

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



THURSDAY, October 12, 2017

- 8:00 - 9:00 am** **Registration;** Light breakfast, **Lobby**
- 9:00 - 9:30 am** **Opening Remarks, Salon A & B**
 Matthew Wyon, PhD, MSc, President, IADMS
 Presentation of IADMS Dance Educator Award
 Presentation of the IADMS Student Research Award
 (Supported by Harkness Center for Dance Injuries)
- 9:30 - 10:30 am** **Opening Symposium Moderator: Matthew Wyon, PhD, MSc, Walsall, UK Salon A & B**
**Overuse injuries and specialization-
 what can dance medicine & science learn from sport?**
 Neeru Jayanthi, MD ^{1,2}
¹Emory Sports Medicine Center, Johns Creek, GA, United States ²Society for Tennis
 Medicine and Science, IL, United States
- 10:30 - 11:00 am** **IADMS ‘DUELS’ Moderator: Matthew Wyon, PhD, MSc, Walsall, UK Salon A & B**
Dancer – athlete or artist?
 Angelina Vera, MD¹ vs Annette Karim, DPT, PhD^{2,3}
¹Houston Methodist Hospital, Houston, TX, United States ²Azusa Pacific University,
 Azusa, CA, United States, ³PASIG, Orthopaedic section, American Physical Therapy
 Association, WI, United States
Should dancers run?
 Andrea Kozai, MSc, CSCS¹ vs Melanie Fuller, M Sp & Msk Phty¹²
¹Pittsburgh, PA, United States, ²Queensland University of Technology – Dance, Creative
 Industries Faculty, Brisbane, Queensland, Australia
- 11:00 - 11:30 am** **REFRESHMENT BREAK**

11.30 am - 1.30 pm Salon B Moderator: Alexander McKinven, MSc. MCSP. London, UK.	11.30 am - 1.30 pm Navarro/Hildago Moderator: Jatin Ambegaonkar, PhD. Manassas, VA, USA.
11.30 am-noon High prevalence of connective tissue gene variants in professional ballet Angelina Vera, MD ¹ , Varan Haghshenas, MD ¹ , Kevin Varner, MD ¹ , Patrick McMulloch, MD ¹ , Joshua Harris, MD ¹ , Domenica Delgado, BS ¹ ¹ Houston Methodist Hospital, Houston, TX, United States	11.30-11.45 am Lower-limb muscle contributions to relevé in dancers with and without flexor hallucis longus tendinopathy and the effects of unloading the toes K. Michael Rowley, BS, BA ¹ , Hai-Jung (Steffi) Shih, BS, PT ¹ , Kristen Sutton-Traina, DPT ¹ , Kornelia Kulig, PhD, PT ¹ ¹ University of Southern California, Los Angeles, United States

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>Noon-12.30 pm Exploring the relationship between interoception, anxiety and hypermobility in adolescent dance students Wendy Timmons, B.Phil(Hons)¹ <i>¹University of Edinburgh, Edinburgh, United Kingdom</i></p> <p>12.30-12.45 pm Effects of hypermobility on a dynamic balance task and a pirouette in university dancers Megan Bane, MS, AT¹, Jeffrey Russell, PhD, AT² <i>¹The Ohio State University Wexner Medical Center, Columbus, OH, United States, ²Ohio University, Athens, OH, United States</i></p> <p>12.45-1.00 pm An investigation into the prevalence of hypermobility and its relationship with self-reported injury in adolescent and pre-professional contemporary dancers Anna May Williams, MSc¹, Edel Quin, MSc¹ <i>¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p> <p>1.00-1.30 pm Depersonalization and emotional regulation in dancers Paula Thomson, PsyD¹, Victoria Jaque, PhD¹ <i>¹California State University, Northridge, CA, United States</i></p>	<p>11.45 am-noon Electromyographic analysis of the lower limb during the movements of demi-plié, grand-plié and sauté in female, recreational dancers: a laboratory based study Alaina Hadfield, MBChB, BSc (Hons)^{1,2}, Richard Twycross-Lewis, PhD MRes¹, Manuela Angioi, PhD¹ <i>¹Queen Mary University of London, London, United Kingdom, ²Keele University, Newcastle-under-Lyme, United Kingdom</i></p> <p>Noon-12.15 pm Comparison of kinematic differences in dance movements with and without support: grand plié Rachael Greenwell, BFA¹, Margaret Wilson, PhD¹, Boyi Dai, PhD¹, Jennifer Deckert, MFA¹ <i>¹University of Wyoming, Laramie, WY, United States</i></p> <p>12.15-12.30 pm 3D kinematic analysis of the lower leg and foot contributions to turnout in female pre-professional dancers Sarah Carter, B.Pod.M, MSc^{1,2}, Rebekha Duncan, DipDance (Dance Performance)³, Andries Weidemann², Alan Bryant, PhD¹, Luke Hopper, PhD² <i>¹Podiatric Medicine and Surgery Unit, School of Allied Health, The University of Western Australia, Perth, Australia, ²Western Australian Academy of Performing Arts, Edith Cowan University, Perth, Australia, ³School of Physiotherapy and Exercise Science, Curtin University, Perth, Australia</i></p> <p>12.30-12.45 pm Analysis of intra and inter segmental coordination in hip, knee and ankle rotation in experienced and beginner dancers performing sauté Andreja Picon, PhD¹, Renato Moraes, PhD², Natalia Madalena Rinaldi, PhD³, Isabel Sacco, PhD¹ <i>¹University of São Paulo, São Paulo, Brazil, ²University of São Paulo, Ribeirão Preto, Brazil, ³Universidade Federal Espírito Santo, Vitória, Brazil</i></p> <p>12.45-1.00 pm Comparison of ground reaction forces between novice and experienced ballet dancers performing a second position jump landing Dayun Jeon, MS¹, Eadric Bressel, PhD¹ <i>¹Utah State University, Logan, UT, United States</i></p>
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SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



	<p>1.00-1.15 pm The impact of shock absorption in dance shoes and the relation to the increased risk of injuries within Highland dancers Robyn Horsburgh, MSc¹, Wendy Timmons, B.Phil(Hons)¹, Georgios Machtsiras, MD¹ ¹University of Edinburgh, Edinburgh, United Kingdom</p> <p>1.15-1.30 pm Effect of different ballet shoes and strategy of arabesque performance in ground reaction forces of classical ballet dancers Michele Ghilardi¹, Ana Carolina Stervid¹, Thais Sawada¹, Isabel Sacco, PhD¹, Andreja Picon, PhD¹ ¹Faculty of Medicine, University of São Paulo, São Paulo, Brazil</p>
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<p>Interactive workshop: 11.30 am - 12.20 pm Salon A Moderator: Elsa Urmston, MSc. Ipswich, UK.</p>	
<p>Explorations in asymmetry and laterality in dance training Suzanne Martin, DPT, MA^{1,2} ¹Smuin Ballet, San Francisco, United States, ²Pilates Therapeutics, Alameda, United States</p>	
<p>Interactive workshop: 11.30 am - 12.20 pm Salon C Moderator: Marika Molnar, PT, Lac. New York, NY, USA.</p>	
<p>Injury prevention and studio practices for upper extremity weight-bearing in modern, contemporary, and breakdancing techniques Chad Van Ramshorst, DPT, BFA¹, Robert Tsai, BA² ¹Kaiser Permanente, Springfield, VA, United States, ²Chapman University, Irvine, CA, United States</p>	

<p>Interactive workshop: 12.30 - 1.20 pm Salon A Moderator: Elsa Urmston, MSc. Ipswich, UK.</p>	
<p>Teaching dance to young children: implementing a flexible, holistic program for progressive development Jane Andrewartha, DipDance (Teaching & Management)^{1,2} ¹Movement and Dance Education Centre, Melbourne, Australia, ²Laurel Martyn Foundation, Mont Albert, Australia</p>	
<p>Interactive workshop: 12:30 - 1:20 pm Salon C Moderator: Marika Molnar, PT, Lac. New York, NY, USA</p>	
<p>Novel taping techniques for the foot and ankle across the rehabilitation continuum from acute injury to return to performance Emma Faulkner, PT, DPT^{1,2}, Tiernan Damas, DPT, CYT³ ¹Motion Stability Physical Therapy Group, Atlanta, GA, United States, ²Mercer University, Atlanta, GA, United States, ³Emory University, Atlanta, GA, United States</p>	

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



1:30 - 3:30 pm LUNCH BREAK with IADMS committee meetings

<p>Lunchtime presentation: 1:30 - 2:20 pm Navarro/Hildago Moderator: Matthew Wyon, PhD, MSc Walsall, UK.</p>
<p>Journal of Dance Medicine & Science - editorial review and presentation Ruth Solomon, Professor Emeritus^{1,2,3}, John Solomon, PhD^{1,2} ¹Journal of Dance Medicine & Science, Santa Cruz, Soquel, CA, United States ²University of California, Santa Cruz, Soquel, CA, United States, ³Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</p>
<p>Lunchtime interactive workshop: 1:30 - 2:20 pm Salon A Moderator: Melanie Fuller, M Sp & Msk Phty. Brisbane, Australia.</p>
<p>You don't use Band-Aids for blisters Paddy Jarit, PT, ATC¹ ¹Sport & Orthopaedic Physical Therapy by Paddy Jarit, Fairfield, CA, United States</p>
<p>Lunchtime movement session: 1:30 - 2:20 pm Salon C Moderator: Danielle Aways, MSc, BFA. Walsall, UK.</p>
<p>Plié, it's spirals and internal movement of the connective tissue Annemari Autere¹ ¹Compagnie Ariel University of Nice Sophia Antipolis, Villefranche sur Mer, France</p>

