That's why I bought this book. So I got the book a few days ago, went through it, and grabbed every exercise that looked like it might hit muscles I'm not already working on. Wow! In the very first workout my body said "Now those are the muscles you're using when you dance." My turn out muscles as she calls them (never heard of them before) are weak, and the foot muscle control exercises are incredibly hard for me right now, but they seem awesome. I knew I needed foot muscle control for spins and turns but never knew how to develop it. I think this is going to help a lot. I haven't had time yet to go download the stuff you get with the book, and don't know for sure if it'll help my dancing. I suspect it will. I will try and remember to update this review in a few months and let you know how it's worked out for me. It is true as another reviewer said that the graphics quality is not top notch, Time-magazine grade stuff. But the graphics are still good, far from poor in my opinion, and more than good enough to convey the intent. I'm giving this a solid four stars just because it undoubtedly is hitting the dance muscles. If it improves my spins and turns, I'm going to upgrade it to five stars.

This book is well-written, with illustrated exercises that will help you improve the flexibility and

strength of your feet and legs safely. Moreover, when I signed up online with my code in the back of the book, the author Lisa Howell began sending me friendly emails asking me how the exercises were going and offering tips and advice. I think it's great that she really follows up. This book has taught me a lot about my body; I very much recommend it.

This would be an expensive book no matter what so I was initially discouraged when I opened my package to find a book that is written in a large font size and has the same sort of printing quality you could produce on a color printer at home. However, the information is good and she lays it out in a very readable way. The purchase also gives you the credentials to download several videos which demonstrate how to do the exercises. I have found the videos very useful; they have the same info as the book but I found it helpful to see the exercises performed. I love Lisa's accent and her way of explaining things. She has a lot of brief videos available for free on her website so you may want to view some of those before purchasing to make sure you like her approach and style before purchasing such an expensive book.

Great book for your ballerina aiming to get en pointe

A very good reference book for anyone going en pointe and very informative! I really enjoyed reading it!

Great book for the aspiring dancers in your life.

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