

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

RS Peters



Preventing Dance Injuries:

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