<p>3:30 - 6:00 pm Salon B Moderator: Thomas Welsh, PhD. Tallahassee, FL, USA</p>	<p>3:30 - 6:00 pm Navarro/Hildago Moderator: K. Michael Rowley, BS, BA. Los Angeles, CA, USA.</p>
<p>3.30-3.45 pm Injury trends from a national healthcare service dance injury clinic: five year review Roger Wolman, MD, FRCP^{1,2}, Leann Bell, MRCP, MSc¹, Caroline Jubb, MSc, MCSP^{1,2}, Stephanie De'Ath, MSc², Helen Laws, BA² ¹Royal National Orthopaedic Hospital, London, United Kingdom, ²National Institute of Dance Medicine and Science, London, United Kingdom</p> <p>3.45-4.00 pm Injury and symptom prevalence in professional and non-professional United States Dancesport dancers: a national survey Seth Grover, BS¹, Lynette Khoo-Summers, PT, DPT¹, Matthew Bailey, BS² ¹Washington University School of Medicine, Program in Physical Therapy, St. Louis, MO, United States, ²Washington University in St. Louis, Department of Medicine, St. Louis, MO, United States</p>	<p>3.30-4.00 pm Conservative and post-operative management of acetabular labral pathology in ballet students: review Meredith Dake, PT, DPT^{1,2} ¹Children's Hospital Colorado, Denver, CO, United States, ²Performing Arts Medicine of the Rockies, Denver, CO, United States</p> <p>4.00-4.30 pm Screening of high level ballet dancers to identify the hip "at-risk" of injury Michelle Rodriguez, MPT, OCS¹, Michele Philippon², Karen Briggs², Marc Philippon² ¹Manhattan Physio Group, New York, NY, New York, United States, ²Steadman Philippon Research Center, Vail, CO, United States</p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>4.00-4.15 pm Injury occurrence in Breaking Nefeli Tsiouti, MA, MSc¹, Matthew Wyon, PhD, MSc^{2,3} ¹<i>Project Breakalign, London, United Kingdom,</i> ²<i>Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom,</i> ³<i>National Institute of Dance Medicine and Science, Birmingham, United Kingdom</i></p>	<p>4.30-4.45 pm Hip flexor muscle size in ballet dancers compared to non-dancing athletes, and associations to pain Sophie Emery, MPhty(Sports)¹, Susan Mayes, PhD, PT^{1,2}, Jill Cook, PhD, PT² ¹<i>The Australian Ballet, Melbourne, Australia,</i> ²<i>La Trobe Sport and Exercise Medicine Research Centre, La Trobe University, Melbourne, Australia</i></p>
<p>4.15-4.30 pm Prevalence and characteristics of upper limb issues among dancers Angela Contri, BSc(Hons)¹, Sara Muccioli, BSc(Hons), BA(Hons)¹, Omar De Bartolomeo, MD PhD², Michela Bozzolan, PT, MSc¹ ¹<i>Università degli studi di Ferrara, Ferrara, Italy,</i> ²<i>Ballet School of Teatro Alla Scala, A.O. Istituto Ortopedico Gaetano Pini, University of Milan, Milano, Italy</i></p>	<p>4.45-5.00 pm Professional ballet dancers have greater hip strength than collegiate dancers Valerie Williams, PT, PhD¹, Timothy Sell, PT, PhD², Mita Lovalekar, MBBS, PhD³ ¹<i>Brunel University, London, United Kingdom,</i> ²<i>Duke University, Durham, NC, United States,</i> ³<i>University of Pittsburgh, Pittsburgh, PA, United States</i></p>
<p>4.30-4.45 pm Dance-related musculoskeletal complaints presenting to a walk-in clinic during summer dance intensives Lindsay Harmon-Matthews, PT¹, Samantha Amway, DPT¹, Tiffany Marulli, PT, DPT¹, Timothy Hewett, PhD² ¹<i>Ohio State University Wexner Medical Center, Columbus, OH, United States,</i> ²<i>Mayo Orthopedic Biomechanics Laboratories and Sports Medicine Center, Mayo Clinic, Rochester, MN, United States</i></p>	<p>5.00-5.15 pm Physical therapy management of a competitive dancer with chronic hip pain with femoroacetabular impingement, hip dysplasia, labral tear, and psoas tendinitis Caitlin Kothe, DPT, MS¹, Lynnette Khoo-Summers, DPT, PT¹ ¹<i>Washington University Program in Physical Therapy, St. Louis, MO, United States</i></p>
<p>4.45-5.00 pm Preparticipation physical evaluation in aspirants for a professional school of dance Soledad Echegoyen, MD, M.Ed.¹, Cristina Rodriguez², Eugenia Acuña^{1,2} ¹<i>Escuela Nacional de Danza, Instituto Nacional de Bellas Artes, Mexico City, Mexico,</i> ²<i>Universidad Nacional Autonoma de Mexico, Mexico City, Mexico</i></p>	<p>5.15-5.30 pm Is Hoffa's disease in your differential? The clinical presentation/management and pathophysiology of a common condition in dancers Tina Wang, MD¹, Corneliu Coston, DPT¹ ¹<i>Tupelo Pointe Healing Arts, Claremont, CA, United States</i></p>
	<p>5.30-5.45 pm Injuries requiring surgery in dancers performing high-demand dances Neslihan Aksu, MD¹, Vefa Atansay, MD¹, Taner Aksu, MD², Işık Karalök, MD¹, Koculu, Safiye, MD¹ ¹<i>Istanbul Bilim University Medical Faculty, Istanbul, Turkey,</i> ²<i>Bahçeşehir University Medical Faculty, Istanbul, Turkey</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>5.00-5.15 pm Does musculoskeletal screening predict injury in young dancers? Tiffany Marulli, PT, DPT¹, Lindsay Harmon-Matthews, PT, MPH¹, Timothy Hewett, PhD² <i>¹The OSU Sports Medicine Research Institute, The Ohio State University, Columbus, Columbus, OH, United States, ²Mayo Orthopedic Biomechanics Laboratories and Sports Medicine Center, Mayo Clinic, Rochester, MN, United States</i></p> <p>5.15-5.30 pm Risk factors for injury in pre-professional ballet and contemporary dancers Sarah Kenny, PhD¹, Luz Palacios-Derflingher, PhD¹, Qian Shi, MSc¹, Jackie Whittaker, PT, PhD², Carolyn Emery, PT, PhD¹ <i>¹University of Calgary, Calgary, Canada, ²University of Alberta, Edmonton, Canada</i></p> <p>5.30-5.45 pm Risk factors for lower extremity injuries among contemporary dance students Rogier van Rijn, PhD¹, Christine van Seters, MD^{1,2}, Marienke van Middelkoop, PhD², Janine Stubbe, PhD^{1,3} <i>¹Codarts, University of the Arts, Rotterdam, Netherlands, ²Department of General Practice, Erasmus MC, University Medical Center, Rotterdam, Netherlands, ³Amsterdam University of Applied Sciences, Centre for Applied Research in Sports and Nutrition, Amsterdam, Netherlands</i></p> <p>5.45-6.00 pm Incidence of musculoskeletal complaints and time-loss injuries specific to low back pain among professional and collegiate dancers: a two-year prospective analysis. Marijeanne Liederbach, PhD, PT¹, Leigh Schanfein, MS¹, Michelle Williams, MS, CCRP¹, Donald Rose, MD¹ <i>¹Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, NY, United States</i></p>	<p>5.45-6.00 pm Ultrasound guided percutaneous tenotomy and calcium fragmentation for supraspinatus calcific tendinopathy in a ballet dancer Selina Shah, MD, FACP¹ <i>¹Center for Sports Medicine, St. Francis Memorial Hospital, Dignity Health, Walnut Creek, CA, United States</i></p>
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SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>Interactive workshop: 3:30 - 4:20 pm Salon A Moderator: Frances Clarke, BA(Hons), MSc. Walsall, UK.</p>
<p>Implementing aerobic conditioning exercises into dance kinesiology curriculum: three games for a university dance program Tricia Zweier, MS, MFA¹ ¹Lindenwood University, St. Charles, MO, United States</p>
<p>Interactive workshop: 3:30 - 4:20 pm Salon C Moderator: Danielle Aways, MSc, BFA. Walsall, UK.</p>
<p>Improving dancers feet through movement intention and biomechanics Peter Lewton-Brain, DO, MA^{1,2} ¹Les Ballets des Monte-Carlo, Monaco, ²Centre International de Dance Rosella Hightower, Cannes/Mougins, France</p>
<p>Interactive workshop: 4:30 - 5:20 pm Salon A Moderator: Frances Clarke, BA(Hons), MSc. Walsall, UK.</p>
<p>Collaborative research in dance science and creative practice Emma Redding, PhD¹, Clare Baker, BA¹, Amanda Gough, MFA¹, Naomi Lefebvre Sell, PhD¹, Lucie Clements, MSc¹, Sara Reed, PhD², Sarah Whatley, PhD², Rebecca Weber, MFA², Jon May, PhD³ ¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²Coventry University, Coventry, United Kingdom, ³Plymouth University, Plymouth, United Kingdom</p>
<p>Interactive workshop: 4:30 - 5:20 pm Salon C Moderator: Danielle Aways, MSc, BFA. Walsall, UK</p>
<p>Connecting the dots between dance movement and developmental movement: how a little goes a long way Annette Karim, DPT, PhD¹ ¹Azusa Pacific University, Azusa, CA, United States</p>
<p>Evening movement session: 5:30 - 6:20 pm Salon A Moderator: Frances Clarke, BA(Hons), MSc. Walsall, UK.</p>
<p>Death of the classical port de bras: smart exercises to correct a generational problem. Erika Mayall, MPT, HBSc(Kin)¹, Susanne Higgins, cert Pilates, BSc¹, Astrid Sherman, FISTD¹ ¹Pro Arte Centre, North Vancouver, Canada</p>
<p>Evening movement session: 5:30 - 6:20 pm Salon C Moderator: Danielle Aways, MSc, BFA. Walsall, UK</p>
<p>Using Pilates Orbits to train modern dancers' spine work Carisa Armstrong, MFA¹, Christine Bergeron, MFA¹ ¹Texas A&M University, College Station, Bryan, TX, United States</p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



Interactive workshop: 5:30 - 6:20 pm Sam Houston

Moderator: Sarah Needham-Beck, PhD, MSc.
London, UK.

