FRIDAY, OCTOBER 9, 2015

8:00 -9:00am  Registration; Tea and Coffee

9:00-9:15 am  Salons 2-5
Opening Remarks
Janet Karin, OAM, President, IADMS
Steven Chatfield, PhD, CFO, IADMS
Virginia Wilmerding, PhD, CEO, IADMS, Program Committee Chair
Presentation – Student Research Award, David Weiss, MD
(Sponsored by Harkness Center for Dance Injuries)

9:15 - 9:30 am  Welcome: Terrence Orr, Artistic Director, Pittsburgh Ballet Theatre

9:30- 10:15 am  Clinical Symposium:
Differences between dancers with high and low internalized shame: a psychological profile.
Paula Thomson, PsyD, S. Victoria Jaque, PhD, California State University, Northridge, California, USA
Moderator: Donna Krasnow, PhD, Valencia, California, USA

10:30-11:00  REFRESHMENT BREAK

11:00 am – 1:00 pm Lecture and Movement Sessions:

<table>
<thead>
<tr>
<th>Salons 2-3</th>
<th>Salons 4-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA</td>
<td>Moderator: K Michael Rowley, Los Angeles, California, USA</td>
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<tr>
<td>11:00 - 11:20 am Transverse plane motion at the knee: implications for anterior cruciate ligament injury risk in dancers Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center for Joint Diseases, New York, New York, USA</td>
<td>11:00 - 11:10 am Dancer aerobic fitness: ten years on Emma Redding, PhD, Edel Quin, MSc, Sonia Rafferty, MSc, Sarah Beck, MSc, Trinity Laban Conservatoire of Music and Dance, London: Imogen Aujla, PhD, University of Bedfordshire, UK; Sanna Nordin-Bates, PhD, The Swedish School of Sport and Health Sciences, Sweden</td>
</tr>
<tr>
<td>11:30 - 11:50 am Anterior hip pain in a dancer - an alternative diagnosis Moira McCormack, MSc, The Royal Ballet, London, UK</td>
<td>11:15 - 11:35 Jump higher safely: depth jumps for dancers Luis Xarez, PhD, University of Lisbon, Lisbon, Portugal</td>
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</tbody>
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11:45 am- 12:05pm Periodization and metabolic conditioning for dancesport: potential adaptations David Outevsky, MSc, Blake Martin, PhD, York University, Toronto, Canada
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 12 noon - 12:20 | **Radiographic Prevalence Of Dysplasia And Femoroacetabular Impingement In Elite Ballet**  
Joshua D Harris, MD; Brayden J Gerrie, BS; Kevin E Varner, MD; David M Lintner, MD; Andrew J Murphy, BS; Patrick C McCulloch, MD; Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA |
| 12:30 -12:50 pm | **Hip arthroscopy: what can dancers really expect: critical review of the mixed data on hip arthroscopy and dancers**  
Peter Lavine, MD, INOVA Mt Vernon Hospital, Washington, DC, USA |
| 12:30 - 12:40 pm | **The effects of jump strategy modification on energetics during dance jumps**  
Danielle Jarvis, MS, Kornelia Kulig, PhD, University of Southern California, Los Angeles, California, USA |
| 12:45 - 12:55 pm | **The importance of fat free mass index at static and dynamic core strength in modern dancers**  
Demet Tekin, MSc, PT, Istanbul Bilgi University; Ani Agopyan, PhD, Marmara University, Istanbul, Turkey |
| 12:30 - 12:50 pm | **Benefits of a dance specific plyometric training program on landing biomechanics and muscle strength**  
Emily Richards, BFA; Susan Kinney, PT; Tara McCrystal, DPT, The Boston Conservatory, Boston, Massachusetts, USA |

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**Marquis A-B**

Movement Session – 11:00-11:50 am  
Moderator: Janet Karin, OAM, Melbourne, Australia

**Under the skin: dance-making workshop for integrating anatomical knowledge**  
Anne Burnidge, MFA, CLMA, University of Buffalo, Buffalo, New York, USA

**Marquis C**

Movement Session – 11:00-11:50 am  
Moderator: Amanda Clark, MFA, Cleveland, Ohio USA

**Re-thinking the construct of “core stability” from a neuroscience perspective**  
Steven Chatfield, PhD, University of Oregon, Eugene, Oregon, USA

Movement sessions continued on next page
FRIDAY, OCTOBER 9, 2015

### Marquis A-B
**Movement Session – 12:00 noon - 12:50 pm**  
**Moderator:** Erin Sanchez, MSc, London UK

**Timing Matters: Looking at the link between rhythmic logic and movement efficiency using the double-spiral model**  
Rebecca Nettl-Fiol, MFA, M.AMSAT, University of Illinois Urbana-Champaign, Urbana, Illinois, Luc Vanier, MFA, M.AMSAT, Texas Tech University, Lubbock, Texas; USA

### Marquis C
**Movement Session – 12:00 noon - 12:50 pm**  
**Moderator:** Jeffrey A Russell, PhD, AT, Athens, Ohio, USA

**Optimize and experience the shoulder complex in movement exercises using a theraband**  
Eva Powers, MA, Wayne State University, Detroit, Michigan, USA

1:00 - 2:50 pm  **LUNCH BREAK - (with Committee Meetings reserved time)**  
*(Locations TBD)*

3:00 – 5:00 pm  **Lecture and Movement Sessions:**

#### Salons 2-3
**Moderator:** Valerie Williams, DPT, Pittsburgh, Pennsylvania USA

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<th>Time</th>
<th>Session</th>
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| 3:00 - 3:50 pm | **Live demonstration: assisting dancers in transferring skills from partial-weight-bearing exercises to dance technique**  
Barbara Harris, Boston Ballet, Boston, Massachusetts, USA; Leila Kester, Nederlands Dance Theatre, Amsterdam, The Netherlands; Jane Paris, The Royal Ballet, London, UK; Clarice Marshall, MFA, New York, New York, USA; Paula Baird-Colt, The Australian Ballet, Melbourne, Victoria, Australia |

4:00 - 4:20 pm  **Scoliosis in the adolescent dancer: a collaboration between dance teacher, physiotherapist and Pilates conditioning specialist**  
Astrid Sherman, BSc, Susanne Higgins, PT, Erika Mayall, MPT, HBSc(Kin), Pro Arte Centre, North Vancouver, Canada

#### Salons 4-5
**Moderator:** Amanda Clark, MFA, Cleveland Ohio, USA

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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| 3:00 - 3:20 pm | **Tracing the history of dance science in academia in the United Kingdom**  
Karen Potter, MFA; Ziying Cui, BA, Case Western Reserve University, Cleveland, Ohio USA |

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<thead>
<tr>
<th>Time</th>
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| 3:30 - 3:50 pm | **Re-framing a dance science course for BFA university dance majors: teaching strategies**  
Judith Steel, MA; Rebecca E Brown, DPT, Virginia Commonwealth University, Richmond, Virginia, USA |

4:00 - 4:50 pm  **Clinical Symposium:**  
**Energy balance, metabolism, body composition and weight management in dance: exploring the evidence and challenges across dance genres**  
Jasmine Challis BSc RD, Reading, UK
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<tr>
<th>Time</th>
<th>Session Description</th>
<th>Participants</th>
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<tbody>
<tr>
<td>4:30 - 4:40 pm</td>
<td>The effects of dance specific anaerobic warm-up protocols on pelvic alignment in university ballet dancers</td>
<td>Teal Darkenwald, MFA, BFA, East Carolina University, Greenville, North Carolina, USA; Mikum Leah Webster, MSc, BA, Pure Sports Medicine, London, UK; Paul DeVita, PhD; Patrick Rider, MA, BS; Matthew Becker, MS, MS; Amy Parrish, BFA, East Carolina University, Greenville, North Carolina, USA</td>
</tr>
<tr>
<td>4:45 - 4:55 pm</td>
<td>Assessing the relationship between iliopsoas tightness, pelvic tilt, and lumbar spinal alignment among dancers</td>
<td>Aurianna Lajaunie, BS, Connecticut College, New London, Connecticut; Elizabeth Eyermann, University of Pennsylvania, Philadelphia, Pennsylvania; Leigh Schanfein, MS, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</td>
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<tr>
<td>Marquis A-B</td>
<td>Movement Session – 3:00 - 3:50 pm</td>
<td>Incorporating conditioning into a modern dance technique class</td>
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<td>Moderator: Matthew Wyon, PhD, Walsall, UK</td>
<td>Michelle R B Strong, MFA; Alexandra Pooley, MSc, Texas A&amp;M University, College Station, Texas, USA</td>
</tr>
<tr>
<td>Marquis C</td>
<td>Movement Session – 3:00 - 3:50 pm</td>
<td>Non-invasive evaluation and treatment of sacrotuberous ligament and pelvic floor dysfunctions in dancers</td>
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<td>Moderator: Lauren Elson, MD, Boston, Massachusetts USA</td>
<td>Steven Karageanes, DO, FAOASM, MercyElite Sports Performance, St Mary Mercy Hospital, Livonia, Michigan USA; Anna Achimowicz, Centrum MedycynyTanca, Warsaw, Poland</td>
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<tr>
<td>Marquis A-B</td>
<td>Movement Session – 4:00 - 4:50 pm</td>
<td>Making better and healthier dancers</td>
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<td>Moderator: Sarah Beck, MSc, London, UK</td>
<td>Peter Lewton-Brain, DO, Monaco</td>
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<tr>
<td>Marquis C</td>
<td>Movement Session – 4:00 - 4:50 pm</td>
<td>Releasing the dancer’s wings</td>
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FRIDAY, OCTOBER 9, 2015

