

# *Preventing Dance Injuries*

**Presented at Ballet des Ameriques Studio**

**WHEN:** Saturday, Oct. 18, 2014  
**10AM**

**WHO:** **Elisa Labelle, PT**  
Harkness Center for Dance Injuries

**Todd Wilkowski, PT**  
Performance Physical Therapy

**WHAT:**

- Causes of dance injuries
- Nutrition for dancers
- Common dance injuries
- Training methods
- Injury prevention



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# Preventing Dance Injuries

**Scott W. Cheatham, Morey J Kolber**



## **Preventing Dance Injuries:**

**Preventing Dance Injuries** Ruth L. Solomon, Sandra Cerny Minton, John Solomon, 1990      **Dance Injuries, Their Prevention and Care** Daniel D. Arnheim, 1975      **Prevention of Injuries in the Young Dancer** Ruth Solomon, John Solomon, Lyle J. Micheli, 2017-07-05 This practical resource discusses the numerous physical psychological and medical issues pertaining to the young dancer as they relate to injury prevention Chapters on injury are arranged anatomically and cover etiology diagnosis treatment strategies and rehabilitation Additional chapters cover screening nutrition training technique and the role of the physical therapist This comprehensive text addresses the unique needs of these athletes and stresses how their bodies differ in significant ways from those of adults requiring that their training and clinical management be overseen by specialized personnel The book opens with a discussion of the epidemiology of injury in the young dancer followed by a description of screening procedures and a sample screening program Physical therapy and resistance training are then covered along with common conditions and injuries at the spine hip knee and foot ankle complex There are chapters on the use of diagnostic and interventional ultrasound nutrition and bone health psychological matters such as anxiety eating disorders and peer relationships and lastly the prevention of degenerative hip injuries Prevention of Injuries in the Young Dancer is an essential resource with regard to the challenges facing aspiring young dancers It is relevant reading for dance medicine sports medicine and orthopedic professionals as well as dancers their parents and especially those persons who promote their careers      **Dance Technique and Injury Prevention** Justin Howse, Shirley Hancock, 2014-06-03 Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment physical therapy and dance instruction      **Anatomy, Dance Technique and Injury Prevention** Justin Howse, Moira McCormack, 2009-11-27 A completely updated and re designed edition of this classic book for dancers

*Dance Anatomy and Kinesiology* Karen Clippinger, 2016-01-04 Karen Clippinger s first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers What s New A suite of online instructor and student ancillaries to support the text An improved organization that will help teachers better cover the content in their courses A reduction of the scientific depth to produce a more reader friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know Graphics photos and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field Primary Focus While much is new in this second edition Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand The text includes descriptions of joint structure key muscles common alignment problems select joint mechanics and movement analysis and includes sample strength and flexibility exercises for each region of the body Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed

the scope of the material so it can be more readily covered in a single undergraduate course And while many of the text examples are dance specific its applied nature and its many illustrations make it a great reference for Pilates yoga and fitness instructors as well as dance educators and dedicated dancers New Ancillaries An instructor guide featuring a sample syllabus and course outline chapter outlines lab assignments answers to review questions and sample tests A presentation package providing slides with text and graphics that reinforce key points A student web resource including assignments outlines study sheets and 20 video clips that demonstrate technique and correction guidelines This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries Its solid grounding in the sciences along with the art and accessible text will help teachers become more effective and empower dancers to realize their potential and artistic vision Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as most likely to become the definitive text in dance anatomy kinesiology and conditioning classes Journal of Dance Medicine and Science a must for any dance teacher who is serious about helping their students Australia Dance Teacher Magazine and the most substantive dance science resource to date Journal of Dance Education

**Safe Dance Practice** Quin, Edel,Rafferty, Sonia,Tomlinson, Charlotte,2015-05-13 Safe Dance Practice bridges the gap between research and application for dancers and dance educators at all levels The book presents integrated guidelines and principles that will maximize physical and mental well being without compromising creativity and expression Injury Prevention for Fitness Instructors IDEA Health & Fitness,2001