Student and young professional networking workshop

Andrea Alvarez, BS, MFA¹, Amanda Clark, MFA², Gabriel Gonzales³, Siobhan Mitchell, MSc, MRes⁴

¹Texas A&M University, College Station, TX, United States ²Cleveland, OH, United States ³University of New Mexico, Albuquerque, United States ⁴University of Bath, Bath, UK,

7:30 pm WELCOME RECEPTION

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



FRIDAY, October 13, 2017

<p><u>Early morning movement session: 8:00 - 8:50 am Salon A</u> Moderator: Selina Shah MD, FACP. Walnut Creek, CA, USA.</p> <p>Somatics in action: floor barre Lauren Kearns, MFA, MA¹ ¹<i>Elon University, Elon, NC, United States</i></p>	
<p><u>Early morning movement session: 8:00 - 8:50 am Salon C</u> Moderator: K. Michael Rowley, BS, BA. Los Angeles, CA, USA.</p> <p>The intelligent body: a collaborative exploration of athletic training and Horton technique Amanda Donahue, MS, ATC¹, Kristina Berger¹ ¹<i>Dean College, Franklin, MA, United States</i></p>	
<p><u>Interactive workshop: 9:00 – 9.50 am Salon A</u> Moderator: Selina Shah MD, FACP. Walnut Creek, CA, USA.</p> <p>Dance-medical physical examination, especially lower extremity - hands on: how we do it A.B.M.(Boni) Rietveld, MD, BA(mus)¹, Camilla I. C. A. Pierrot, MD² ¹<i>Medical Centre for Dancers & Musicians, HMC Westeinde, The Hague, Netherlands,</i> ²<i>Huisartsen Praktijk Pierrot, Vinkeveen, Netherlands</i></p>	
<p><u>Interactive workshop: 9:00 – 9.50 am Salon C</u> Moderator: K. Michael Rowley, BS, BA. Los Angeles, CA, USA.</p> <p>From biscuits to bananas – understanding the potential for the foot and ankle through movement Robert Turner, DPT, OCS¹, Kim Gibilisco, MFA, MA¹ ¹<i>NY Intuit Movement Lab, New York, NY, United States</i></p>	
<p>8:30 - 10:30 am Salon B Moderator: Elsa Urmston, MSc. Ipswich, UK.</p> <p>8.30-8.45 am A dancer-centric journey - in pursuit of an interdisciplinary approach to training, healthcare and performance Clare Guss-West, BHum, MA¹ ¹<i>The European Network for Opera, Music & Dance Education, Zurich, Switzerland</i></p>	<p>8:30 - 10:30 am Navarro/Hildago Moderator: Alexander McKinven, MSc MCSP. London, UK.</p> <p>8.30-9.00 am When “healthy” goes too far: the relationship of energy balance and injury in dancers Amanda Blackmon, DPT, OCS^{1,2,3}, Val Schonberg, MS, RD^{4,5} ¹<i>Mercer University, Atlanta, GA, United States,</i> ²<i>Motion Stability Physical Therapy Group, Atlanta, GA, United States,</i> ³<i>Atlanta Ballet, Atlanta, GA, United States,</i> ⁴<i>EnlightenU Nutrition Consulting, LLC, Atlanta, GA, United States,</i> ⁵<i>Minnesota Dance Medicine Foundation, Minneapolis, MN, United States</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>8.45-9.00 am Teaching dance to young children: a healthy and effective approach to training and educating young dancers Jane Andrewartha, DipDance (Teaching & Management)^{1,2} <i>¹Movement and Dance Education Centre, Melbourne, Australia, ²Laurel Martyn Foundation, Melbourne, Australia</i></p> <p>9.00-9.15 am The early maturing dancer: challenges and advantages in UK vocational training Siobhan Mitchell, MRes, MSc¹, Anne Haase, PhD², Sean Cumming, PhD¹ <i>¹University of Bath, Bath, UK, ²University of Bristol, Bristol, UK,</i></p> <p>9.15-9.30 am Status of dancer wellness education programs in U.S. colleges/universities: a 20-year update Marita Cardinal, EdD¹, Kim Rogers, MPH, MS², Bradley Cardinal, PhD² <i>¹Western Oregon University, Monmouth, OR, United States, ²Oregon State University, Corvallis, OR, United States</i></p> <p>9.30-10.00 am Creating a culture of wellness in university dance training programs Veoletta Dyer, MFA, BS¹, Gayanne Grossman, PT, EdM², Sarah Wilcoxon, MFA, MS³, Tom Welsh, PhD¹, Loren Davidson, MFA¹, Ariel Trzaskos, BFA, NASM-CPT¹, MFA¹, Gabriel Williams, MFA, CPT¹ <i>¹Florida State University, Tallahassee, FL, United States, ²Muhlenberg College, Allentown, PA, United States, ³Missouri State University, Springfield, MO, United States</i></p>	<p>9.00-9.30 am Are dancers more susceptible to injury when transitioning to full-time training or professional companies? A systematic review and meta-analysis Melanie Fuller, M Sp & Msk Phty¹, Gene Moyle, D Psych², Geoffrey Minett, PhD³ <i>¹Queensland University of Technology – Dance, Creative Industries Faculty, Brisbane, Queensland, Australia, ²Queensland University of Technology – School of Creative Practice, Creative Industries Faculty, Brisbane, Queensland, Australia, ³Queensland University of Technology – School of Exercise and Nutrition Sciences, Faculty of Health, Brisbane, Queensland, Australia</i></p> <p>9.30-10.00 am Training load measurement and optimization techniques in the prevention of dance injuries Asad Siddiqi, DO¹ <i>¹Columbia University Medical Center, New York, NY, United States</i></p> <p>10.00-10.30 am Monitoring training load in classical ballet using inertial measurement units Kurt Vogel, MExSci¹, Louise Drysdale, BPhty², Zara Gomes, BPhty(Hons)² <i>¹University of Southern Queensland, Ipswich, Australia, ²Queensland Ballet, West End, Australia</i></p>
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SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>10.00-10.30 am From dance artist to healthy dance advocate: a conversation Maggie Morris, MA, BA(Hons)¹, Sonia Rafferty, MSc, BA(Hons)^{1,2}, Emma Redding, PhD^{1,2,3} ¹Safe in Dance International, Honiton, Devon, United Kingdom ²Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ³National Institute of Dance Medicine and Science, London, United Kingdom</p>	
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10:00 - 11:30 am POSTER PRESENTATIONS - Group S Lamar
REFRESHMENTS

<p>11:30 am - 1:30 pm Salon B Moderator: Marika Molnar, PT, LAc. New York, NY, USA.</p>	<p>11:30 am - 1:30 pm Navarro/Hildago Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA.</p>
<p>11.30-11.45 am Emergencies in dance: preparing for the worst case situation Laura Mertz, MS, ATC¹ ¹Behind the Scenes Medical Consulting, LLC, Roswell, GA, United States</p> <p>11.45 am-noon Defining the job description of a professional ballet/contemporary dancer Melody Hrubes, MD¹, Jennifer Janowski, PT, DScPT², Kelli Barton, PT, DPT², Rachel Wise, PT, DPT² ¹University of Illinois at Chicago Hospital, Chicago, IL, United States, ²Athletico, Chicago, IL, United States</p> <p>Noon-12.15 pm Utilizing the job description of a professional ballet/contemporary dancer for successful return to work Jennifer Janowski, PT, DScPT¹, Melody Hrubes, MD², Kelli Barton, PT, DPT¹, Rachel Wise, PT, DPT¹ ¹Athletico, Chicago, IL, United States, ²University of Illinois at Chicago Hospital, Chicago, IL, United States</p> <p>12.15-12.30 pm Return to dance after concussion: assessment and treatment considerations Kristen Schuyten, DPT, SCS¹ ¹University of Michigan, Michigan Medicine, Howell, MI, United States</p>	<p>11.30 am-noon Ambition, competition, and envy: enemies or allies? Jeanne Even, MSW, CAC¹ ¹IPTAR, New York, NY, United States</p> <p>Noon-12.30 pm The effects of performance profiling on goal setting and motivation on an undergraduate dance population Frances Clarke, BA(Hons), MSc^{1,2} ¹University of Wolverhampton, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Birmingham, United Kingdom</p> <p>12.30-12.45 pm The perceptions of injured dancers by uninjured dancers in a university setting Moegi Yamaguchi, MS AT¹, Jeffrey Russell, PhD¹ Elizabeth Beverly, PhD¹ ¹Ohio University, Athens, OH, United States</p> <p>12.45-1.00 pm Biopsychosocial considerations of strength training for adolescent male dancers Joshua Honrado MS, ATC¹, Leslie Deleget, MS, ATC¹, Marijeanne Liederbach, PhD, PT¹ Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, NY, United States</p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>12.30-12.45 pm Return to dance protocol for shoulder injuries Bene Barrera, BS, ATC^{1, 2} <i>¹Houston Methodist Hospital, Houston, TX, United States, ²Houston Ballet, Houston, TX, United States</i></p> <p>12.45-1.00 pm Return to dance following microdiscectomy in a professional male modern dancer Katherine Ewalt, MS, ATC¹ <i>¹PAARTS Wellness Studio, San Diego, CA, United States</i></p> <p>1.00-1.15 pm Return to dance protocol for lower extremity injuries Carina M. Nasrallah, MS, ATC¹, Zakia Tillis BS, MS^{1,2} <i>¹Houston Methodist Hospital, Houston, TX, United States, ²Houston Ballet, Houston, TX, United States</i></p> <p>1.15-1.30 pm An Achilles tendinopathy educational intervention for generalist physicians improves awareness and knowledge for treating dancers Wendy Coates, MD¹, Leroy Sims, MD² <i>¹UCLA School of Medicine/Los Angeles County Harbor-UCLA Medical Center Los Angeles, CA, USA ²Mills Peninsula Emergency Medicine Associates, Burlingame, CA, United States</i></p>	<p>1.00-1.30 pm Optimizing dancers' mindsets: Building resilience, mindful learning, and a self-mentoring inner voice Lisa Akira Kveton-Bohnert, PhD¹ <i>¹Saybrook University, San Francisco, CA, United States</i></p>
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<p>Interactive workshop: 11.30 am - 12.20 pm Salon A Moderator: Jasmine Challis BSc (Hons), RD. Reading, UK</p>
<p>The beauty of physics: biomechanics in the ballet class Margaret Wilson, PhD¹, Jennifer Deckert, MFA¹ <i>¹University of Wyoming, Laramie, WY, United States</i></p>
<p>Interactive workshop: 11.30 am - 12.20 pm Salon C Moderator: Gayanne Grossman, PT. Allentown, PA, USA.</p>
<p>I stand corrected! From correction to constructive feedback Karine Rathle, MSc¹ <i>¹Healthy Dancer Canada, Montréal, Canada</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p><u>Interactive workshop: 12:30 – 1:20 pm Salon A</u> Moderator: Jasmine Challis BSc (Hons), RD. Reading, UK</p>
<p>The importance of the foot core for dancers Kirsten Roberts, DPT¹ ¹<i>Australian Physiotherapy and Pilates Institute, Fort Worth, TX, United States</i></p>
<p><u>Interactive workshop: 12:30 – 1:20 pm Salon C</u> Moderator: Gayanne Grossman, PT. Allentown, PA, USA.</p>
<p>How to train young dancers to create good back extension without risking lumbar vertebrae arch fractures (spondylolysis) Jarmo Ahonen, PT¹ ¹<i>Art Fysio Oy Finnish National Ballet, Helsinki, Finland</i></p>