Ann Cowlin, MA, Yale University, New Haven, Connecticut, USA

5:00 - 6:00 pm  REFRESHMENT BREAK AND POSTERS - Group 1

6:00 – 7:00 pm  Lecture and Movement Sessions:

<table>
<thead>
<tr>
<th>Salons 2-3</th>
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<td>Moderator: Lauren Elson, MD, Boston, Massachusetts, USA</td>
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<tr>
<td>6:00 - 6:50 pm  How to ask questions: an introduction to survey research</td>
<td>6:00 - 6:45 pm  Clinical Symposium: Understanding anterior knee pain in the dancer</td>
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<tr>
<td>Lynda Mainwaring, PhD, CPsych, University of Toronto, Toronto, Canada; Carolyn Keeler, DO, Duke University, Durham, North Carolina; Esther A. Chou, MEd, AT; Inova Sports Medicine, Fairfax, Virginia, USA; Derrick Brown, MSc, Radboud University, Nijmegen, The Netherlands; Claire Hiller, PT, PhD, University of Sydney, Sydney, Australia; Tom Welsh, PhD, University of Florida, Tallahassee, Florida; Selina Shah, MD, Center for Sports Medicine, San Francisco, California; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio; Marc I Harwood, MD, Thomas Jefferson University, Philadelphia, Pennsylvania, USA; Annabelle Couillandre, PhD, Université Paris Ouest Nanterre La Défense, Paris, France; Manuela Angioi, PhD, Queen Mary University, London, UK; Jatin Ambegaonkar, PhD, AT, George Mason University, Manassas, Virginia USA</td>
<td>Peter G Gerbino, MD, Department of Surgery, Community Hospital of the Monterey Peninsula, Monterey, California, USA</td>
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</table>

Marquis A-B

Movement Session – 6:00 - 6:50 pm
Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA

Freedom in the hips: an experiential Yoga practice
Lauren Kearns, MFA, Elon University, Elon, North Carolina, USA

Marquis C

Movement Session – 6:00 - 6:50 pm
Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA

Abstracting developmental actions/intentions into three models: the simple, double spiral and four phases models
Luc Vanier, MFA, M.AMSAT, Texas Tech University, Lubbock, Texas; Rebecca Nettl-Fiol, MFA, M.AMSAT, University of Illinois Urbana-Champaign, Urbana, Illinois, USA

7:30 pm  WELCOME RECEPTION
SATURDAY, OCTOBER 10, 2015

7:30 - 8:20 am  BUSINESS MEETING - All delegates invited to attend

Salon 2-3

8:30 – 10:30 am  Lecture and Movement Sessions:

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<thead>
<tr>
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<tbody>
<tr>
<td>Movement Session – 8:30 - 9:20 am</td>
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<tr>
<td>Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA</td>
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</tbody>
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**Increasing strength and stability through postural awareness**
Tiffany Sudol, DPT, CFMT, Elite Health Services, Old Greenwich, Connecticut; Dawn M Cox, MSPT, CFMT, Prana Functional Manual Therapy, Lancaster, Pennsylvania, USA

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<tr>
<td>Movement Session – 8:30 - 9:20 am</td>
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<tr>
<td>Moderator: Selina Shah, MD, San Francisco, California, USA</td>
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**Using rotator discs to increase strength and endurance in external rotation for dancers**
Carissa Armstrong, MFA; Christine Bergeron, MFA, Texas A&M University, College Station, Texas, USA

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<tr>
<td>Movement Session – 9:30 - 10:20 am</td>
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<td>Moderator: Debra Crookshanks, PT, Melbourne, Australia</td>
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**Improving stability and recovery in dancers using the Parasetter**
Erin Zoch, DPT; Marika Molnar, PT, LAc, Westside Dance Physical Therapy, New York, USA

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<td>Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA</td>
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</table>

**Local cueing for dancer’s hip joints**
Sonia DeVille, MFA, Body Dynamics, Inc, Falls Church, Virginia, USA

*Lectures continued on next page*
### Salons 2-3
**Moderator:** Andrea Kozai, MSc, Pittsburgh, Pennsylvania, USA

#### 8:30 - 8:50 am
**Nutritional concerns in vegetarian and vegan dancers**
Shannon Sterne, MS, RDN, Case Western Reserve University, Cleveland, Ohio, USA

#### 9:00 - 9:10 am
**Bone mineral density and nutrition intake in dance students: an international comparison between two vocational dance schools in the UK and Portugal**
Tânia Amorim, MSc; Matthew Wyon, PhD; University of Wolverhampton, Walsall, UK; José Maia, PhD; José Carlos Machado, PhD; University of Porto, Porto, Portugal; George Metsios, PhD; University of Wolverhampton, Walsall, UK; Andreas Flouris, PhD; Yiannis Koutedakis, PhD, University of Thessaly, Trikala, Greece

#### 9:15 - 9:25 am
**Eating disorder symptoms among elite pre-professional ballet and modern dancers**
Rebecca K Yau, MPH; Yvonne M Golightly, PT, PhD; David B Richardson, PhD; Cristin D Runfola, PhD; Anna E Waller, ScD; University of North Carolina at Chapel Hill, Chapel Hill; Brooke N Orr, MS, RD; Ann B Potter, MSN, FNP-BC; University of North Carolina School of the Arts, Winston-Salem; Stephen W Marshall, PhD; University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, USA

#### 9:30 - 9:40 am
**The role of L-Leucine in the dancer’s metabolic health and performance**
Victor Prisk, MD, Allegheny Health Network, Blawnox Pennsylvania, USA

#### 9:45 - 9:55 am
**Substance use habits of collegiate dancers.**
Jillian Descoteaux, MSc, LAT, Ohio University, Athens, Ohio, USA

### Salons 4-5
**Moderator:** Jeffrey A Russell, PhD, AT, Athens, PhD, Ohio, USA

#### 8:30 - 8:50 am
**The Fascial Distortion Model: a new paradigm for pain relief and restored movement: a powerful tool for the care of dancers, athletes, and everyone**
Todd Capistrant, DO, MHA, Tanana Valley Clinic Banner Health, Fairbanks, Alaska, USA

#### 9:00 - 9:10 am
**Autonomy, relatedness, competence and the immune response in a ballet and contemporary dance school**
Lucie Clements, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Eleanor Quested, PhD, Curtin University, Perth, Western Australia, Australia; James Turner, PhD, University of Bath, Bath, Somerset, UK

#### 9:15 - 9:25 am
**A study of the efficacy of suboccipital release compared to proprioceptive neuromuscular facilitation in hamstring extensibility in dancers**
Katy Chambers, MSc, BSc, Trinity Laban Conservatoire of Music and Dance, James Brouner, BSc, Kingston University, London, UK