**Injury Prevention and Management for Dancers** Nick Allen,2019-11-25 Dancers represent a unique athletic population They can often be required to perform a variety of shows of differing intensity and styles professional ballet dancers may perform up to 150 shows a year across eighteen different productions The dynamic and demanding nature of dance can however lead to injury making injury prevention and management a vital part of dance training Drawing on research and knowledge from both sports and dance medicine this book will provide dance and healthcare professionals with a fundamental understanding of dance terminology physiology and movement requirements and how these relate to specific injuries commonly sustained in dance Proposed models and structures of pathology specific rehabilitation and usable examples are illustrated with step by step photographs and anatomical diagrams as well as case studies for common injuries Training programmes conditioning exercises and advice are supported by findings from contemporary medical literature to ensure an informed conclusive and evidence based approach to the healthcare of dancers Chapters will cover a range of issues including the unique challenges seen in dance and how they differ from other athletic populations physical preparation and conditioning for dance injury prevention tracking and management models and an exploration of the regional anatomical injuries commonly seen in dance Structured rehabilitation and detailed exercise programmes are covered and dance criteria for musculoskeletal injuries concussion and post surgery are discussed

*Dance Medicine, An Issue of Physical Medicine and Rehabilitation Clinics of North America* Kathleen L.

Davenport, 2020-11-25 This issue of Physical Medicine and Rehabilitation Clinics guest edited by Dr Kathleen L Davenport will discuss a number of important topics in Dance Medicine This issue of one of four issues selected each year by series Consulting Editor Santos Martinez Topics discussed in this issue include but are not limited to Rehabilitation of the Dancer Access to Healthcare Among Dancers Dry Needling and Acupuncture Nutrition Periodization in Dancers Choreography Specific Cross Training for Dancers Mental and Physical Resilience in Dancers Pointe Readiness Screening Dancers with Disabilities Special Considerations for the Growing Dancer Supplemental Training in Dance Systematic Review Concussions in Dancers and Other Performing Artists and Nutritional Concerns for the Artistic Athlete Scientific Perspectives and Emerging Developments in Dance and the Performing Arts Pessali-Marques, Bárbara, 2021-06-11

In the last few years concerns about dancers health and the consequences of physical training have increased considerably The physical requirements and type of training dancers need to achieve to reach their highest level of performance while decreasing the rate of severe injuries has awakened the necessity of more scientific knowledge concerning the area of dance in part considering its several particularities Scientific Perspectives and Emerging Developments in Dance and the Performing Arts is a pivotal reference source that provides vital research designed to reduce the gap between the scientific theory and the practice of dance While highlighting topics such as burnout mental health and sport psychology this publication explores areas such as nutrition psychology and education as well as methods of maintaining the general wellbeing and quality of the health training and performance of dancers This book is ideally designed for dance experts instructors sports psychologists researchers academicians and students **Current Catalog** National Library of Medicine (U.S.), First multi year

cumulation covers six years 1965 70 Orthopedic Management of the Hip and Pelvis Scott W. Cheatham, Morey J Kolber, 2015-12-18 Provide effective treatment of hip and pelvic disorders Orthopedic Management of the Hip and Pelvis offers evidence based information on the care of non surgical and surgical patients with common pathologies and injuries Comprehensive guidelines cover a wide range of topics from anatomy and assessment to strains tears and disorders that affect groups such as females children dancers and patients with arthritis Full color illustrations and real life case studies demonstrate how concepts can be applied in clinical practice Written by physical therapy and orthopedics experts Scott Cheatham and Morey Kolber this is the first book in the market to focus solely on disorders of the hip and pelvis region Nearly 300 full color photos and drawings provide a detailed realistic view of the anatomy and pathologies of the hip and pelvic region Case studies apply information to real life patient scenarios Anatomy of Lumbopelvic Hip Complex chapter reviews the lumbar spine pelvis and hip joint with emphasis on the anatomy and biomechanics of each region providing the background needed to effectively examine and treat common hip and pelvic disorders Examination of the Hip and Pelvis chapter presents a systematic examination approach that focuses on the primary pathologies related to the pelvis and hip Hip