1:30 - 3:30 pm LUNCH BREAK with ROUND TABLES

<p><u>Early lunchtime movement session: 1:30 - 2:20 pm Salon A</u> Moderator: Emma Redding, PhD. London, UK.</p>
<p>New conditioning methodology: 'Breakalign Method' Robert Tsai, BA¹, Nefeli Tsiouti, MA, MSc¹, Sarah Needham-Beck, PhD^{1,2} ¹<i>Project Breakalign, London, United Kingdom, ²One Dance UK, London, United Kingdom</i></p>
<p><u>Early lunchtime movement session: 1:30 - 2:20 pm Salon C</u> Moderator: Alexander McKinven, MSc MCSP. London, UK.</p>
<p><i>IADMS ELDER session</i> Protecting the dancer hip: a movement session Ruth Solomon, Professor Emeritus^{1,2,3} ¹<i>Journal of Dance Medicine & Science, Santa Cruz, Soquel, CA, United States ²University of California, Santa Cruz, Soquel, CA, United States, ³Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</i></p>

<p><u>Late lunchtime movement session: 2:30 - 3:20 pm Salon A</u> Moderator: Emma Redding, PhD. London, UK.</p>
<p>Partnering for all: exploring gender-neutral dance partnering Gabriel Williams, MFA¹ ¹<i>Florida State University, Tallahassee, FL, United States</i></p>
<p><u>Late lunchtime movement session: 2:30 - 3:20 pm Salon C</u> Moderator: Alexander McKinven, MSc MCSP. London, UK.</p>
<p>Developmental kinesiology influenced movement: an innovative new strategy for core training and hip centration Cynthia Butler, DC¹ ¹<i>Private Practice, Palos Verde Estates, CA, United States</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



Round Table Topics	Moderator
Education	Elsa Urmston
Foot and Ankle	Jeff Russell
Hip	Peter Lavine
Medicine	Kathleen Davenport
Nutrition / Exercise Physiology	Matthew Wyon
Psychology / Neuroscience	Peter Lewton-Brain
Rehabilitation x2	Melanie Fuller/Andrea Kozai
Somatics / Kinesiology	Gayanne Grossman
Technology / Biomechanics	Michael Rowley

<p>3:30-5:30 pm Salon B Moderator: Emma Redding, PhD. London, UK.</p>	<p>3:30-5:30 pm Navarro/Hildago Moderator: Jeffrey Russell, PhD. Athens, OH, USA.</p>
<p>3.30-4.30 pm <i>'AJG Howse Memorial Lecture'</i> Youth dancers: perspectives from growth and maturation Robert M. Malina, PhD, FACSM¹ ¹<i>Professor Emeritus, University of Texas at Austin, TX, United States.</i></p> <p>4.30-5.30 pm Panel Discussion: 'Implementing dance science and medicine – the challenges of 21st century dance training' Gaby Allard, MS¹, Luc Vanier, MFA², Risa Steinberg³, Stanton Welch⁴ ¹<i>Academy Director at ArtEZ Institute of the Arts, Arnhem, The Netherlands,</i> ²<i>Director, School of Dance, University of Utah, UT, United States,</i> ³<i>Former Associate Director, Dance Division, The Juilliard School, New York, NY, United States,</i> ⁴<i>Director, Houston Ballet, Houston, TX, USA</i></p>	<p>3.30-4.30 pm Case studies and case series in dance medicine and science: what, how, when, and why? Jatin Ambegaonkar, PhD, ATC¹, Lynda Mainwaring, PhD², Derrick Brown, MS³, Claire Hiller, PhD, PT⁴, Tom Welsh, PhD⁵, Selina Shah, MD, FRCP⁶, Marc Harwood, MD⁷, Annabelle Couillandre, PhD, PT⁸, Mamie Air, MD⁹, Manuela Angioi, PhD¹⁰, Esther Nolton, MS ATC¹¹, Danielle Jarvis, PhD ATC¹², Wendy Coates, MD⁶ ¹<i>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States,</i> ²<i>University of Toronto, Toronto, Canada,</i> ³<i>Radboud University, Nijmegen, Netherlands,</i> ⁴<i>University of Sydney, Sydney, Australia,</i> ⁵<i>Florida State University, Gainesville, United States,</i> ⁶<i>Center for Sports Medicine, San Francisco, CA, United States,</i> ⁷<i>Rothman Institute, Philadelphia, PA, United States,</i> ⁸<i>Université Paris Ouest Nanterre La Défense, Paris, France,</i> ⁹<i>Air, San Rafael, United States,</i> ¹⁰<i>Queen Mary University of London, London, United Kingdom,</i> ¹¹<i>Inova Sportsmedicine, Fairfax, United States,</i> ¹²<i>California State University Northridge, Northridge, CA, United States</i></p> <p>4.30-5.00 pm Fueling the dancer before, during and after training and performance: an interactive forum for students, teachers and dancers Jasmine Challis, BSc, RD¹, Meghan Brown, PhD² ¹<i>Freelance Dietitian, Reading, United Kingdom,</i> ²<i>Gloucestershire University, Gloucester, United Kingdom</i></p> <p>5.00-5.30 pm</p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



	<p>Education Committee resources - IADMS Bulletin for Dancers and Teachers and updated nutrition resource paper review</p> <p>Gayanne Grossman, PT, Ed.M¹, Jasmine Challis, BSc, RD², Margaret Wilson, PhD, MS³</p> <p>¹Muhlenberg College, Allentown, PA, United States, ²Freelance Dietitian, Reading, United Kingdom, ³University of Wyoming, Laramie, WY, United States</p>
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<p>Interactive workshop: 3:30 – 4:20 pm Salon A</p> <p>Moderator: Lucie Clements, MSc. London, UK</p>	
<p>Alignment of the pelvis for dancers: and what if we talked about the pubic bone</p> <p>Danielle Aways, MSc, BFA^{1,2}</p> <p>¹University of Wolverhampton, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Birmingham, United Kingdom</p>	
<p>Interactive workshop: 3:30 – 4:20 pm Salon C</p> <p>Moderator: Valerie Williams, PT, PhD London, UK.</p>	
<p>Communication - an interactive workshop for those that teach dance</p> <p>Risa Steinberg¹</p> <p>¹The Juilliard School, New York, NY, United States</p>	

<p>Interactive workshop: 4:30 - 5:20 pm Salon A</p> <p>Moderator: Lucie Clements, MSc. London, UK</p>	
<p>Neurokinetic Therapy as a means of resolving chronic lower limb dysfunction in retired professional dancers</p> <p>Marilyn Miller, BA¹</p> <p>¹Pilates On Hudson, Inc., Peekskill, NY, United States</p>	
<p>Interactive workshop: 4:30 - 5:20 pm Salon C</p> <p>Moderator: Valerie Williams, PT, PhD London, UK.</p>	
<p>The use of inertial motion analysis systems and hand dynamometry with pre-season screening of professional ballet dancers</p> <p>Kevin Robinson, PT, DSc¹</p> <p>¹Belmont University, Nashville, TN, United States</p>	

