

Preventing Dance Injuries: An Interdisciplinary Perspective

Solomon, Ruth

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Preventing Dance Injuries An Interdisciplinary Perspective

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Preventing Dance Injuries An Interdisciplinary Perspective:

Preventing Dance Injuries Ruth L. Solomon, Sandra Cerny Minton, John Solomon, 1990 **Perspectives in Performing Arts Medicine Practice** Sang-Hie Lee, Merry Lynn Morris, Santo V. Nicosia, 2020-03-27 Performing Arts Medicine PAM is a growing area of specialization within the performing arts field which addresses the multi faceted health and wellness of performing artists This sub discipline within performing arts is interdisciplinary in nature involving the expertise of performing arts educators and researchers physicians and other health professionals This first of its kind text appeals to a very wide audience that includes performing arts clinical practitioners and health science researchers as well as performing arts pedagogues and performing arts students The first part of the text gives the reader an overview of the field and discusses over arching themes and issues in PAM Part two presents an array of music and dance research involving primarily case studies that address significant issues of concern for performing artists and have implications for pedagogical practice Part three provides research based perspectives derived from professionals sharing their in practice experiences Finally part four describes useful PAM models of implementation supporting the needs of performing artists in different settings Written by experts in the field *Perspectives in Performing Arts Medicine Practice* is a valuable resource for performing arts physicians educators and researchers *Resources in Education* , 1995-12 *Stepping Queerly?* Kai Lehtikainen, 2006 Based on the author s thesis doctoral University of Surrey 2003 **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 *The Bloomsbury Companion to Dance Studies* Sherril Dodds, 2019-03-21 *The Bloomsbury Companion to Dance Studies* brings together leading international dance scholars in this single collection to provide a vivid picture of the state of contemporary dance research The book commences with an introduction that privileges dancing as both a site of knowledge formation and a methodological approach followed by a provocative overview of the methods and problems that dance studies currently faces as an established disciplinary field The volume contains eleven core chapters that each map out a specific area of inquiry Dance Pedagogy Practice As Research Dance and Politics Dance and Identity Dance Science Screendance Dance Ethnography Popular Dance Dance History Dance and Philosophy and Digital Dance Although these sub disciplinary domains do not fully capture the dynamic ways in which dance scholars work across multiple positions and perspectives they reflect the major interests and innovations around which dance studies has organized its teaching and research Therefore each author speaks to the labels methods issues and histories of each given category while also exemplifying this scholarship in action The dances under investigation range from experimental conceptual concert dance through to underground street dance practices and the geographic reach encompasses dance making from Europe North and South America the Caribbean and Asia The book ends with a chapter that

looks ahead to new directions in dance scholarship in addition to an annotated bibliography and list of key concepts The volume is an essential guide for students and scholars interested in the creative and critical approaches that dance studies can offer

Dance Medicine in Practice Liane Simmel, 2013-10-30 Dance Medicine in Practice is the complete physical textbook for dance written specifically to help dancers understand the anatomy function and care of their bodies Specific chapters are devoted to focusing on the spine pelvis hips knees feet shoulders and arms Each of these covers the following key aspects Anatomy bone structure musculature and function How each part of the body moves and how it responds under pressure Pitfalls Common examples of bad practice and the effect that these can have on the body Self Analysis How to become aware of and muscle groups and the capacity of each joint Injury Prevention Tips and advice on how to best avoid and prevent injury both in training and everyday life Exercises Simple and effective methods of strengthening mobilising and relaxing joints and muscles Checklists Dos and Don'ts for the best dance technique The best dancers know that looking after their bodies is the key to their success and Dance Medicine in Practice also covers how to ensure the best possible nutrition plan and manage training schedules and ensure that injuries are kept to a minimum both in frequency and impact It is the best possible companion to a life in dance

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 *The Joffrey Ballet School's Ballet-Fit* Dena Simone Moss,Allison Kyle Leopold,1999-02-15 The world renowned Joffrey Ballet School makes the art and joy of ballet available to everyone Let Dena Simone Moss and Allison Kyle Leopold teach you everything you need to know to get in shape beautifully sculpt your body and truly appreciate the art of ballet They ll let you in on all their secrets including A demystifying explanation of ballet terms and positions Tips on finding the right instructor and studio and feeling comfortable once you re there Hints on ballet attire including finding choosing and tying pointe shoes An exhaustive directory of where to find ballet publications audio and videotapes books dance wear schools and studios Perfect for the beginner and the veteran balletomane The Joffrey Ballet School s Ballet Fit offers an inside glimpse into the mysterious and beautiful world of ballet **Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 *East Meets West in Dance* John Solomon,Ruth Solomon,2016-01-08 East Meets West in Dance chronicles this development in the words of many of its best known and most active exponents This collection of articles provides a theoretical discussion of the promises and pitfalls inherent in transplanting art forms from one culture to another it offers practical guidance for those who might want to participate in this enterprise and explains the general history of the dance exchange to date It also identifies the differences that are unique to specific cultures such as the development of theatrical forms arts education and the status of artists This is a first examination of a phenomenon that has already touched most people in the arts community worldwide and that none can afford to ignore A lively dialogue has evolved over the last few decades between dance professionals performers teachers and administrators in the United States and Europe and their counterparts in Asia and the Pacific rim *Functional Training Handbook* Craig Liebenson,2014-04-21 Reach a whole new level of physical training with Functional Training Handbook whose big picture approach to movement fosters lifelong health mobility and athletic development This practical guide delivers clear how to information an array of sport specific guidelines and key principles that will keep your clients at peak performance Join the revolution to improve sports performance treat injury and re train patterns with this comprehensive guide to the body and its movement Features Sport specific chapters include Baseball Basketball Cycling Dance Football Golf Hockey Mixed Martial Arts Olympic Weight Lifting Skiing Soccer Swimming Surfing and Tennis Emphasis on functional exercise explores the physics of weight bearing and balance to reduce repetitive motion injuries