Pathologies chapter discusses common extra articular hip pathologies including snapping hip syndrome meralgia paresthetica adductor related groin pain greater trochanteric pain syndrome and proximal hamstring injuries facilitating more accurate diagnosis with information on patient profiles the clinical exam differential diagnosis rehabilitation and possible surgical interventions Acetabular Labral Tears and Femoral Acetabular Impingement chapter describes pathomechanical factors common patient characteristics and clinical findings relating to non arthritic hip pain discussing both conservative and surgical treatment along with considerations for postoperative rehabilitation Musculoskeletal Sources of Abdominal and Groin Pain chapter focuses on three of the most common dysfunctions leading to lower abdominal or groin pain abdominal strains inguinal hernias and sports hernias athletic pubalgia with guidelines to anatomy presentation imaging and treatment Hip Osteoarthritis chapter helps you manage degenerative hip disorders with an overview of epidemiological risk factors pathophysiology differential diagnosis and intervention options The Pediatric and Adolescent Hip chapter focuses on four early disorders of the hip developmental dysplasia of the hip DDH congenital femoral deficiency CFD slipped capital femoral epiphysis SCFE and Legg Calv Perthes disease LCPD exploring the epidemiology client profile assessment common mechanisms post surgical considerations and rehabilitation considerations The Dancer s Hip chapter addresses the differential diagnosis evaluation treatment and prevention of hip injury in dancers The Female Hip and Pelvis chapter helps you diagnose and implement treatment plans for gynecologic pelvic organ prolapse as well as pelvic myofascial dysfunction and also helps you understand the hormonal physiological and anatomical changes that females experience with pregnancy labor and delivery and menopause The Influence of Lumbosacral Pathology on Hip Pain chapter presents a reductionist approach to the differential diagnosis of hip pain for patients with a pathology of uncertain etiology offering a primer for signs and symptoms evidence based symptom referral patterns and clinical predictors and case studies Traumatic Injuries chapter explores the common types of traumatic injuries of the hip and pelvis including classification schemes as well as associated causes complexities and treatment plans that lead to positive long term outcomes

Encyclopedia of Sports Medicine Lyle J. Micheli, 2011 This encyclopedia presents state of the art research and evidence based applications on the topic of sports medicine

**Nutrition for Dance and Performance** Jasmine Challis, 2023-06-14 Nutrition for Dance and Performance is the first complete textbook written by an experienced dietitian specialising in the field of dance nutrition It seeks to provide both dancers in training and instructors with practical advice on dance nutrition for health and performance It is also highly relevant for dance professionals With an in depth and extensive coverage on all nutrition topics relevant to dancers this book covers nutrition for the scenarios dancers face including day to day training and rehearsals peak performance injuries immunonutrition nutrition and stress management Information is included on topics applicable to individual dancers including advice for dancers with Type 1 diabetes and clinical conditions relating to gut health The book guides the reader through the macronutrients making up the diet their chemical structure and their role in health and