5:30 - 6:30 pm IADMS BUSINESS MEETING Salon B with refreshments

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



SATURDAY, October 14, 2017

<p>Early morning movement session: 8:00 - 8:50 am Salon A Moderator: Peter Lewton-Brain, DO. Monte-Carlo, Monaco.</p>	
<p>Continuous movement dynamic stretching and conditioning program for dancers: a movement session Heather Southwick, PT, MSPT¹, Lisa Childs, PT², Jeffrey Frankart, PT, SP³ ¹<i>Boston Ballet, Boston, MA, United States</i>, ²<i>New England Baptist Spine Center, Boston, MA, United States</i>, ³<i>US Army Interdisciplinary Pain Management Center, Landstuhl, Germany</i></p>	
<p>Early morning movement session: 8:00 - 8:50 am Salon C Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA.</p>	
<p>Utilizing dance conditioning for a healthier body image Amy Markgraf Jacobson, MA, MFA¹, Kate Monson, MFA, BA² ¹<i>Utah Valley University, Orem, UT, United States</i>, ²<i>Brigham Young University, Provo, UT, United States</i></p>	
<p>Interactive workshop: 9:00 - 9:50 am Salon A Moderator: Peter Lewton-Brain, DO. Monte-Carlo, Monaco.</p>	
<p>Developing movement proficiency through agility and plyometric training: a key component in improving dance performance Sandro Rajic, MSc¹, Karen Sudds, MSc² ¹<i>St. Mary's University Twickenham, Twickenham, United Kingdom</i>, ²<i>University of Wolverhampton, Walsall, United Kingdom</i></p>	
<p>Interactive workshop: 9:00 - 9:50 am Salon C Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA.</p>	
<p>The art of warming up Marissa Schaeffer, SPT, CSCS¹ ¹<i>Brooklyn, NY, United States</i></p>	
<p>8:30 – 10:30 am Salon B Moderator: Peter Lavine, MD. Washington DC, USA.</p>	<p>8:30 – 10:30 am Navarro/Hildago Moderator: Andrea Kozai, MSc, CSCS. Pittsburgh, PA, USA.</p>
<p>8.30-9.00 am Biomimetic surgical implants: a new strategy to improve musculoskeletal functional recovery Ennio Tasciotti, PhD, MS¹ ¹<i>Houston Methodist Research Institute Houston, TX, United States</i></p>	<p>8.30-8.45 am Measuring a "Spot": A methodological approach to developing and defining dance-specific measures Catherine Haber, BA¹, Andrea Schärli, PhD¹, André Klostermann, PhD¹, Ernst Hossner, PhD¹ ¹<i>University of Bern, Bern, Switzerland</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>9.00-9.30 am Defining your boundary of medical practice: Current controversies of stem cell therapies Ming Hao Zheng, MD, PhD¹ <i>¹Faculty of Medicine, Dentistry and Health Sciences, University of Western Australia, Perth, Western Australia, Australia</i></p> <p>9.30-10.30 am Non-surgical and surgical management of the complicated hip: biomechanical and functional considerations Shaw Bronner, PT, PhD^{1,2}, Melissa Strzelinski, MPT, PhD(c)^{3,4} <i>¹Alvin Ailey Dance Theater, New York, NY, United States, ²ADAM Center, New York, NY, United States, ³Howard Head Sports Medicine, Vail, CO, United States, ⁴Rocky Mountain University of Health Professions, Provo, UT, United States</i></p>	<p>8.45-9.00 am Reliability of the dyna-rail: a novel handheld dynamometer stabilizing device Melissa Strzelinski, MPT, PhD(c)^{1,2} <i>¹Howard Head Sports Medicine, Vail, CO, United States, ²Rocky Mountain University of Health Professions, Provo, UT, United States</i></p> <p>9.00-9.15 am Lower extremity single-leg horizontal work and balance are symmetrical in healthy female collegiate dancers Jatin Ambegaonkar, PhD, ATC¹, Shane Caswell, PhD ATC¹, Jena Hansen-Honeycutt, DAT, ATC², Nelson Cortes, PhD¹ <i>¹Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, ²Department of Dance, George Mason University, Fairfax, VA, United States</i></p> <p>9.15-9.30 am Kinematic analysis of the back-bend flamenco turn to improve technique Mariana Turner, BA¹, Soledad Echeгойen, MD, M.Ed.¹ <i>¹National School of Dance, National Institute of Fine Arts, Mexico City, Mexico</i></p> <p>9.30-9.45 am Efficacy of a plyometric training program in a classical ballet class to enhance vertical jump height and jumping aesthetics Laura Morton, BS¹ <i>¹Belhaven University, Jackson, MS, United States</i></p> <p>9.45-10.00 am An examination of the cardiorespiratory fitness of elite breakers Nefeli Tsiouti, MA, MSc¹, Emma Redding, PhD² <i>¹Project Breakalign, London, United Kingdom, ²Trinity Laban Conservatoire of Music & Dance, London, United Kingdom</i></p>
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SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



	<p>10.00-10.15 am The influence of movement quality on heart rate frequency while performing the dance-specific aerobic fitness test (DAFT) in pre-professional contemporary dancers Annemiek Tiemens, MSc^{1,2}, Rogier van Rijn, PhD¹, Matthew Wyon, PhD, MSc², Emma Redding, PhD³, Janine Stubbe, PhD^{1,4} ¹Codarts University of the Arts, Rotterdam, Netherlands, ²University of Wolverhampton, Walsall, United Kingdom, ³Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ⁴Amsterdam University of Applied Science, Amsterdam, Netherlands</p> <p>10.15-10.30 am How useful is an online tool to monitor physical health in pre-professional dancers? Feasibility study of using the Performing Arts Health Monitor (PAHM) by students, teachers and health professionals Janine Stubbe, PhD^{1,2}, Rogier van Rijn, PhD¹, Angelo Richardson², Stephanie Keizer-Hulsebosch¹ ¹Codarts, University of the Arts, Rotterdam, The Netherlands, Rotterdam, Netherlands, ²Amsterdam University of Applied Sciences, Centre for Applied Research in Sports and Nutrition, Amsterdam, Netherlands</p>
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10:00 - 11:30 am POSTER PRESENTATIONS - Group M Lamar
REFRESHMENTS

<p>11:30 am - 1:30 pm Salon B Moderator: Lauren Elson, MD. Boston, MA USA.</p>	<p>11:30 am - 1:30 pm Navarro/Hildago Moderator: Peter Lewton-Brain, DO. Monte-Carlo, Monaco.</p>
<p>11.30-noon From the dance floor to the pelvic floor: concerns regarding pelvic floor dysfunction in performers Brooke Winder, DPT, DPT¹ ¹California State University, Long Beach, CA, United States</p> <p>Noon-12.15 pm Diastasis recti: a post partum musculoskeletal concern affecting the safe return to professional dance Vanessa Muncrief, DPT, CPT^{1,2} ¹Select Physical Therapy, Austin, TX, United States, ²Ballet Austin, Austin, TX, United States</p>	<p>11.30-11.45 am In the dancer's mind: a three-year research study into creativity and mental imagery Emma Redding, PhD¹, Lucie Clements, BSc. MSc¹, Sara Reed, PhD², Rebecca Weber, MA, MFA², Sarah Whatley, PhD², Jon May, PhD³ ¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²Coventry University, Coventry, United Kingdom, ³Plymouth University, Plymouth, United Kingdom</p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>12.15-12.30 pm Discoid lateral meniscus tear in dancers: report of two cases Mai Katakura, MD¹, Kenji Hirohata, PT², Kazuyoshi Yagishita, MD³, Hideyuki Koga, MD, PhD¹ ¹Department of Orthopaedic Surgery, Tokyo Medical and Dental University Medical Hospital, Tokyo, Japan, ²Athletic Rehabilitation Section, Clinical Center for Sports Medicine and Sports Dentistry, Tokyo Medical and Dental University, Tokyo, Japan, ³Sports Science Organization Clinical Center for Sports Medicine and Sports Dentistry Hyperbaric Medical Center/ Sports Medicine Clinical Center Medical Hospital, Tokyo Medical and Dental University, Tokyo, Japan</p> <p>12.30-12.45 pm Relationship between ultrasonography findings and physical examination outcomes for knee injuries in young dancers Itzhak Siev-Ner¹, Miriam Stern¹, Shay Tenenbaum¹, Alexander Blankstein¹, Nili Steinberg, PhD² ¹Sheba Medical Center, Tel Hashomer, Israel, ²The Wingate College of Physical Education and Sports Sciences at the Wingate Institute, Netanya, Israel</p> <p>12.45-1.00 pm Ultrasonography and clinical examination for knee injuries among pre- and post-menarche dancers Nili Steinberg, PhD¹, Shay Tenenbaum³, Myriam Stern⁴, Itzhak Siev-Ner² ¹The Wingate College of Physical Education and Sports Sciences at the Wingate Institute, Netanya, Israel, ²Orthopedic Rehabilitation Dept., Sheba Medical Center, Tel-Hashomer, Israel, ³Department of Orthopedic Surgery, Chaim Sheba Medical Center Tel-Hashomer, affiliated to the Sackler Faculty of Medicine, Tel Aviv University, Tel Aviv, Israel, ⁴Department of Radiology, Sheba Medical Center, Tel hashomer, Israel. Affiliated to Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel</p>	<p>11.45-noon Enabling creativity research in dance science: development of the Dancer's Perceptions of the Creative Process Questionnaire Lucie Clements, BSc, MSc¹, Sanna Nordin-Bates, PhD CPsychol², Emma Redding, PhD¹, Jon May, PhD³ ¹Trinity Laban Conservatoire of Music & Dance, London, United Kingdom, ²Swedish School of Sport and Health Sciences, Stockholm, Sweden, ³School of Psychology, Cognition Institute, Plymouth University, Plymouth, United Kingdom</p> <p>Noon-12.15 pm Alexander Technique exposure correlates with changes in pathway of reach, movement planning ERPs in brain Audre Wirtanen, BA¹, Harlan Fichtenholtz² ¹Bennington College, Bennington, VT, United States, ²Keane State College, Keane, NH, United States</p> <p>12.15-12.30 pm Moving to song: using one's own voice to enhance movement in healthy adults Elinor Harrison, BA¹, Marie McNeely, PhD¹, Adam Horin, BS, MA¹, Gammon Earhart, PT, PhD¹ ¹Washington University in St. Louis, St. Louis, MO, United States</p> <p>12.30-12.45 pm The relationship between cognitive psychological models of creativity and somatics-based choreographic practices Rebecca Weber, MFA, MA¹ ¹Coventry University Centre for Dance Research, Coventry, United Kingdom</p> <p>12.45-1.00 pm The effects of a novel somatics training program on the technical execution of dance skills Hannah Andersen, MFA¹ ¹University of Oregon, Eugene, OR, United States</p> <p>1.00-1.15 pm Transforming touch: embodying somatic concepts in technical training Jennifer Smith¹ ¹Knox College, Galesburg, IL, United States</p>
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SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>1.00-1.30 pm IADMS 'DUELS' To screen or not to screen-that is the question? Laurel Daniels Abbruzzese, PT, EdD^{1,2} vs Sarah Kenny, PhD³ ¹Columbia University Program in Physical Therapy, New York, NY, United States, ²PASIG, Orthopaedic section, American Physical Therapy Association, WI, United States, ³University of Calgary, Calgary, Canada Cryotherapy-help or harm? Valerie Williams, PT, PhD¹ vs Rosalinda Canizares, DPT, SCS^{2,3} ¹Brunel University, London, United Kingdom, ²Duke University, Durham, NC, United States, ³PASIG, Orthopaedic section, American Physical Therapy Association, WI, United States.</p>	<p>1.15-1.30 pm Dancing in a Zone: multi-method research on the role of flow experience in shared creative practice. Klara Lucznik, MA¹, Jon May, PhD¹, John Matthias¹, Emma Redding, PhD², Adam Benjamin¹ ¹Plymouth University, Plymouth, United Kingdom, ²Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>
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<p>Interactive workshop: 11:30 am – 12:20 pm Salon A Moderator: Andrea Kozai, MSc, CSCS. Pittsburgh, PA, USA.</p>
<p>Conditioning protocols based on injury types in a professional ballet company: a case study and workshop David Outevsky, MSc¹, Tanya Berg, PhD, MA ¹York University, Toronto, Canada</p>
<p>Interactive workshop: 11:30 am – 12:20 pm Salon C Moderator: Jeffrey Russell, PhD. Athens, OH, USA.</p>
<p>A jump progression protocol for dancers returning to dance after injury Emily Sandow, DPT, OCS¹, Sarah Edery-Altas, PT, DPT¹, Faye Dilgen, PT, DPT¹ ¹Harkness Center for Dance Injuries New York University Langone Medical Center, New York, NY, United States</p>