#### 9:30 - 9:50 am
**Missed diagnoses in dance medicine: critical evaluation techniques for ribs and pelvis**
Meredith Butulis, DPT, MSPT, Twin Cities Orthopedics, Edina, Minnesota, USA
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<tr>
<th>Time</th>
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<th>Speaker(s)</th>
<th>Institution(s)</th>
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<tbody>
<tr>
<td>10:00 - 10:10 am</td>
<td>The association between benign joint hypermobility syndrome and low bone mineral density; a systematic review of the literature</td>
<td>Amal Hassan, MBChB, BSc (Hons), MRCP; Manuela Angioi, PhD, University of Bristol, London, UK</td>
<td>University of Bristol, London, UK</td>
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<tr>
<td>10:15 - 10:25 am</td>
<td>The effect of dietary protein consumption on body composition in female collegiate dancers</td>
<td>Ann F Brown, CISSN; Christopher W Bach, MS; Giuliana De Almeida; Shawn M Leonard; Tom Welsh, PhD; Michael J Ormsbee, PhD, Florida State University, Tallahassee, Florida, USA</td>
<td>Florida State University, Tallahassee, Florida, USA</td>
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<tr>
<td>10:00 - 10:20 am</td>
<td>Acupuncture: a biopsychosocial approach to caring for the dancer</td>
<td>Megan Richardson, LAc, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</td>
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<td>10:30- 11:00 am</td>
<td>REFRESHMENT BREAK AND JDMS Editorial Board meeting</td>
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<tr>
<td>11:00 am – 1:00 pm</td>
<td>Lecture and Movement Sessions:</td>
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<tr>
<td>Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA</td>
<td>11:00 - 11:10 am</td>
<td>Examining dance injuries treated with physical therapy</td>
<td>Lindsay Harmon-Matthews, PT, DPT; Randi Love, PhD; Ohio State University, Columbus, Ohio, USA</td>
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<td></td>
<td>11:15 - 11:25 am</td>
<td>Preferred providers for dance-related injury among student and professional dancers in France</td>
<td>Stephanie Alimena, BA, BS, University of Connecticut School of Medicine, Farmington, Connecticut; Mary E Air, Kaiser Permanente San Rafael Medical Center, San Rafael, California, USA</td>
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<td></td>
<td>11:30 - 11:50 am</td>
<td>Screening the young dancers: summarizing 30 years of screenings</td>
<td>TzakiSiev-Ner, MD, Sheba Medical Center, Tel-Hashomer; NiliKnopp-Steinberg, PhD, The Wingate Institute, Netanya, Israel</td>
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<tr>
<td>Moderator: K Michael Rowley, Los Angeles, California, USA</td>
<td>11:00 - 11:20 am</td>
<td>The science of motor learning: creating a model for dance training</td>
<td>Donna Krasnow, PhD, California Institute of the Arts, Los Angeles, California; Virginia Wilmerding, PhD, University of New Mexico, Albuquerque, New Mexico, USA</td>
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<td>11:30 - 11:40 am</td>
<td>The language of plié</td>
<td>Kathleen Bower, DPT, Brent Anderson, PhD, PT, Miami City Ballet, Miami, Florida USA</td>
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<td></td>
<td>11:45 - 11:55 am</td>
<td>Building an environment for creative movement exploration in early childhood: considerations to support motor skill development</td>
<td>Christina Salgado, BA, MA, Pittsburgh Ballet Theater, Pittsburgh, Pennsylvania, USA</td>
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<td>Time</td>
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<tr>
<td>12:00 noon</td>
<td>Factors influencing prediction of injuries at a walk-in clinic during a summer dance intensive</td>
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<td>Julie Canfield, BS, SPT; Melana Tysowsky, BFA, SPT; Susan Kokot, BS, SPT; Jacqueline McNeill,</td>
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<td>BS, SPT; Norah Cetin, BS, SPT; Charles Sheets, MPT, OCS; Rosalinda Canizares, DPT, SCS;</td>
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<td>Robert J Butler DPT, PhD, Duke University, Durham, North Carolina, USA</td>
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<tr>
<td>12:15 - 12:25 pm</td>
<td>Review of injuries across multiple professional dance companies for the 2014/15 season</td>
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<td>Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio USA</td>
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<tr>
<td>12:30 - 12:40 pm</td>
<td>Contemporary floor work and risk for potential injury</td>
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<td>Chad VanRamshorst, BFA, Chapman University, Orange, California, USA</td>
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<tr>
<td>12:45 - 12:55 pm</td>
<td>Hypermobility as a predictor of injury in pre-professional modern dancers</td>
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<td>Naomi G Bauer, SPT; Northeastern University, Boston, Massachusetts; Shaw Bronner, PhD, PT, ADAM</td>
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<td>Center, Brooklyn, New York, USA</td>
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<tr>
<td>12:00 noon</td>
<td>Pulling up and rooting down: the physiology of making space</td>
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<td>Ilya Vidrin, EdM; Lauren Elson, MD, Harvard University, Cambridge, Massachusetts, USA</td>
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<tr>
<td>12:15 - 12:25 pm</td>
<td>A reason to dance</td>
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<td></td>
<td>Jason Ohlberg, MFA, University of Washington, Seattle, Washington, USA</td>
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<tr>
<td>12:30 - 12:40 pm</td>
<td>Using body ability in choreography</td>
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<td>Sara Puchowska, PhD, Academy of Performing Arts, Prague, Czech Republic</td>
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<tr>
<td>12:45 - 12:55 pm</td>
<td>Attentional focus in classical ballet: a survey of professional dancers</td>
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<td>Clare Guss-West, BHum, BA, European Network for Opera and Dance Education, Zurich, Switzerland;</td>
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<td>Gabriele Wulf, PhD, University of Nevada, Las Vegas, Nevada, USA</td>
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### Marquis A-B

**Movement Session – 11:00 - 11:50 am**  
Moderator: Debra Crookshanks, PT, Melbourne, Australia

**Implementing a comprehensive pre-pointe preparation program**  
Alice Hobden, Kew School of Dance; Jane Andrewartha, Movement & Dance Education Centre, Melbourne, Australia

### Marquis C

**Movement Session – 11:00 - 11:50 am**  
Moderator: Emma Redding, PhD, London, UK

**Movement Session: Gaga, Ohad Naharin’s movement language**  
Bobbi Smith, MA, Yossi Naharin, Gaga Movement, LTD, Haniel, Isreal

*Movement Sessions continued on next page*
## SATURDAY, OCTOBER 10, 2015

### Marquis A-B

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<th>Moderator: Jeffrey A Russell, PhD, AT, Athens, Ohio, USA</th>
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<tr>
<td><strong>Breathing, core connecting, and the importance of individualized cueing</strong></td>
<td>Clarice S Marshall, MFA, New York City; Christine Bratton, PT, OCS, Brooklyn, New York, USA</td>
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### Marquis C

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<tr>
<td><strong>Motor control training for the hip: a movement session</strong></td>
<td>Sally Donabauer, DPT, Cleveland Clinic, Cleveland, Ohio, USA</td>
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### 1:00 – 2:50 pm ROUND TABLE LUNCH

<table>
<thead>
<tr>
<th>Roundtable</th>
<th>Moderator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dance Education</td>
<td>Rachel Rist</td>
</tr>
<tr>
<td>Dance Research</td>
<td>Donna Krasnow</td>
</tr>
<tr>
<td>Psychology</td>
<td>Jasmine Chalis</td>
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<tr>
<td>Nutrition</td>
<td>Freddie Fu</td>
</tr>
<tr>
<td>Medical Doctors</td>
<td>Paula Baird Colt</td>
</tr>
<tr>
<td>PT/AT</td>
<td>Margaret Wilson</td>
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<tr>
<td>Somatics</td>
<td>Marijeanne Leiderbach</td>
</tr>
</tbody>
</table>

### 3:00 – 5:00 pm Lecture and Movement Sessions:

**Salons 2-3**

<table>
<thead>
<tr>
<th>Moderator: Victor Prisk, MD, Blawnox, Pennsylvania, USA</th>
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</thead>
<tbody>
<tr>
<td>3:00 - 3:20 pm</td>
</tr>
<tr>
<td>Jessica H Heyer, MD, George Washington University, Washington, DC; Donald Rose, MD, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</td>
</tr>
<tr>
<td>3:30 - 3:40 pm</td>
</tr>
<tr>
<td>Kenichiro Takeshima, MD, Saitama National Hospital, Saitama; Eiichi Hiraiishi, MD Eiju General Hospital; Kanako Kudo, MD; Hiroko Ikezawa, MD, Keio University Hospital, Norio Usami, MD, Usami Orthopedics Clinic, Tokyo, Japan</td>
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</tbody>
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**Salons 4-5**

