

## ***My Story by Saige S.***

I am Saige a nine year old ballerina at fort bend academy of dance. This is my story about my journey on to pointe. It all started the first day of pre-pointe. After the thirty minute class my calf muscles were shaking and I was so tired after the class. After my calf muscles recovered I went back the next day for class and I was having trouble getting on to elavay which is a fancy way of saying going up on the ball of your feet. Fast forward into spring of 2019 I could not get on pointe at all.so my dance teachers said “go to the doctors and get your foot checked out.” In the back of my head I thought “What if I could never dance again?” so that day my mom took me to the doctor. I was so nervous. In the doctor’s appointment the doctor was saying scary words like cast, boot, physical therapy, reconstructive surgery. Then after that doctor appointment the doctor ordered two M.R.I’s which is a fancy way of taking a picture of the inside of your foot. Two weeks later I went to the same doctor and he said you have a sprained ligament and bruising in my foot bone and I also found out that i had an extra bone on the side of my right foot. He also said that I couldn’t dance for 4 weeks before any further damage is done. At that point I was about to cry because dance is my life. He also had me down for 38 weeks of physical therapy. At first I thought my physical therapist hated me, but after a while we became friends. After my 38 weeks it was really sad walking out of physical therapy forever. But at least I made memories friend from my experience. But now I am on pointe. Which to is the best. from now on Memorial Herman will always be near and dear to my heart forever