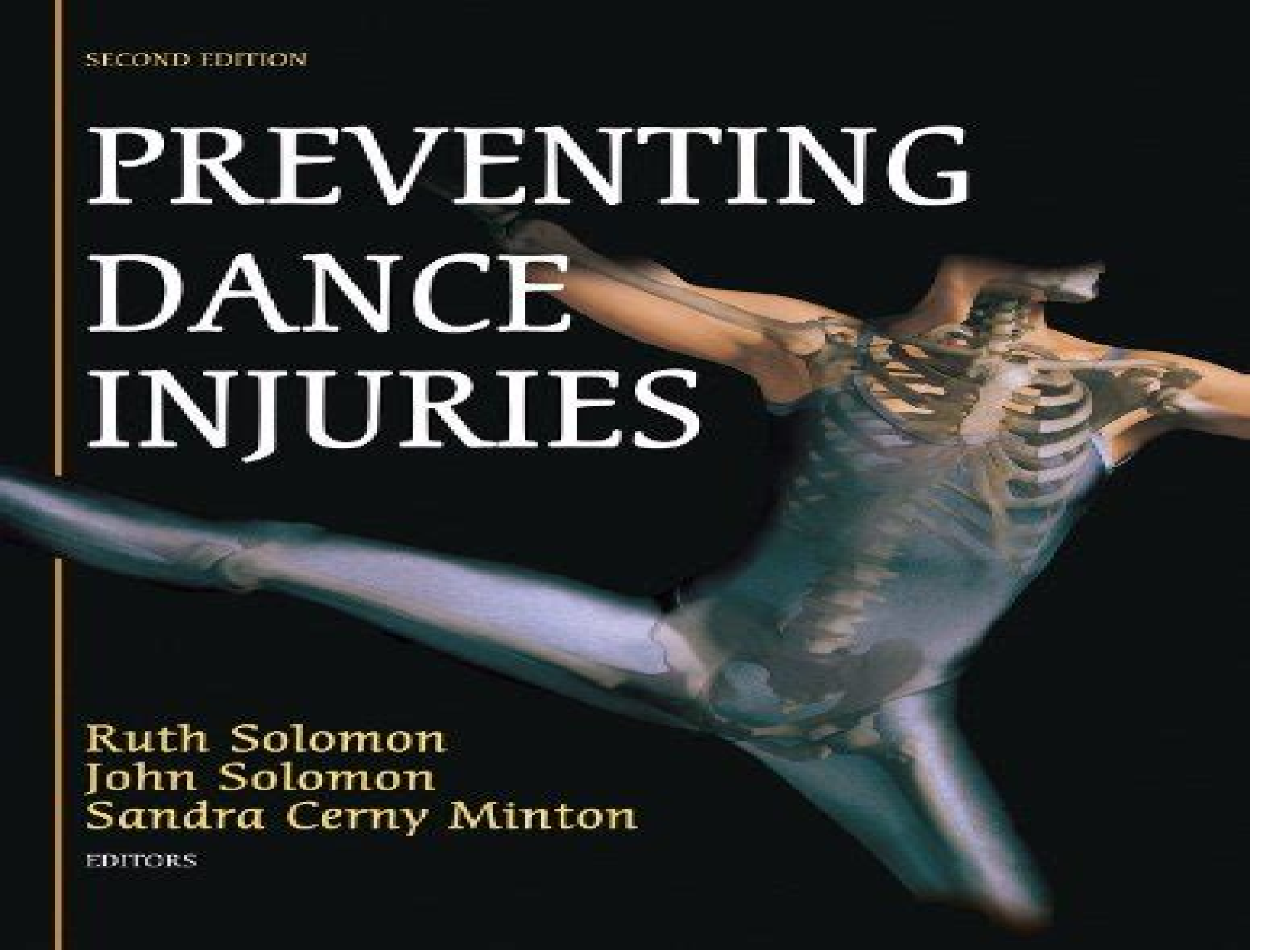


SECOND EDITION

PREVENTING DANCE INJURIES



Ruth Solomon
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EDITORS

Preventing Dance Injuries 2nd Edition

Clippinger, Karen



Preventing Dance Injuries 2nd Edition:

Dance Anatomy-2nd Edition Haas, Jacqui Greene, 2018 Dance Anatomy is a visually stunning presentation of more than 100 of the most effective dance movement and performance exercises each designed to promote correct alignment improved placement proper breathing and prevention of common injuries 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 *Motor Learning and Control for Dance* Donna Krasnow, Mary Virginia Wilmerding, 2015-06-22 As dance training evolves and becomes more complex knowledge of motor behavior is foundational in helping dancers learn and master new skills and become more efficient in integrating the skills Motor Learning and Control for Dance is the first resource to address motor learning theory from a dance perspective Educators and students preparing to teach will learn practical ways to connect the science behind dance to pedagogy in order to prepare dancers for performance Dancers interested in performance from the recreational to professional levels will learn ways to enhance their technical and artistic progress In language accessible even to those with no science background Motor Learning and Control for Dance showcases principles and practices for students artists and teachers The text offers a perspective on movement education not found in traditional dance training while adding to a palette of tools and strategies for improving dance instruction and performance Aspiring dancers and instructors will explore how to develop motor skills how to control movement on all levels and most important how motor skills are best taught and learned The authors noted experts on motor learning and motor control in the dance world explore these features that appeal to students and instructors alike Dance specific photos examples and figures illustrate how to solve common problems various dance genres The 16 chapters prepare dance educators to teach dancers of all ages and abilities and support the development of dance

artists and students in training and performance An extensive bibliography of sports and dance science literature allows teachers and performers to do their own research A glossary with a list of key terms at the back of the book Part I presents an overview of motor behavior covering motor development from birth to early adulthood It provides the essential information for teaching posture control and balance the locomotor skills underlying a range of complex dance skills and the ballistic skills that are difficult to teach and learn such as grand battement and movements in street dance Part II explores motor control and how movement is planned initiated and executed Readers will learn how the nervous system organizes the coordination of movement the effects of anxiety and states of arousal on dance performance how to integrate the senses into movement and how speed and accuracy interact Part III investigates methods of motor learning for dancers of all ages Readers will explore how to implement a variety of instructional strategies determine the best approaches for learning dance skills and motivate and inspire dancers This section also discusses how various methods of practice can help or hinder dancers strategies for improving the recall of dance skills and sequences and how to embrace somatic practice and its contribution to understanding imagery and motor learning Motor Learning and Control for Dance addresses many related topics that are important to the discipline such as imagery and improvisation This book will help performers and teachers blend science with pedagogy to meet the challenge of artistry and technique in preparing for dance performance

Safe Dance Practice Edel Quin, Sonia Rafferty, Charlotte Tomlinson, 2015-06-03 Every dancer of every age ability and style should be able to engage fully in the act of dancing and be encouraged to achieve their potential without risk of harm to the body or mind Practical information on all aspects of safe practice that is not too simplistic or complex has not always been easy to find Enter Safe Dance Practice by Edel Quin Sonia Rafferty and Charlotte Tomlinson With nearly 60 years of collective experience in the dance profession as creative artists teachers and researchers the authors translate extensive research and evidence based practice in order to present the principles of safe practice that are essential to any dance experience

Guidelines in Implementing Principles The authors offer evidence based guidelines on implementing diverse principles in practice informing and supporting dance practitioners in an ever growing pool of styles and genres These guidelines and principles are of use not only to dancers and dance educators but also to choreographers rehearsal and company directors and studio managers The information is underpinned by research in dance science and applied with contextual delivery in mind ensuring an engaging experience for those accessing the book

Benefits to Readers The authors guide readers in these aspects Facilitating a physically and psychologically safe and supportive dance environment Understanding principles of anatomy and biomechanically sound alignment Implementing effective physiological preparation and progression through warm up and cool down protocols as well as supplementary fitness and conditioning Minimizing risk of injury and understanding injury management aligned with appropriate rest and recovery strategies Incorporating advice on nutrition and hydration for enhanced performance and healthy dance practice Tailoring delivery to the specific needs and