<table>
<thead>
<tr>
<th>Moderator: Donna Krasnow, PhD, Valencia, California USA</th>
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<tbody>
<tr>
<td>3:00 - 3:10 pm</td>
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<tr>
<td>Janet Karin, OAM, GradCert, Australian Ballet School; Diana Crossing, BExSc; Elizabeth Bradshaw, PhD; Vanessa Rice, PhD, Australian Catholic University, Melbourne, Australia</td>
</tr>
<tr>
<td>3:15 - 3:25 pm</td>
</tr>
<tr>
<td>Amit Abraham, MAPhty, Haifa University, Haifa; Ayelet Dunsky, PhD, Wingate Institute, Netanya; Ruth Dickstein, DSc, Haifa University, Haifa, Israel</td>
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</table>
### SATURDAY, OCTOBER 10, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>3:30 - 3:40 pm</td>
<td><strong>Could Pilates training improve Grand dé Battement? Kinematic and kinetic analysis</strong>&lt;br&gt;Missato Tachibana, MS&amp;ATC; Doshisha University, Kyoto City, Japan; Kasumi Momoda, BS, Doshisha University, Kyoto City, Japan; Yasuo Nakamura, PhD, Doshisha University, Kyoto City, Japan; Tatsuya Hojo, MD&amp;PhD, Doshisha University, Kyoto City, Japan</td>
</tr>
<tr>
<td>3:45 - 3:55 pm</td>
<td><strong>The test-retest reliability of total body kinematic assessment of dancers landing from a forward Grand Jeté</strong>&lt;br&gt;Valerie Williams, DPT, MS; Heather Bansbach, MS; John Abt, PhD, ATC, University of Pittsburgh, Pittsburgh, Pennsylvania, USA</td>
</tr>
<tr>
<td>4:00 - 4:20 pm</td>
<td><strong>Biomechanical metrics of aesthetic perception in dance</strong>&lt;br&gt;Shaw Bronner, PhD, PT, ADAM Center, Brooklyn, New York, USA; James Shippen, PhD, CEng, Coventry University, Coventry, UK</td>
</tr>
<tr>
<td>4:30 - 4:50 pm</td>
<td><strong>The effect of classical dance training on balance, agility, flexibility, and strength in college-aged students</strong>&lt;br&gt;Sarah DiPasquale PT, DPT; Hannah Swomley, BA; Madeline Morser; Meaghan Wood, Skidmore College, Saratoga Springs, New York USA</td>
</tr>
</tbody>
</table>

### Marquis A-B

**Movement Session – 3:00 - 3:50 pm**<br>Moderator: Debra Crookshanks, PT, Melbourne, Australia

**Functional Awareness® Anatomy in action: Innovative strategies to improve dance training through experiential anatomy**<br>Nancy Wanich-Romita, MFA, Towson University, Towson, Maryland, USA

### Marquis C

**Movement Session – 3:00 - 3:50 pm**<br>Moderator: Matthew Wyon, PhD, Walsall, UK

**Changing how we teach: the art of integrating science into a dance class**<br>Bianca Jugaranu, BFA, Bianca Lilly Ballet, Albuquerque, New Mexico, Christina Noel Adcock, Arvada Center for the Arts and Humanities, Denver, Colorado USA

*Movement sessions continued on next page*
**SATURDAY, OCTOBER 10, 2015**

<table>
<thead>
<tr>
<th>Marquis A-B</th>
<th>Movement Session – 4:00 - 4:50 pm</th>
<th>Moderator: Andrea Kozai, MSc, Pittsburgh, Pennsylvania USA</th>
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</thead>
<tbody>
<tr>
<td><strong>Functional Movement Assessment (FMA) for dancers.</strong></td>
<td>Amy Slattery, MS, PT, Vesla Sports Performance &amp; PT, Pittsburgh, Pennsylvania, USA</td>
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<thead>
<tr>
<th>Marquis C</th>
<th>Movement Session – 4:00 - 4:50 pm</th>
<th>Moderator: Rachel Rist, MA, Tring Park, UK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What does it mean to support the arabesque from underneath? A biomechanical and energetic breakdown of the relationships of the extended back, the level hip and the inner thigh</strong></td>
<td>Diane Abbey Alter, MFA, BPhil, Walnut Lodge Yoga and Movement Center, Sharon, Pennsylvania, USA</td>
<td></td>
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5:00 - 6:00 pm  **REFRESHMENT BREAK AND POSTERS - Group 2**

6:00 – 7:00 pm  **Lecture and Movement Sessions:**

<table>
<thead>
<tr>
<th>Salons 2-3</th>
<th>Moderator: David S Weiss, MD, New York, New York, USA</th>
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</thead>
<tbody>
<tr>
<td><strong>6:00 – 6:50 pm Clinical Symposium: A potpourri of things often missed</strong></td>
<td>William G Hamilton, MD, Senior Attending Mt. Sinai-Roosevelt Hospital, Clinical Professor of Orthopaedic Surgery at the Icahn School of Medicine at Mt. Sinai Hospital; Orthopaedic Consultant, New York City Ballet, School of American Ballet, American Ballet Theatre, Jacqueline Kennedy Onassis School at American Ballet Theatre; New York, New York, USA</td>
</tr>
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<tr>
<th>Salons 4-5</th>
<th>Moderator: Sarah Beck, MSc, London, UK</th>
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</thead>
<tbody>
<tr>
<td><strong>6:00 - 6:10 pm Publishing your research: advice from the experts</strong></td>
<td>Amanda Clark, MFA, Case Western Reserve University, Cleveland, Ohio; Stephanie Alimena, BA, BS, University of Connecticut, Farmington, Connecticut; Andrea Alvarez, Case Western Reserve University, Cleveland, Ohio, USA; Lucie Clements, MSc, Trinity Laban Conservatoire of Music and Dance, London; Siobhan Mitchell, MSc, University of Bath, Bath, UK; Carina M. Nasrallah, MS, AT, Shenandoah University, Winchester, Virginia, USA</td>
</tr>
<tr>
<td><strong>6:15 - 6:25 pm Undergraduate student research: facilitating, mentoring, and guiding new researchers in dance medicine and science</strong></td>
<td>Jennifer Deckert, MFA; Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming; Tom Welsh, PhD, Florida State University, Tallahassee, Florida; Robin Kish, MS, MFA, Chapman University, Orange, California, USA</td>
</tr>
</tbody>
</table>
### IADMS engaging the international dance community through social media

K Michael Rowley, BS, BA, University of Southern California, Los Angeles, California, USA; Sarah Beck, MSc; Hannah Etlin-Stein, MSc; Gemma Harman, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Luke Hopper, PhD, Edith Cowan University, Western Australia, Australia; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan; Adrienne Stevens, PhD, Performing Health, NY, USA

### Student and young professional networking workshop

Amanda Clark, MFA, Cleveland, Ohio; Stephanie Alimena, BA, BS, University of Connecticut School of Medicine, Farmington, Connecticut; Andrea Alvarez, BS, Case Western Reserve University, Cleveland, Ohio, USA; Lucie Clements, MRes, MSc, Trinity Laban Conservatoire of Music & Dance, London, UK; Carina M. Nasrallah, MS, ATC, Shenandoah University, Winchester, Virginia, USA; Siobhan Mitchell, MRes MSc, University of Bath, Bath, UK

### Principles of strength and conditioning for training and rehabilitation in dance: a movement session

Katie C Rodrick MS, ATC, Cleveland Clinic Rehabilitation and Sports Therapy, Cleveland, Ohio; Angela L Seitz, Prana Yoga and Dance Studio, Broadview Heights, Ohio, USA

### Maximizing a dancer’s capacity for career longevity: a sensory approach to Pilates matwork for dancers

Teresa Maldonado Marchok, MPT, Stanford University, Stanford, California; Kimberly Dye, MS, BC-DMT, CEO Dye-namic Movement Products, Issaquah, Washington, USA
SUNDAY, OCTOBER 11, 2015

7:00 – 7:45 am  Pre-meeting Lectures:

<table>
<thead>
<tr>
<th>Salons 2-3</th>
<th>Salons 4-5</th>
</tr>
</thead>
</table>
| **How to peer review a paper? An introduction for future reviewers and tips for experienced reviewers**  
Jatin Ambegaonkar PhD, ATC, George Mason University, Manassas, Virginia; Jeffrey A Russell, PhD, AT, Ohio University, Ohio, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Ruth Solomon, Professor Emerita, University of California, Santa Cruz, USA | **Update from the Standard Measures Consensus Initiative (SMCI)**  
Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA |

8:00 – 10:00 am  Lecture and Movement Sessions:

**Marquis A-B**
Movement Session - 8:00 - 8:50 am
Moderator: Peter Lewton-Brain, DO, Monaco

**Manual therapy techniques specific to the dancer: a movement session**
Catherine Vargo, DPT, OCS, University of Pittsburgh, Pittsburgh, Pennsylvania USA

**Marquis C**
Movement Session - 8:00 - 8:50 am
Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA

**Sensory cueing and imagery in ballet technique classes**
Janet Karin, OAM, GradCert, Australian Ballet School; Diana Crossing, BExSc; Elizabeth Bradshaw, PhD; Vanessa Rice, PhD, Australian Catholic University, Melbourne, Australia

**Marquis A-B**
Movement Session - 9:00 - 9:50 am
Moderator: Peter Lewton-Brain, DO, Monaco

**Attentional focus in ballet: practical implications of a professional dancer's survey**
Clare Guss-West, BHum, BA, European Network for Opera and Dance Education, Zurich, Switzerland

**Marquis C**
Movement Session - 9:00 - 9:50 am
Moderator: Emma Redding, PhD, London, UK

**Pilates-based exercises for prevention of injury in the adolescent dancer: a movement session**
Amanda Blackmon DPT, OCS, Motion Stability at Atlanta Ballet, Atlanta, Georgia; Meghan L Gearhart PT, DPT, Drayer Physical Therapy Institute, Roaring Spring, Pennsylvania; Emma Faulkner, SPT, Emory University, Atlanta, Georgia, USA

Lectures continued on next page
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00 - 8:10 am</td>
<td><strong>Effects of bilateral differences on dynamic postural stability during landing using time to stabilisation protocols</strong>&lt;br&gt;Frances Clarke, MSc; Matthew Wyon, PhD, Wolverhampton University, Walsall, UK</td>
</tr>
<tr>
<td>8:15 - 8:25 am</td>
<td><strong>Codependency between dynamic stability and jumps’ power and height among ballet school students</strong>&lt;br&gt;Paulina Mira, MPhty; Robert Smigielski, MD; Malgorzata Kowalczyk, MPhty; Marcin Plenzler, MPhty, Carolina Medical Center, Warsaw, Poland</td>
</tr>
<tr>
<td>8:30 - 8:40 am</td>
<td><strong>Ground reaction forces in ballet: differences according to footwear and jump conditions</strong>&lt;br&gt;Alyssa McPherson, MS, ATC; Carrie Docherty, PhD, ATC; John Schrader, HSD, ATC, Indiana University, Bloomington, Indiana, USA</td>
</tr>
<tr>
<td>8:45 - 8:55 am</td>
<td><strong>Asymmetry in adolescent dancers: difference between gluteal activation, ground reaction force and hip adduction strength in preferred and non-preferred limbs</strong>&lt;br&gt;Cassandra Conway, BS, MExSci; Elizabeth Bradshaw, PhD, Vanessa Rice, PhD, Australian Catholic University; Janet Karin, OAM, The Australian Ballet School; Ross Clark, PhD, Australian Catholic University, Melbourne, Australia</td>
</tr>
<tr>
<td>9:00 - 9:10 am</td>
<td><strong>Biomechanical analysis of three dance jumping tasks</strong>&lt;br&gt;Diana Soares, MSc; Tina Smith, PhD; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</td>
</tr>
<tr>
<td>9:15 - 9:25 am</td>
<td><strong>Horizontal but not vertical lower body power predicts injury incidence in female collegiate dancers</strong>&lt;br&gt;Jatin Ambegaonkar, PhD, ATC; Catherine Suzy Schock, MS, ATC; Shane Caswell, PhD, ATC; Amanda Cary, MS; Tijana Popovic, BS; Nelson Cortes PhD, George Mason University, Manassas, Virginia, USA</td>
</tr>
<tr>
<td>8:00 - 8:50 am</td>
<td><strong>Clinical Symposium:</strong>&lt;br&gt;<strong>Concussion in dancers, a real headache?</strong>&lt;br&gt;Julian Widdowson, MBBS, FFSEM, MSc, SEM, Royal United Hospital Bath Foundation Trust, Bath, UK</td>
</tr>
<tr>
<td>9:00 - 9:10 am</td>
<td><strong>Establishing normative concussion values for university and professional dancers</strong>&lt;br&gt;Lauren McIntyre, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</td>
</tr>
<tr>
<td>9:15 - 9:25 am</td>
<td><strong>Recognition and management of concussion in dancers enrolled in collegiate dance departments</strong>&lt;br&gt;Alexandria Gosnell, LMT, SPT; Kelly James; Andrea Fergus, PT, PhD; Rose Schmie, DHSc, MSPT; Shenandoah University, Winchester, Virginia, USA</td>
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<td>Time</td>
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| 9:30 - 9:40 am | Reaching new heights: a dance-specific plyometric training following ACL reconstruction in a university dancer  
Melissa Strzelinski, PT, MPT, Howard Head Sports Medicine, Vail, Colorado, USA |
| 9:45 - 9:55 am | Lower extremity and spine characteristics dancers with and without patellofemoral pain  
NiliKnoopp-Steinberg, PhD, The Wingate Institute, Netanya, ItzhakSiev-Ner, MD, Sheba Medical Center , Tel-Hashomer, Israel |
| 9:30 - 9:40 am | A visual approach: mapping processes to optimise efficiency in a new organization for dancers  
Celia Widdowson, BSc Hons PGCE , Dance Again Foundation, Bath; Lana Ashton, BSc Hons, Performeffectv, Somerset, UK |
| 9:45 - 9:55 am | Creating and revising IADMS resource papers  
Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming; Adrienne Stevens, EdD, Performing Health, New York, New York, USA; Jasmine Challis, BSc, RD, Reading, UK |

10:00 - 10:30 am  REFRESHMENT BREAK

10:30 am – 12:30 pm  Lecture and Movement Sessions:

**Marquis A-B**
Movement Session - 10:30 -11:20 am  
Moderator: Janet Karin, OAM, Melbourne, Australia

**Understanding the dancer with scoliosis: a warm up and recovery program**  
Suzanne Koucheravy, BS; Jenna M. Calo, DPT, OCS, Body Dynamics Inc., Falls Church, Virginia, USA

**Marquis C**
Movement Session - 10:30 - 11:20 am  
Moderator: Matthew Wyon, PhD, Walsall, UK

**To stretch or not to stretch? Recognizing the stretch reflex; how to approach it, and use it to our advantage in dance and Pilates**  
Jennifer Stacey, MS, Peak Performance Pilates, San Francisco, California USA

**Marquis A-B**
Movement Session - 11:30 am -12:20 pm  
Moderator: Rachel Rist, Tring Park, UK

**The creative use of Therabands to enhance performance in dance**  
KarineRathle, MSc, London, UK

**Marquis C**
Movement Session - 11:30 am -12:20 pm  
Moderator: Amanda Clark, MFA, Cleveland, Ohio, USA

**Using technology for movement analysis in the dance studio**  
Robin Kish, MS, MFA, Chapman University, Placentia, California, USA

*Sessions continued on next page*
### Salons 2-3
Moderator: Erin Sanchez, MSc, London, UK

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<thead>
<tr>
<th>Time</th>
<th>Presentation Title</th>
<th>Authors</th>
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</thead>
<tbody>
<tr>
<td>10:30 - 10:50 am</td>
<td>Inability to perform due to pain/injury in elite adult Irish dance: a prospective investigation of contributing factors</td>
<td>Roisin Cahalan, PhD, BSc Physio; Kieran O'Sullivan, PhD, M Manip Ther; Helen Purtill, PhD, MSc; Norma Baggary, PhD, BSc; Orfhlaith Ni Bhriain, PhD, MA, University of Limerick; Ireland, Peter O’Sullivan, PhD, PgDipManip Ther, Curtin University of Technology, Perth, Australia</td>
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<tbody>
<tr>
<td>11:00 - 11:20 am</td>
<td>A new technique to repair ankle ligaments on a dancer</td>
<td>Lawrence Kosova, DPM, Family Podiatry Center, Naperville, Illinois, USA</td>
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### Salons 4-5
Moderator: Victor Prisk, MD, Blawnox, Pennsylvania, USA