<p>Interactive workshop: 12:30 – 1:20 pm Salon A Moderator: Andrea Kozai, MSc, CSCS. Pittsburgh, PA, USA.</p>
<p>Interval training for dancers: a movement session Teal Darkenwald, MFA, BS¹ ¹East Carolina University, Greenville, NC, United States</p>
<p>Interactive workshop: 12:30 – 1:20 pm Salon C Moderator: Jeffrey Russell, PhD. Athens, OH, USA.</p>
<p>Using the selective functional movement assessment in dancers: a movement session Jena Hansen-Honeycutt, DAT, ATC¹, Jatin Ambegaonkar, PhD, ATC¹ ¹George Mason University, Fairfax, VA, United States</p>

**1:30 - 3:30 pm LUNCH BREAK with
Medical doctors' networking event**

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>Early lunchtime movement session: 1:30 - 2:20 pm Salon A Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA.</p>
<p>A dancer-centric journey towards an interdisciplinary approach to training, healthcare and performance? Clare Guss-West, BHum, MA¹ ¹<i>The European Network for Opera, Music & Dance Education (RESEO), Zurich, Switzerland</i></p>
<p>Early lunchtime movement session: 1:30 - 2:20 pm Salon C Moderator: Moira McCormack, MSc, MACP. London, UK.</p>
<p>Thinking bodies: stimulating sensorimotor learning with somanatomics human movement practice Christina Mastori, MSc, BSc¹ ¹<i>SOMAnatomics, Human Movement Practice, Amsterdam, Netherlands</i></p>
<p>Late lunchtime movement session: 2:30 - 3:20 pm Salon A Moderator: Danielle Aways, MSc, BFA. Walsall, UK.</p>
<p>Partner assisted bodywork and stretches for dancers: a movement session Dana Shackelford, BS, MFA¹ ¹<i>University of Texas Rio Grande Valley Edinburg, TX, United States</i></p>
<p>Late lunchtime movement session: 2:30 - 3:20 pm Salon C Moderator: Erin Sanchez, MSc. London, UK.</p>
<p>Developing technique preventing lesions using motor coordination and GDS Method: a movement session Kaanda Nabilla Souza Gontijo, PT, MS¹, Claudia Tarragô Candotti, PhD¹, Maiane Almeida do Amaral¹, Gabriela Cristina dos Santos¹, Jefferson Fagundes Loss, PhD¹ ¹<i>Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul, Brazil.</i></p>

<p>3:30-5:30 pm Salon B Moderator: Selina Shah MD, FACP. Walnut Creek, CA, USA.</p>	<p>3:30-5:30 pm Navarro/Hildago Moderator: Frances Clarke, BA(Hons), MSc. Walsall, UK.</p>
<p>3.30-4.30 pm The tale of the talus: a multidisciplinary panel on diagnosis and treatment of the talus and hind foot complex in dancers Nancy Kadel, MD^{1,4}, Peter Lewton-Brain, DO, MA^{2,3}, Kathleen Davenport, MD^{6,7}, Moira McCormack, MSc, MACP⁵ ¹<i>Seattle Spine and Sports Medicine, Seattle, WA, United States</i>, ²<i>Les Ballets des Monte-Carlo, Monaco</i>, ³<i>Centre International de Dance Rosella Hightower, Cannes/Mougins, France</i>, ⁴<i>Seattle Dance and Performing Arts Medicine (SeaPAM), Seattle, WA, United States</i>, ⁵<i>Royal Ballet Company, London, United Kingdom</i>, ⁶<i>Memorial Rehabilitation Institute, Hollywood, FL, United States</i>, ⁷<i>Miami City Ballet Company, Miami Beach, FL, United States</i></p>	<p>3.30-4.00 pm How to design cardiovascular programs to enhance dance performance Meredith Butulis, DPT, MSPT¹ ¹<i>Twin Cities Orthopedics, Eden Prairie, MN, United States</i></p> <p>4.00-4.30 pm An injury prevention program for professional ballet: a randomized controlled investigation Angelina Vera, MD¹, Thomas Yetter, BA¹, Bene Barrera, BS, ATC¹, Kevin Varner, MD¹, Patrick McCulloch, MD¹, Joshua Harris, MD¹ ¹<i>Houston Methodist Hospital, Houston, TX, United States</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>4.30-5.00 pm Posterior ankle impingement in dancers Kevin Varner, MD¹, Patrick McCulloch, MD¹, Thomas Yetter, BA¹ ¹<i>Houston Methodist Department of Orthopedics & Sports Medicine, Houston, TX, United States</i></p> <p>5.00-5.15 pm Arthroscopic treatment of posterior ankle impingement in professional ballet Carlos Meheux, MD¹, Angelina Vera, MD¹, Domenica Delgado, BS¹, Thomas Yetter, BA¹, Joshua Harris, MD¹, Patrick McCulloch, MD¹, Kevin Varner, MD¹ ¹<i>Houston Methodist Hospital, Department of Orthopedics and Sports Medicine, Houston, TX, United States</i></p> <p>5.15-5.30 pm Extracorporeal shock wave therapy for post-surgical scar tissue in the ankle: a case series Kathleen Bower, DPT¹, Kathleen Davenport, MD¹ ¹<i>Miami City Ballet, Miami, FL, United States</i></p>	<p>4.30-4.45 pm The effect of Pilates training on the alignment of the pelvis in dancers ages 17-22 Elizabeth Ahearn, BFA, MFA¹, Amanda Greene, DPT², Andrea Lasner, MSPT² ¹<i>Goucher College, Baltimore, MD, United States</i>, ²<i>Johns Hopkins Physical Medicine and Rehabilitation, Baltimore, MD, United States</i></p> <p>4.45-5.00 pm Physical abilities and quality of life changes in elderly women participating in a dance program Sarai Menchaca, BA¹, Soledad Echegoyen, MD¹ ¹<i>Escuela Nacional de Danza, Instituto Nacional de Bellas Artes (National School of Dance, National Institute of Fine Arts), Mexico City, Mexico</i></p> <p>5.00-5.30 pm A biomechanical approach to avoiding degenerative injuries prevalent in the dancer Ruth Solomon, Professor Emerita^{1,2}, John Solomon, PhD¹ ¹<i>University of California, Santa Cruz, Soquel, CA, United States</i>, ²<i>Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</i></p>
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<p>Interactive workshop: 3:30 - 4:20 pm Salon A Moderator: Lauren Elson, MD. Boston, MA, USA.</p>
<p>Translating the step-down test into goal based body weight strength training protocols and progressions through balance activities, to collegiate ballet dancers in a multiple production semester. André Megerdichian, MFA¹, Carolyn Meder, BFA², Rose Smith, DPT² ¹<i>University of Cincinnati College-Conservatory of Music, Department of Dance, Cincinnati, United States</i>, ²<i>University of Cincinnati College of Applied Health Sciences, Cincinnati, United States</i></p>
<p>Interactive workshop: 3:30 - 4:20 pm Salon C Moderator: Elsa Urmston, MSc. Ipswich, UK.</p>
<p>How do we do what we do? Embodied studies on cognitive theories. Klara Lucznik, MA¹, Abigail Jackson¹ ¹<i>Plymouth University, Plymouth, United Kingdom</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p><u>Interactive workshop: 4:30 - 5:20 pm Salon A</u> Moderator: Lauren Elson, MD. Boston, MA, USA</p>
<p>Who has time for cross-training? An examination of technique class practices to enhance dancer cardiorespiratory fitness Stevie Oakes, MFA, CSCS¹ ¹<i>The College at Brockport, SUNY, Rochester, NY, United States</i></p>
<p><u>Interactive workshop: 4:30 - 5:20 pm Salon C</u> Moderator: Elsa Urmston, MSc. Ipswich, UK.</p>
<p>Post-performance recovery class for dancers: a movement session Jennifer Milner, PMA[®]-CPT¹ ¹<i>Bodies In:Motion, Allen, TX, United States</i></p>

