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### Letter from the Editor

Dear Dancers and Teachers,

The *IADMS Bulletin for Dancers and Teachers* is about to begin its fifth year of publication. We extend a big and grateful thank you to you, our readers. IADMS is very pleased that you continue to download our bulletin and hope it is helpful for employing scientific principles to enhance or validate your approach to teaching and dancing. We value your opinions. Please write to [Bulletin@iadms.org](mailto:Bulletin@iadms.org) if you have any comments or wish the Bulletin team to address any specific questions or topics.

The Bulletin team, the Education Committee, and the IADMS Board of Directors and Staff appreciate Ken Endelman and Balanced Body for ongoing support of the *IADMS Bulletin for Dancers and Teachers*.

We are very pleased to offer articles in this issue of the *Bulletin* that focus on the foot. Included are articles on criteria for assessing pointe readiness, ballet training in soft blocks, and addressing the alignment of the foot en pointe using MRI. Combined, these articles will help you

understand what the foot is doing anatomically and how to train for improved function while dancing en pointe.

The abstract review portion was compiled and written by Marliese Kimmerle, Ph.D. It includes summaries on the cardio-respiratory profile of professional ballet dancers, with a related summary on oxygen consumption and heart rate during various ballet exercises. There is an article on postural control, and another with exciting new information on closed-eye balance training.

The 2015 IADMS “A Day for Teachers” will be held in Pittsburgh, Pennsylvania, USA on Thursday, October 8, 2015. Please join us! If you are interested in more IADMS programming, we are holding a Regional Meeting for dancers and teachers at DeSales University in Center Valley, Pennsylvania on April 26, 2015. DeSales University is located one hour from Philadelphia, Pennsylvania and one and a half hours from New York City, New York by car. Look for detailed information soon!

Editor:  
Gayanne Grossman, P.T., Ed.M.