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<tbody>
<tr>
<td>10:30 -10:40 am</td>
<td>Risk factors for lower extremity musculoskeletal injury in pre-professional dancers: A systematic review</td>
<td>Sarah Kenny, MSc; Jackie Whittaker PT, PhD; Carolyn Emery, PT, PhD; Sport Injury Prevention Research Centre, University of Calgary, Calgary, Alberta, Canada</td>
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<th>Authors</th>
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<tbody>
<tr>
<td>10:45 - 10:55 am</td>
<td>My calf pain depends on how good my core is!</td>
<td>Moira McCormack, MSc, The Royal Ballet, London, UK</td>
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<tbody>
<tr>
<td>11:00 - 11:20 am</td>
<td>A day in the life: training intensity, rest, and sleep profiles of professional ballet dancers of varying rank and gender</td>
<td>Andrea Kozai, MSc, CSCS, Virtuoso Fitness, Pittsburgh, Pennsylvania, USA; Emily Twitchett, PhD, Midlands Independent Dance Associate Scheme, Warwick; Sian Morgan, BSc, Birmingham Royal Ballet, Birmingham; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</td>
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<tbody>
<tr>
<td>11:30 - 11:40 am</td>
<td>Musculoskeletal injuries in professional modern dancers: a 15-year prospective cohort study</td>
<td>Caroline McBride; Allison Gill, Northeastern University, Boston, Massachusetts; Shaw Bronner, PhD, PT, ADAM Center, Brooklyn, New York, USA</td>
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<tbody>
<tr>
<td>11:45 - 12:05 pm</td>
<td>Adolescent dancer with inter-metatarsal bursitis and first ray stress reaction with underlying recurring cuboid subluxation</td>
<td>Maribeth Crupi, PT, Maribeth Crupi Physical Therapy LLC, Wilmington; Heather Southwick, MSPT, Boston Ballet; Bridget Quinn, MD, Children's Hospital Medical Center, Boston, Massachusetts, USA</td>
</tr>
</tbody>
</table>

### Change in Profile of Mood States scores among elite dancers following time-loss injury
Leigh Schanfein, MS; Megan Richardson, LAc, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA

### Guiding the dance community to adopt healthy body image standards
Tina Hidai, BFA, BS, Chapman University, Orange, California.

### Self-perceived body image in university performing arts students with special emphasis on dancers
Kandis Maust, MS, AT, Ohio State University, Columbus; Jeffrey ARussell, PhD, AT; Ohio University, Athens, Ohio, USA
<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>12 noon - 12:20 pm</td>
<td><strong>Addressing physical limitations that threaten the dancer identity</strong>&lt;br&gt;Linda Hamilton, PhD, New York City Ballet, New York City, New York, USA</td>
</tr>
<tr>
<td>12:15 - 12:25 pm</td>
<td><strong>Relationship between ankle dorsiflexion range of motion and dancers’ musculoskeletal complaints</strong>&lt;br&gt;Mariah Nierman, DPT, AT; Lindsay Harmon-Matthews, PT, DPT; Samantha Amway, PT, DPT; Nienke Willigenburg, PhD; Timothy EHewett, PhD, Ohio State University, Columbus, Ohio, USA</td>
</tr>
<tr>
<td>12:30 - 1:00</td>
<td><strong>Closing Plenary Session</strong>&lt;br&gt;(Note: Raffle winner must be present at the closing plenary to win,)</td>
</tr>
</tbody>
</table>
Are prediction equations required to assessment of body composition for modern dancers?
Ani Agopyan, PhD, Marmara University; Demet Tekin, MSc, PT, Istanbul Bilgi University, Istanbul, Turkey

Injury prevention videos featuring a teen dance company: a collaborative effort
Kendall Alway, DPT; Kimi Okada, ODC Healthy Dancers' Clinic, San Francisco, California, USA

Are female dancers at risk of developing low bone mineral density? A systematic review
Tânia Amorim, MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; José Maia, PhD; José Carlos Machado, PhD; Franklin Marques, PhD, University of Porto, Porto, Portugal; George Metsios, PhD, University of Wolverhampton, Walsall, UK; Andreas Flouris, PhD; Yiannis Koutedakis, PhD, University of Thessaly, Trikala, Greece

DanceFit Prime: A dance-based physical activity and nutritional intervention for Primary Care
Sheetal Dandgey, BSc, MSc, Chigwell Medical Centre, Essex; Amal Hassan, MBChB, MRCP; Manuela Angioi, MSc, PhD, Queen Mary University of London; Thomas Dannhauser, MRCP, PhD, University College London; Faye Dannhauser, MBBS, MRCP, Chigwell Medical Centre, Essex; Bethany Ainsley, MA, PGCE, Nouveau Fitness Community Interest Company, Peterlee, Durham, England, UK

Positive Effects of Platelet Rich Plasma Injections: Case Study of 50% Achilles Rupture
Kathleen Bower, DPT, Brent Anderson, PhD, PT, Miami City Ballet, Miami, Florida USA

A Comparison and Analysis of Injury Risk using the Functional Movement Screen™ in the Dancing Arts
Kaitlin A Chrastek, MS, AT; Stephen C Gamma, MS, AT, ; Amanda J Widman, MS, AT; Juan J Torres, MS, AT; Aaron H Sahle, MS, AT; Thomas R Silberberger, MS, AT, Moscow, Idaho, USA

A retrospective analysis of a cross-training and awareness intervention for managing low back pain in university dancers
Loren Davidson, MFA; Veoletta Range, MFA; Tom Welsh, PhD; Tyressa Judge, PT, Florida State University Tallahassee, Florida, USA

Posterior Tibial Nerve Entrapment in a Classical Ballet Dancer: A Case Study
Alison Deleget, MS, ATC; Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York; Jenna Neumann, ATS; Western Carolina University, Cullowhee, North Carolina, USA

Self-reported injury and management in a collegiate dance department
Sarah DiPasquale, PT, DPT; Nicole Becker; Sarah Green; Kim Sauers, BS, Skidmore College, Saratoga Springs, New York, USA

The role of osteopathic manipulative medicine in caring for dance injuries
Evelyn Eakin, OMSIV; Jeffrey A Russell, PhD, AT; Timothy D Law, Sr, DO, MBA, Ohio University, Athens, Ohio, USA

Pre-participation screens in dance
Raquel Fraticelli, BA, BFA, Chapman University, Orange, California, USA

Incidence and Prevalence of Musculoskeletal Injury in Ballet: A Systematic Review
Preston J Smith, MD; Brayden J Gerrie, BS; Kevin E Varner, MD; Patrick C McCulloch, MD; David M Lintner, MD; Joshua D Harris, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA
POSTER PRESENTATIONS, FRIDAY OCTOBER 9, 2015
5:00 – 6:00 pm

**Hip Subluxation in Elite Ballet**
Ron J Mitchell, MD; Brayden J Gerrie; BS Andrew J Murphy, BS; Kevin E Varner, MD; David M Lintner, MD; Patrick C McCulloch, MD; Joshua D Harris, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

**Iliopsoas Tendonitis in Dancers: Raising Awareness of a Treatable Condition**
Elisabeth Gold, BS, University of Delaware, Newark, Delaware, USA

**Inter-rater and intra-rater reliability of a clinical protocol for measuring turn out in collegiate dancers**
Amanda Greene, DPT, COMT; Andrea Lasner, MSPT; Rajwinder Deu, MD; Seth Oliphant, MD; Ken Johnson, PT, Johns Hopkins Hospital, Baltimore, MD

**Microinstability of the Hip and The Splits X-ray**
Joshua D Harris, MD; Brayden J Gerrie, BS; David M Lintner, MD; Kevin E Varner, MD; Andrew J Murphy, BS; Patrick C McCulloch, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