<p><u>Evening movement session: 5:30 - 6:20 pm Salon A</u> Moderator: Lauren Elson, MD. Boston, MA, USA.</p>
<p>Strategies for balance: engaging the mind to balance the body through anatomical visualization & reflective practice Nancy Romita, MFA¹, Allegra Romita, MA, CMA² ¹<i>Towson University, Baltimore, United States</i>, ²<i>Columbia University Teachers College, New York City, New York, United States</i></p>
<p><u>Evening movement session: 5:30 - 6:20 pm Salon C</u> Moderator: Elsa Urmston, MSc. Ipswich, UK.</p>
<p>Discovering your breath and the diaphragm through movement - a yoga based movement session Jennifer Deckert, MFA¹ ¹<i>University of Wyoming, Laramie, WY, United States</i></p>

IADMS EVENING PARTY
8 pm until late

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



SUNDAY, October 15, 2017

<p><u>Early morning movement session: 8:00 - 8:50 am Salon A</u> Moderator: Sarah Needham-Beck, PhD, MSc. London, UK.</p>
<p>Dance conditioning using Pilates as the foundation Noelle Dowma, DPT, BFA¹ <i>¹Kinesphere Physical Therapy and Pilates, Kansas City, Kansas, United States</i></p>
<p><u>Early morning movement session: 8:00 - 8:50 am Salon C</u> Moderator: Thomas Welsh, PhD. Tallahassee, FL, USA</p>
<p>Keeping the dancer's spine healthy and functional through segmental mobility and stability Laura Mertz, MS, ATC¹ <i>¹Behind the Scenes Medical Consulting, LLC, San Antonio, TX, United States</i></p>
<p><u>Morning movement session: 9:00 - 9:50 am Salon A</u> Moderator: Sarah Needham-Beck, PhD, MSc. London, UK.</p>
<p>Warm up program for dancers transitioning from ballet to modern Sonia DeVille, MFA¹ <i>¹University of Louisiana in Lafayette, Lafayette, LA, United States</i></p>
<p><u>Morning movement session: 9:00 - 9:50 am Salon C</u> Moderator: Erin Sanchez, MSc. London, UK.</p>
<p>Optimizing scapula/thorax relationships while dancing Irene Dowd¹ <i>¹The Juilliard School, New York, NY, United States</i></p>
<p><u>Late morning movement session: 10:00 – 10:50 am Salon A</u> Moderator: Sarah Needham-Beck, PhD, MSc. London, UK.</p>
<p>Harmonious embodiment: somatic approaches to training a transparent body Hannah Park, PhD, MFA¹ <i>¹Iona College, New Rochelle, NY, United States</i></p>
<p><u>Late morning movement session: 10:00 – 10:50 am Salon C</u> Moderator: Erin Sanchez, MSc. London, UK.</p>
<p>Enhancing shoulder joint kinematics of the hypermobile dancer Irene Dowd¹ <i>¹The Juilliard School, New York, NY, United States</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>9:00 – 11:00 am Salon B Moderato: Peter Lavine, MD. Washington DC, USA.</p>	<p>9:00 – 11:00 am Navarro/Hildago Moderator: Gayanne Grossman, PT. Allentown, PA, USA.</p>
<p>9.00-9.30 am Effect of vitamin D supplementation on muscle function, injury incidence and illness in elite adolescent dance students: a double-blind randomised-control trial Matthew Wyon, PhD, MSc^{1,2}, Nico Kolokythas^{1,2} ¹Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, ² National Institute of Dance Medicine and Science, Birmingham, United Kingdom</p>	<p>9.00-9.30 am Standard Measures Consensus Initiative (SMCI) Panel Discussion: focus on diagnostic coding for injury reporting systems Marijeanne Liederbach, PhD, PT¹, Marshall Hagins, PhD, DPT¹, Wayne Hoskins, PhD², Tom Welsh, PhD³ ¹Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, United States, ²University of Melbourne, Melbourne, Australia, ³Florida State University, Tallahassee, United States</p>
<p>9.30-10.00 am Increased protein intake improves lean mass index and dance performance aesthetics in female collegiate dancers Ann Brown, PhD^{1,3}, Tom Welsh, PhD², Lynn Panton, PhD¹, Robert Moffatt, MPH, PhD¹, Michael Ormsbee, PhD^{1,4} ¹Institute of Sports Sciences & Medicine, Florida State University, Tallahassee, FL, United States, ²School of Dance, Florida State University, Tallahassee, FL, United States, ³Department of Movement Sciences, University of Idaho, Moscow, ID, United States, ⁴Department of Biokinetics, Exercise and Leisure Sciences, University of KwaZulu-Natal, Durban, South Africa</p>	<p>9.30-10.00 am Interpretations of injury burden in pre-professional dancers: does injury definition matter? Sarah Kenny, PhD¹, Luz Palacios-Derflingher, PhD¹, Jackie Whittaker, PT, PhD², Carolyn Emery, PT, PhD¹ ¹University of Calgary, Calgary, Canada, ²University of Alberta, Edmonton, Canada</p>
<p>10.00-10.30 am Nutritional strategies to improve recovery in female dancers Meghan Brown, PhD^{1,2}, Emma Stevenson³, Glyn Howatson² ¹University of Gloucestershire, Gloucester, United Kingdom, ²Northumbria University, Newcastle, United Kingdom, ³Newcastle University, Newcastle, United Kingdom</p>	<p>10.00-10.30 am A retrospective analysis of the pre-season screen used in a professional ballet company with recommendations for improvements in the screen Kevin Robinson, PT, DSc¹, Ashley Gowen¹, Amy Krichau¹, Ciara Garcia¹, Ashley Henley¹ ¹Belmont University, School of Physical Therapy, Nashville, TN, United States</p>
<p>10.30-11.00 am Carbohydrates and the dancer: why and how different choices and timing may affect dance training and performance Jasmine Challis, BSc, RD¹ ¹Freelance Dietitian, Reading, United Kingdom</p>	<p>10.30-11.00 am Patterns discovered in a standardized, annual health screening among professional dancers in multiple and varied dance companies Heather Southwick, PT, MSPT^{1,2} ¹Task Force on Dancer Health, Dance USA, Washington, DC, United States, ²Boston Ballet, Boston, MA, United States</p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



11:00 - 11:30 am REFRESHMENT BREAK

<p>Interactive workshop: 11:30 am - 12:20 pm Salon A Moderator: Jatin Ambegaonkar, PhD. Manassas, VA, USA.</p>	
<p>Implementing plyometric training for a better dancer Christina D'Amico, CSCS, MSACN¹ ¹<i>Enhance4Dance, Utica, NY, United States</i></p>	
<p>Interactive workshop: 11:30 am - 12:20 pm Salon C Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA.</p>	
<p>Physical fitness and psychosocial behavior in young professional dancers: how to gather data. Janneke de Vries, PhD, PT¹ ¹<i>Amsterdam University of Applied Sciences, Faculty of Health, European School of Physiotherapy, Amsterdam, Netherlands</i></p>	
<p>Interactive workshop: 12:30 - 1:20 pm Salon A Moderator: Jatin Ambegaonkar, PhD. Manassas, VA, USA.</p>	
<p>Return to dance progressions after knee surgery: ACL, MPFL, and meniscal repairs Kristen Schuyten, DPT, SCS¹ ¹<i>University of Michigan, Michigan Medicine, Howell, MI, United States</i></p>	
<p>Interactive workshop: 12:30 - 1:20 pm Salon C Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA.</p>	
<p>How to fix a lost relevé: case studies in causes and solutions Meredith Butulis, DPT, MSPT¹, Kelly Folwick, BS² ¹<i>Twin Cities Orthopedics, Eden Prairie, MN, United States</i>, ²<i>Minnesota Dance Medicine Foundation, Minneapolis, MN, United States</i></p>	
<p>11:30 am - 2:30 pm Salon B Moderator: Alexander McKinven MSc, MACP. London, UK.</p>	<p>11:30 am - 2:30 pm Navarro/Hildago Moderator: Valerie Williams, PT, PhD London, UK.</p>
<p>11.30 am-12.30 pm Rehabilitative ultrasound imaging, a biofeedback movement education tool Paula Baird Colt¹ ¹<i>The Australian Ballet, Melbourne, Australia</i></p>	<p>11.30-11.45 am The Dance Science's benefits to dance education and its development in China Rou Wen, PhD¹, Jiaxin Li, MD¹, Jingyuan Li, MD¹ ¹<i>Beijing Dance Academy, Beijing, China</i></p>