Guides to injury prevention safe workouts re injury avoidance and practical strategies for active athletes *Dancer Wellness* Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance whether in college high school a dance studio or a dance company can now take charge of their wellness Dancer Wellness will help them learn and apply important wellness concepts as presented through the in depth research conducted by the International Association for Dance Medicine Science IADMS and their experts from around the world Four Primary Areas Dancer Wellness covers four primary topics Foundations of dancer wellness which explores the dancer's physical environment the science behind training and conditioning Mental components of dancer wellness which investigates the psychological aspects that influence a dancer's training imagery somatic practices and the ways that rest fatigue and burnout affect learning technique and injury risk and recovery Physical aspects of dancer wellness which examines dancer nutrition and wellness including the challenges in maintaining good nutrition addressing body composition issues bone health injury prevention and first aid Assessments for dancer wellness which offers guidance in goal setting screenings assessing abilities and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned Sidebars within each chapter focus on self awareness empowerment goal setting and diversity in dance Dancer Wellness meets the needs of dancers in any setting says Virginia Wilmerding one of the book's editors from IADMS Our authors are leaders in the field and they thoroughly investigate their areas of specialization Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice This text offers foundational information to create a comprehensive view of dancer wellness Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts says coeditor Donna Krasnow Anyone interested in the health and wellness of dancers can benefit from this book regardless of previous training or level of expertise This book covers each aspect of dancer wellness whether environmental physical or psychological A web resource is included with all new print books and some ebooks For ebook formats that don't provide access the web resource is available separately **Dance Research Journal**, 1996 *Injury Prevention for Fitness Instructors* IDEA Health & Fitness, 2001 Anatomía y cinesiología de la danza Karen Clippinger, 2013-05-01 La danza es una actividad física muy exigente que abarca muchos estilos de movimiento y que requiere un gran grado de versatilidad fuerza y amplitud de movimiento equilibrio coordinación neuromuscular y percepción cinestésica Para el bailarín su cuerpo es su instrumento de expresión sobre el que se aplican los principios biomecánicos y anatómicos básicos para conseguir un rendimiento óptimo Este libro es una herramienta que le ayudará a conocer mejor su cuerpo y a reducir el riesgo de lesiones y aumentar la longevidad y calidad de sus actuaciones Anatomía y cinesiología de la danza estudia con abundante material visual y ejercicios prácticos los principales huesos articulaciones musculos desviaciones en la alineación y la mecánica de cada región del cuerpo También se presentan ejercicios de muestra para

mejorar la fuerza y la flexibilidad que ayudan al lector a comprender mejor la función y localización de los músculos así como ejercicios clínicos con el objetivo de mejorar la fuerza y la flexibilidad en la técnica de la danza y prevenir lesiones habituales. En la sección final de los capítulos se describen lesiones habituales que se producen en la danza así como profesores y bailarines tendrán una base sólida para evaluar riesgos decidir sobre modificaciones temporales o diseñar progresiones secuenciales para las clases que permitan desarrollar el repertorio de baile con la gracia estética deseada y el menor riesgo posible de lesiones. El capítulo final del libro ofrece un esquema que ayuda a los lectores a analizar los movimientos practicados con todo el cuerpo y a elegir los ejercicios suplementarios más adecuados para mejorar el rendimiento.

Medical Problems of Performing Artists, 2001 **Finding Balance** Gigi Berardi, 2013-01-11 Finding Balance Fitness Health and Training for a Lifetime in Dance gives an overview of issues faced by all performing dancers injury and treatment technique and training fitness nutrition and diet and career management The text includes both easy to read overviews of each topic and profiles of well known dancers and how they have coped with these issues The new edition includes Updated and new profiles Expanded injury and injury treatment information Updated dance science and physiology findings and new references Updated diet guidelines Expanded and updated Taking Control section It concludes with a list of selected dance arts medicine clinics a bibliography glossary and text notes National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1991 **The Female Athlete** Mary Lloyd Ireland, Aurelia Nattiv, 2002 Presenting a comprehensive text focusing on the unique physiological and medical aspects of active females involved in competitive and recreational athletics this resource covers issues relevant to the primary care physician and features helpful sport specific chapters

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