**The association between benign joint hypermobility syndrome and low bone mineral density in female dancers: A cross-sectional study**
Amal Hassan, MBChB, BSc (Hons); Manuela Angioi, PhD, Queen Mary University of London, London, UK

**Regenerative amniotic growth factor and its use in Dance Medicine**
Lawrence Kosova, DPM, Family Podiatry Center, Naperville, Illinois, USA

**Correlation Between Functional Movement Screen (FMS ™) Scores and Injury in a Professional Ballet Company**
Jill Kropa, MD, Thomas Jefferson University; Julie Green, MSPT, OCS, Pennsylvania Ballet; Jeremy Close, MD; Marianna LaNoue, PhD, MS; Marc I Harwood, MD, Thomas Jefferson University, Philadelphia, Pennsylvania, USA

**Injuries in a Professional Ballet Dance Company: a 10-year Retrospective Study**
Prem N Ramkumar, BA, Hospital for Special Surgery, New York, USA; Joseph Farber, MD; Johnny Arnouk, MD; Kevin E Varner, MD; Patrick C McCulloch, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

**Establishing normative data for a novel, minimally invasive, method of body composition measurement in dancers**
Siobhan B Mitchell, MRes, MSc, University of Bath, Bath; Jasmine Challis, BSc, RD, Reading; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

**Correlations between extrinsic factors and injury prevalence in Irish dancers**
Jan Mussallem, MSPT; Laura Moyer, MS, LAT; Kristy Kotecki, DPT, CSCS, University of Wisconsin, Madison, Wisconsin USA

**Effects of targeted training on hip snapping in university dancers**
Veoeletta Range, MFA; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA

**Return to Performance: Operative and Non-operative Rehabilitation Progressions for the Dancer**
Kristen Hope Schuyten, DPT, SCS, University of Michigan, Ann Arbor, Michigan, USA

**Prevalence and risk factors of injuries in first year dance students**
POSTER PRESENTATIONS, FRIDAY OCTOBER 9, 2015
5:00 – 6:00 pm

Janine H Stubbe, PhD, Codarts University of the Arts, Rotterdam; Anne-Marie MC van Beijsterveldt, PhD, Amsterdam University of Applied Sciences, Amsterdam; Suze Steemers, MSc; Anita Radier, PT; Julia Monning, PT, Codarts University of the Arts, Rotterdam; Jantine Slinger, PhD; Jasper P Stege; MSc, Netherlands Organization For Applied Scientific Research, Leiden; Stephanie C Keizer-Hulsebosch, MSc, Codarts University of the Arts, Rotterdam, The Netherlands

The Use of the Functional Movement Screen for Recreational Dancers: A Systematic Review
Maureen K Watkins DPT, OCS; Laura Pempkowski DPT/s; Philip Gauthier DPT/s; Alycia Markowski DPT, OCS; Northeastern University, Boston, Massachusetts, USA
Trust, satisfaction, and confidence in physicians among student and professional dancers in France
Stephanie Alimena, BA, University of Connecticut School of Medicine, Farmington, Connecticut; Mary E Air, MD, Kaiser Permanente San Rafael Medical Center, San Rafael, California, USA

Five basics of dance
Jane Andrewartha, Movement and Dance Education Centre, Melbourne, Australia

Building a safe environment for private dance sectors: a business model to provide healthcare for dancers
Sarah Baker, BFA, BS; Robin Kish, MS, MFA, Chapman University, Orange, California, USA

The relationship between proprioception and hypermobility in dancers
Megan Bane, AT; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA

Dance wellness education in the studio—a call to action
Hannah Barna, MFA; Dani Dowler, MFA, Case Western Reserve University, Cleveland, Ohio, USA

Daily Company Class; the workings of a soul-destroying machine
Soraya Bruno, Royal Academy of Dance, London, UK; Claire Guss-West, BHum, BA, European Network for Opera and Dance Education, Zurich, Switzerland; Dennie Wilson, Staatsballet Berlin, Berlin, Germany

Aging Dancers - Activities and Pain: An International Survey
Janine Bryant, BFA, Eastern University, St. Davids, Pennsylvania, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Georgia, USA, Alan Nevill, PhD, University of Wolverhampton, Walsall, UK

Comparing Range of Motion, Strength, and Balance Measures Between Demographics of Collegiate Dancers
Elizabeth Corwin, DPT; Srikant Vallabhajosula, PhD; Kristel Tedesco, BFA, BS; Susan Chinworth, PT, PhD, Elon University, Elon, North Carolina, USA

Dancers vs. Volleyball Players: A Comparative EEG Study
Claudia Daronch, MS, Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul; Lucas Fürstenau de Oliveira, Ph.D, Caxias do Sul University, Caxias do Sul/RS, Brazil

Does the outfit make the dancer?
Sophia Dawidoff; Robin Kish, MS, MFA, Chapman University, Orange California, USA

Strength and flexibility in jazz dance: a case study with beginner dancers
Isabel Giovannini Komeroski, Dance Graduate; Mariana Garcia Bahlis, BS; Aline Nogueira Haas, PhD, Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul, Brazil

The Effects of Auditory and Visual Feedback on Knee Valgus in Jump Landings in Parallel and External Hip Rotation
Beatrice Hui, BS, MFA; Kelli Sharp, DPT, University of California, Irvine, California, USA

Emotional Expressions through Hip Hop Dance Steps: Focusing on New Jack Swing
Rie Kojima, MA, Osaka University, Osaka; Teruo Nomura, PhD; Noriyuki Kida, PhD, Kyoto Institute of Technology, Kyoto, Japan

Spinal curvatures in DanceSport and track and field athletes
Helena Kruusamäe; Katre Maasalu, University of Tartu, Estonia; Matthew Wyon, University of Wolverhampton, Walsall, UK; Jarek Mäestu; Jaak Jürimäe, University of Tartu, Estonia
Pelvic Tilt and Knee Alignment in Student and Professional Ballet Dancers
Elizabeth Eyermann, University of Pennsylvania, Philadelphia, Pennsylvania; Aurianna Lajaunie, BS, Connecticut College, New London, Connecticut; Leigh Schanfein, MS, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA

Differences in sway area observed in ballerinas en demi pointe and en pointe
Jayma Lallathin, PhD, University of Georgia, Athens, Georgia, USA

Eyes closed single limb balance is not related to hypermobility status in dancers
Tiffany Marulli, PT, DPT; Lindsay Harmon-Matthews, PT, DPT; J Hope Davis-Coen, AT, MS, The Ohio State University's Wexner Medical Center; Nienke Willigenburg, PhD; Timothy E Hewett, PhD, The Ohio State University's Sports Health and Performance Institute, Columbus, Ohio, USA

Developing a dancer wellness program at a community-based dance training centre
Erika Mayall, MPT, HBSc(Kin); Susanne Higgins, PT; Astrid Sherman, BSc. Physiotherapy, Pro Arte Centre, North Vancouver, British Columbia, Canada

Improving dancing skills among children from ballet school – does static and dynamic stability matter?
Paulina Mira, MPhty; Robert Smigielski, MD; Dariusz Straszewski, MPhty; Marcin Plenzler, MPhty, Carolina Medical Center, Warsaw, Poland

The role of puberty in the making and breaking of young dancers: The dance teacher’s perspective
Siobhan B Mitchell, MRes, MSc, University of Bath, Bath; Anne M Haase, PhD, University of Bristol, Bristol; Sean P Cumming, PhD, University of Bath, Bath, UK

Relationship between general joint laxity and ballet-related injuries in female classical ballet dancers
Marina Nara, BS, PT, Ochanomizu University, Tokyo; Saichi Wakayama, PhD, Hirosaki University, Aomori; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Dance Injury Education in the University Setting: Prioritizing Programs and Prevention
Stevie Oakes, MFA, State University of New York, Brockport, Rochester, New York, USA

Aging co-operation between the dancer and choreographer
Sara Puchowska, PhD, Academy of Performing Arts, Prague, Czech Republic

A ground reaction force analysis of jump and drop landings in collegiate dancers compared to other athletes: a pilot study
Lauren Smith; Mostafa Hegazy, PhD, University of Idaho, Moscow, Idaho, USA

Teaching Methods in Dance
Mariah Spears, Chapman University, Orange, California, USA