optimal performance Readers are shown how to estimate energy and nutrient needs based on their schedule type of dance undertaken and personal goals before considering the practical aspects of dance nutrition from nutrition planning to dietary supplements strategies for assessing the need to alter body composition and guidance on undertaking health focused changes Nutrition for Dance and Performance combines and condenses the author s knowledge and many years of experience working in the dance industry to translate nutrition science into a practical guide Bringing together the latest research in dance science and nutrition this book aims to be a trusted reference and practical textbook for students of Dance Dance Nutrition Dance Performance Sport Nutrition and Sport Science more generally as well as for those training in the dance industry dance teachers and professionals Jasmine Challis is a freelance Registered Nutritionist UK Association for Nutrition and Dietitian registered with the Health Care Professions Council and is on the UK Sport and Exercise Nutrition Register SENR focusing on dance She completed an MRes in Sport and Exercise Science in 2018 She is on the Dance Medicine and Science Expert Panel for One Dance UK and is on the board of The Bridge Dance Project She has worked across the dance field for over 30 years giving talks running workshops and providing 1 1 sessions for dancers and dance students [Resources in Education](#) ,1990-10 **Dance Anatomy and Kinesiology, 2E** Clippinger, Karen,2015-11-09 Dance Anatomy and Kinesiology Second Edition retains its scientific perspective while offering greater accessibility to a wider audience The streamlined approach makes the content more accessible in a single undergraduate course and the text comes with a suite of online ancillaries [Dance Superstitions](#) Ethan Parker,AI,2025-02-24 Dance Superstitions explores the fascinating world of rituals and beliefs held by dancers revealing how these customs shape performance and reflect cultural values Dance deeply rooted in history and cultural anthropology serves as a vessel for transmitting traditions For instance a dancer might refuse new shoes before a performance or follow a specific pre show routine highlighting the psychological comfort and confidence these superstitions provide in managing performance anxiety The book examines the origins and significance of these practices demonstrating how they persist across various dance genres like ballet modern and folk dance It presents an interdisciplinary approach drawing from folklore psychology and cultural anthropology to analyze superstitions not as mere quirks but as meaningful artifacts that reveal the inner lives of dancers By exploring historical accounts ethnographic studies and visual evidence like theater playbills it illustrates the enduring relevance of these beliefs in fostering community and influencing artistic expression The book progresses by first introducing core concepts and then delving into the historical origins psychological functions and cross cultural variations of dance related superstitions The concluding section synthesizes these findings to highlight their modern relevance particularly in managing performance anxiety and enhancing group cohesion among dancers This reveals the profound connection between the human mind cultural heritage and artistic expression within the performing arts *Dance Medicine & Science Guide* Adriano Bittar,Matthew Wyon,Valéria Figueiredo,Derrick Brown,Aline Haas,2021-01-18 The inaugural actions of the Brazil United

Kingdom Dance Medicine dance health education and many others ethically reflect and debate over the breadth and rigor necessary for the growth and valorization of this field of study      *The Aiming Ballet Dancer's Guide to Health and Fitness*  
Pasquale De Marco, 2025-08-10 The Aiming Ballet Dancer's Guide to Health and Fitness is the most comprehensive resource for dancers of all ages and levels This authoritative guide provides dancers with a detailed understanding of their bodies how to prevent and treat injuries and how to optimize their performance Written by a team of experts in the field of dance medicine The Aiming Ballet Dancer's Guide to Health and Fitness covers a wide range of topics including The dancer's anatomy Common dance injuries Nutrition for dancers Fitness for dancers Warming up and cooling down Dance technique Dance psychology Dance safety Dance education This book is an essential resource for any dancer who wants to improve their health performance and longevity With its in depth information and practical advice The Aiming Ballet Dancer's Guide to Health and Fitness will help dancers achieve their full potential This book is written for American English speaking dancers This book is not a narrative book and it is not necessary to read the chapters sequentially Dancers may choose to read chapters based on their personal needs and interests Anyone who is passionate about dance will find something valuable in this book Dance students will gain knowledge that will enhance their training and technique while professional dancers can learn how to extend their careers and avoid injury Dance teachers and choreographers will find useful information and practical tips to help their students reach their full potential The Aiming Ballet Dancer's Guide to Health and Fitness is designed to be a valuable addition to any dance library With its up to date information practical advice and engaging writing style this book will help dancers of all ages levels and disciplines achieve their goals If you like this book write a review



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