demographics of participants for diverse engagement with dance Evaluating personal practice in order to assess and monitor effective application of the principles Holistic and Inclusive Approach Safe Dance Practice takes a multidisciplinary approach to the components of dancing safely integrating principles without compromising dancers artistic creativity and expression The authors examine not only the immediate variables associated with occurrence of injury but also delve into contributing factors such as nutrition alignment rest and recovery and supplementary fitness and conditioning This comprehensive approach is evident throughout including a dedicated chapter that will help readers apply the principles to dancers of diverse ages standards and physical abilities Features of the Book Safe Dance Practice includes diagrams that illustrate ideal and compensated alignment and posture which readers can apply when assessing all dancers in all genres case studies that help readers contextualize their learning as they see it portrayed in an applied environment at a glance chapter summaries and highlighted key points to help readers retain critical information cross referencing to guide readers to related information in other areas of the book and sources for additional information Safe Dance Practice contains 11 chapters which can be accessed sequentially or studied in any order The first eight chapters present environmental anatomical physical and psychological principles of safe dance practice Each chapter includes strategies and examples for putting the principles into practice in relation to dance styles and settings Chapter 9 focuses on injury awareness and management and chapter 10 offers guidelines on adapting the principles to a range of dance populations Chapter 11 helps readers to understand the value of continued monitoring of their practice and includes a checklist of safe practices Six appendixes supply a series of aids and templates to use as learning resources for ongoing professional development This text offers pragmatic recommendations from the authors who combine scientific fact with experience The principles are presented in a practical fashion with many specific examples The take home messages checklists and templates make this text accessible and valuable Bridging the Gap Between Science and Practice Safe Dance Practice bridges the gap between academic research and its application for dancers and educators in all levels and genres It illuminates the principles of working safely in dance so as to support best practice and encourages all dance practitioners and leaders to better understand communicate and apply principles of safe dance practice With its applied perspective on dance science Safe Dance Practice will resonate with readers who want their dance experience to be factually endorsed while allowing sufficient scope for artistic expression Such evidence based practice will enable readers to access wider sources of information to aid their ongoing development whilst empowering them to take responsibility for their own safe dance practice and that of others with whom they interact

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 overarching 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 [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 [Spinal Injuries in the Athlete, An Issue of Clinics in Sports Medicine](#) Pierre A. d'Hemecourt, Lyle J. Micheli, 2012-07-28 This issue of *Clinics in Sports Medicine* Guest Edited by Drs Lyle Micheli and Pierre d'Hemecourt focuses on Spinal Injuries in the Athlete Articles in this outstanding issue include Sport Specific Biomechanics of Spinal Injuries in the Athlete Throwing Athletes Rotational Sports and Contact collision Sport Specific Biomechanics of Spinal Injuries in the Athlete Dance Figure Skating and Gymnastics Back Pain in the Pediatric and Adolescent Athlete Spinal Deformity and Congenital Abnormalities The Young Adult Spine The Aging Spine Thoraco lumbar Spine Trauma and spinal deformity Indications for Surgical Fusion and Return to Play Criteria Overview of spinal interventions Congenital and Acute Cervical Spine injuries with Return to Play Criteria Degenerative Cervical Spine Disease Spinal cord abnormalities Infectious Inflammatory and Metabolic Diseases of the Spine and Spinal tumors *Functional Training Handbook* Craig Liebenson, 2014 Training has many different connotations depending on one's perspective Traditionally for healthy individuals or athletes it focused on strength flexibility or cardiovascular training Such training would normally be supervised by a personal fitness trainer or strength and conditioning S C coach This book promotes a different approach in that the aim of training is to promote athletic development 1 2 From the perspective of sustainable athletic development training is not limited to strength flexibility or cardiovascular domains but also focuses on the fundamental A B Cs of agility balance and coordination as a foundation for enhanced movement literacy 3 Provided by publisher [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 *Getting Started in Ballet* Anna Paskevskaja, 2016-01-07 From selecting a teacher in the early stages to supporting a child through his or her choice to dance professionally *Getting Started in Ballet A Parent's Guide to Dance Education* leads parents of prospective dancers through a full range of considerations encouraging careful thinking and informed decision making when embarking on dance training

Whispering the Strategies of Language: An Psychological Journey through **Preventing Dance Injuries 2nd Edition**

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