Can textured insoles improve ankle proprioception and performance in dancers?
Nili Knopp-Steinberg, PhD, The Wingate Institute, Netanya, Israel; Janet Karin, OAM, The Australian Ballet School, Melbourne; Gordon Waddington, PhD, University of Canberra, Canberra; Roger Adams, PhD, Sydney University, Sydney; Oren Tirosh, PhD, Victoria University, Victoria, Australia

The development of a nationwide survey of specialized healthcare services for dance students in higher education
Carina M Stern, MS, ATC, Shenandoah University, Winchester, Virginia; Esther A. Chou, MEd, AT; Inova Sports Medicine, Fairfax, Virginia, USA; Erica Helm, MFA, Shenandoah University, Winchester, Virginia; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio; Denise Massie, ATC, DPT, Shenandoah University, Winchester, Virginia, USA
The pull-up posture difference between adult ballet practitioners and ballet dancer: Consideration from trunk muscles cross sectional area and spinal column alignment change
Noriko Sueyoshi, Niigata University; Tamaki Ohta, MD, Nekoyama Hospital; Toshio Murayama, PhD, Niigata University, Niigata, Japan

Qualitative Approaches to Defining Aesthetic Performance in Professional Concert Dancers
Lauren Warnecke, MS, ACSM-CPT, University of Illinois at Chicago, Chicago, Illinois, USA

Inter rater and intra rater reliability of visually assessing joint position during basic dance movements
Valerie Williams, DPT, OCS; Mallory Sell, MS, ATC; Timothy Sell, PT, PhD, University of Pittsburgh, Pittsburgh, Pennsylvania, USA
THURSDAY, OCTOBER 8, 2015

ADAYFORTEACHERS:

Maximizing Positive and Healthy Teaching Environments

8:00-8:25 am  Registration; Tea and Coffee

8:35-8:45 am  Opening Remarks
Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming
Member-at-Large, IADMS Board of Directors
Chair, IADMS Education Committee

8:45–10:15 am  Optimizing the Teaching Environment: Psychology and Motivation for Teachers and Students.
Tom Welsh, PhD, Professor of Dance, Florida State University, USA

10:15-10:45 am  Refreshment Break

10:45 am-12:15 pm  Putting the Science to Work in a Class: The Importance of Fitness and Conditioning for Dance
Emma Redding, PhD, Head of Dance Science, Trinity Laban Conservatoire of Music and Dance, London UK

12:15-1:30 pm  Lunch

1:30 - 3:00 pm  The Science and the Art: More than just a Tendu...
Peter Lewton-Brain, DO, MA Osteopath and Dance Educator, Association Danse Médecine Recherche, Monaco

3:00-3:15 pm  Closing Remarks

Please note that discussion will be a component of each presentation.

Program subject to change.
THURSDAY, OCTOBER 8, 2015

COLLOQUIUM ON CLINICAL CARE OF DANCERS

Co-Chairs:
Kathleen Davenport, MD
Company Physician, Miami City Ballet
Preferred Orthopedics of the Palm Beaches
Boynton Beach, Florida, USA
Lindsay Harmon-Matthews, PT, DPT
OSU Sports Medicine, Performing Arts Medicine
The Ohio State University’s Wexner Medical Center
Columbus, Ohio, USA

8:00–8:25
Registration; Tea and Coffee

8:25–8:30
Opening Remarks
Jeffrey A Russell, PhD, AT
Coordinator, Colloquium on Clinical Care of Dancers
Assistant Professor, Athletic Training
Director, Science and Health in Artistic Performance
Ohio University
Athens, Ohio, USA

8:30–9:40
Hot Topics in Our Fields
Moderator: Kathleen Davenport, MD

Physician Perspective, 8:30–8:45
Lauren Elson, MD
Physical Medicine and Rehabilitation
Instructor, Harvard Medical School
Wellesley, Massachusetts, USA

Physical Therapy Perspective, 8:45–9:00
Moira McCormack, PT
Head of Physiotherapy, Ballet Healthcare
Royal Opera House
London, UK

Athletic Training Perspective, 9:00–9:15
Alison Deleget, MS, ATC
Program Manager, Harkness Center for Dance Injuries
New York, New York, USA

Psychology Perspective, 9:15 – 9:30
Lynda Mainwaring, PhD, CPsych
Associate Professor, Faculty of Kinesiology and Physical Education
University of Toronto
Toronto, Ontario, Canada

Discussion 9:30–9:40
9:40 – 10:40  
**Case Studies**  
Moderator: Lindsay Harmon-Matthews, PT, DPT  

**Elisabeth Wheeler, PT, DPT**, 9:40–9:55  
Allegheny Chesapeake Physical Therapy  
Pittsburgh, Pennsylvania, USA  

**Peter Lewton-Brain, DO, MA**, 9:55–10:10  
Osteopath and Dance Educator, Association DanseMédecineRecherche  
Monaco  

**A.B.M. (Boni) Rietveld, MD, BA(Mus)**, 10:10–10:25  
Medical Centre for Dancers & Musicians (MCDM)  
The Hague, The Netherlands  

**Steve Graef, PhD**, 10:25 – 10:40  
Licensed Psychologist, Ohio State University Sports Medicine  
Columbus, Ohio, USA  

10:40–11:00  
**Break**  

11:00 – 12:00  
**Reaching Dancers in Different Communities**  
*Note: This session utilizes PechaKucha as its lecture format (PechaKucha.org).*  

**Introduction to Session and PechaKucha**, 11:00–11:05  
Moderator: Kathleen Davenport, MD  

**Professional Ballet Company**, 11:05–11:10  
Valerie Williams, PT, DPT, MS, OCS  
Physical Therapist, UPMC/Centers for Rehab Services  
Pittsburgh, Pennsylvania, USA  

**Freelance/Small Companies**, 11:10–11:15  
Selina Shah, MD, FACP  
Center for Sports Medicine  
Walnut Creek, California, USA  

**University Program**, 11:15–11:20  
Laura Santos, MS, LAT, ATC  
Head Athletic Trainer, University of North Carolina School of the Arts  
Winston-Salem, North Carolina, USA  

**National Dance Outreach**, 11:20–11:25  
Helen Laws  
Dance UK  
Manager, National Institute of Dance Medicine and Science
THURSDAY, OCTOBER 8, 2015

London, UK

**Multidisciplinary Center, 11:25–11:30**
Marijeanne Liederbach, PhD, PT, ATC, CSCS
Director, Harkness Center for Dance Injuries
New York, New York, USA

**Outpatient Care and Wellness Facility, 11:30–11:35**
Jennifer Gamboa, DPT, OCS, MTC
CEO, Body Dynamics, Inc., Center for Sustainable Health
Falls Church, Virginia, USA

**Discussion 11:35–12:00**

12:00–13:15 **Lunch**

Moderator: Lindsay Harmon-Matthews, PT, DPT

Gary Galbraith, MFA
Dancer Wellness Project
New York, New York, USA

**Research Perspectives, 13:35–13:55**
Matthew Wyon, PhD
Institute of Sport and School of Performing Arts,
University of Wolverhampton
Division of Surgery and Intervention Science, Institute of Orthopaedics and Musculoskeletal Science
University College London
National Institute of Dance Medicine and Science, UK
Walsall, UK

**Functional Testing and Outcome Measures, 13:55–14:15**
Esther A. Chou, MEd, AT
Clinical Research Analyst
Inova Sports Medicine
Adjunct Faculty, Athletic Training Education Program,
George Mason University, USA
Falls Church, Virginia, USA

**Fitness Screening, 14:15–14:30**
Emma Redding, PhD
Head of Dance Science, Trinity Laban Conservatoire of Music and Dance
THURSDAY, OCTOBER 8, 2015

London, UK

**Concussion Screening, 14:30–14:45**
Elaine Winslow-Redmond, MS, ATC
Director of Athletic Training and Wellness, TheRockettes
Radio City Music Hall
New York, New York, USA

**Nutritional Screening, 14:45–15:00**
Jasmine Challis, BSc, RD
Reading, UK

**Clinical Relevance of Screening, 15:00–15:15**
Brad Moser, MD
Founder and Director, Minnesota Dance Medicine Foundation
Twin Cities Orthopedics
Minneapolis, Minnesota, USA

**Discussion 15:15–15:30**

15:30 **Closing Remarks**

*Please note that discussion will be a component of each section.*

*Program subject to change.*