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



<p>12.30-1.30 pm “Sitting into the hip” and other coronal plane mysteries: a new model for improving spinal symmetry Marshall Hagins, PhD, DPT^{1,2}, Kathryn Johnson, RYT 200³ ¹Harkness Center for Dance Injuries, New York, NY, United States, ²Long Island University, New York, NY, United States, ³Springs Pilates, New York, NY, United States</p> <p>1.30-2.30 pm Hypermobility in dance - Is the presence of generalised joint hypermobility a risk factor for physical and psychosocial functioning in young professional dance students? Janekke De Vries, PhD, PT^{1,2,3}, T.Kolk^a, Mark C. Scheper, PT, MSc^{1,2,3}, Janine Stubbe, PhD⁴, B.Visser³, S.Ramaekers^{1,3}, Patrick Calders⁵, J.Verbunt^{6,7,8}, Raoul Engelbert, PhD, PPT^{2,3} ¹Education of Physiotherapy, Amsterdam University Of Applied Sciences, Amsterdam, the Netherlands ²Department of Rehabilitation, Academic Medical Center, University of Amsterdam, Amsterdam, the Netherlands, ³ACHIEVE, Center of Applied Research, Faculty of Health, Amsterdam University of Applied Sciences, Amsterdam, the Netherlands, ⁴Amsterdam University of Applied Sciences, Faculty of Sports and Nutrition and University of Performing Arts, Codarts Rotterdam, Rotterdam, the Netherlands, ⁵Faculty of Medicine and Health Sciences, Department of Rehabilitation Sciences and Physiotherapy Ghent University, Ghent, Belgium, ⁶Department of Rehabilitation Medicine, CAPHRI, Functioning and Rehabilitation, Maastricht University, the Netherlands, ⁷Maastricht University Medical Center (MUMC+), Maastricht, the Netherlands, ⁸Adelante Center of Expertise in Rehabilitation and Audiology, Hoensbroek, the Netherlands</p>	<p>11.45 am-12.15 pm “Strength training for dancers”: challenging the catchall phrase to examine the effects that changing reps and sets has on muscle physiology Matthew Wyon, PhD, MSc^{1,2}, Nico Kolokythas, MSc, ASCC^{1,3} ¹Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Birmingham, United Kingdom, ³Elmhurst Ballet School, Birmingham, United Kingdom</p> <p>12.15-12.30 pm Born to Dance A.B.M.(Boni) Rietveld, MD, BA(mus)¹ ¹Medical Centre for Dancers & Musicians, HMC Westeinde, The Hague, Netherlands</p> <p>12.30-1.15 pm Building your career: a panel discussion on avenues to careers in dance medicine and science Andrea Alvarez, BS, MFA², Gabriel Gonzales³, Amanda Clark, MFA¹, Siobhan Mitchell, MSc, MRes⁴ ¹Cleveland, OH, United States, ²Texas A&M University, College Station, TX, United States, ³New Mexico University, Albuquerque, NM, United States, ⁴University of Bath, Bath, United Kingdom</p> <p>1.15-1.30 pm The potential and challenges of the Brazil-United Kingdom Dance Medicine & Science Network. Adriano Bittar, PT, PhD¹, Matthew Wyon, PhD, MSc² ¹State University of Goiás, Goiânia, Brazil, ²Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom</p> <p>1.30-2.30 pm Within-subject experimental designs: a methodological alternative for dance medicine & science researchers Tom Welsh, PhD¹, Kaitlin Morgan, BFA¹, L. Keith Miller, PhD², Steven C. Chatfield, PhD³, Jatin Ambegaonkar, PhD, ATC⁴, Lynda Mainwaring, PhD⁵ ¹Florida State University, Tallahassee, FL, United States, ²University of Kansas, Lawrence, KS, United States, ³University of Oregon, Eugene, OR, United States, ⁴George Mason University, Fairfax, VA, United States, ⁵University of Toronto, Toronto, ON, Canada</p>
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SCHEDULE
IADMS 27TH ANNUAL CONFERENCE



2.30 pm Closing Remarks Salon A & B
Matthew Wyon, PhD, MSc, President, IADMS
Presentation of the IADMS Poster Award (Supported by Harlequin Floors)
President's Handover Ceremony

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



Poster Presentations Group S

Friday October 13, 10.00 - 11.30 am Lamar

Dancing on Broadway with irregular periods and a hip fracture

Dorothy Fink, MD¹, David Weiss, MD², Ryan Turner, RD³, Marijeanne Liederbach, PhD, PT²

¹New York University, New York, NY, United States, ²Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, NY, United States, ³Top Balance Nutrition, New York, NY, United States

Examining the change of cardiorespiratory challenge while manipulating across the floor combination design

Alexandra Pooley, MSc¹, Michelle Strong, MFA¹, Danny Valdez¹

¹Texas A&M University, College Station, TX, United States

The presence of class-induced muscular fatigue and potentiation in vocational dance students: a pilot study

Jacqueline Dimmock, BA(Hons), MSc¹, Nico Kolokythas, MSc, ASCC^{1,2}, Matthew Wyon, PhD, MSc^{1,2}

¹Research Centre for Sport Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Pilates training for dancers: a systematic review

Christine Bergeron, MFA^{1,2}, Matthew Wyon, PhD, MSc², Tina Smith, PhD², Mike Greenwood, PhD¹

¹Texas A&M University, College Station, TX, United States, ²University of Wolverhampton, Wolverhampton, United Kingdom

Effectiveness of Pilates training using mat exercises vs. spine corrector to increase abdominal endurance in collegiate dancers

Christine Bergeron, MFA^{1,2}, Carisa Armstrong¹

¹Texas A&M University, College Station, TX, United States, ²University of Wolverhampton, Wolverhampton, United Kingdom

The effects of Fletcher Pilates® in the respiratory system of young female ballet dancers from a public dance school

Adriano Bittar, PT, PhD¹, Rafaela Noleto, PT², Rozany Melo, PE³

¹State University of Goiás, Goiânia, Brazil, ²BR-UK Dance Medicine & Science Network, Goiânia, Brazil, ³State University of Goiás, Goiânia, Brazil

Dancer kinematics performing pirouettes on the preferred and non-preferred leg

Nahoko Sato, PhD., PT¹, Luke Hopper, PhD², Andries Weidemann²

¹Nagoya Gakuin University, Seto, Japan, ²Edith Cowan University, Perth, Australia

Does the handling of rhythmic gymnastics ball apparatus influence single leg landing performance?

Louise Curley, MSc (PAM), BSc(Hons)^{1,2,3}

¹University College London, London, United Kingdom, ²British Gymnastics, Lilleshall, United Kingdom, ³British Association of Performing Arts Medicine, London, United Kingdom

Exploring the closeness, investment and attachment styles of adolescent dancers to their former dance teachers

Mark Pace, BA(Hons), MSc^{1,2}

¹University of Edinburgh, Edinburgh, United Kingdom, ²Royal Academy of Dance, London, United Kingdom

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



The effect of dance classes on physical activity of adolescent girls

Mayumi Kuno-Mizumura, PhD¹, Emi Iijima, BA¹, Yuriko Hattori, BA¹
¹*Ochanomizu University, Tokyo, Japan*

Biomechanical analysis of ballet dancers' turnout

Misato Tachibana¹, Yuki Nishitsuji¹, Hayato Yamamoto¹, Yusuke Hashii¹, Tatsuya Hojo¹
¹*Doshisha University, Kyoto, Japan*

Video assessment of countermovement jump performance in first position sauté: a reliability study

Annette Karim, DPT, PhD¹
¹*Azusa Pacific University, Azusa, CA, United States*

Learning to dance by video: can mirror neurons cope with that?

Izabela Lucchese Gavioli¹, Aline Villa¹
¹*Federal University of Rio Grande Do Sul, Porto Alegre, Brazil*

The effect of a one-time, 3 hour health promotion workshop on young competitive dancers

Marissa Schaeffer, SPT, CSCS¹, Laurel Daniels Abbruzzese, PT, EdD¹
¹*Columbia University Program in Physical Therapy, New York, NY, United States*

Illinois dance studio survey: inclusion of dance science

Jocelyn Garner, PhD¹, Katie Pavlik, MSc², Emily Stoner, FSA³, Rachel Traisman⁴
¹*Northwestern University, Joffrey Ballet, Northbrook, Chicago, IL, United States*, ²*Lake Bluff, IL, United States*,
³*Chicago, IL, United States*, ⁴*Northwestern University, Evanston, IL, United States*

A survey of higher education dance science educator credentials in the United States

Gabrielle McNeillie, MFA, BFA¹
¹*Central Washington University, Ellensburg, WA, United States*

Current situation of dance science classes in Japanese university dance programs

Kumiyo Kai, MFA, BS¹, Rie Oshimoto, BPT, BS², Yuki Murata, MS, CSCS³
¹*Nihon Fukushi University, Mihama, Japan*, ²*Funcphysio Physical Therapy, Tokyo, Japan*, ³*Chukyo University, Toyota, Japan*

The effects of different attentional focus on postural stability in classic ballet

Riko Mizushima, MA¹, Mayumi Kuno-Mizumura, PhD¹
¹*Ochanomizu University, Tokyo, Japan*

The comparative analysis of anatomical and metaphorical imagery on psychological and physical stress in dancers

Cassandra Tumas¹, Lauren Kearns, MFA, E-RYT 500¹
¹*Elon University, Elon, NC, United States*

Self-administered attribution retraining for dancers

Ashley Van Egeren, BA¹, William Chaplin, PhD², Forrest Scogin, PhD¹
¹*University of Alabama, Tuscaloosa, AL, United States*, ²*St. John's University, Queens, NY, United States*

SCHEDULE

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Water cross training for the integral development in collegiate dancers with different technical weaknesses

Marai Garay, BA¹

¹*University Autonomous of Chihuahua, Chihuahua, Mexico.*

DAFT steady increase training versus Plyometric high intensity interval training on cardiovascular levels in collegiate dancers

Brooke Griffin, BS¹, Amanda Alvarez, BS¹, Kali Taft¹

¹*Texas A&M University, College Station, TX, United States*

Examining the saut de chat leap: a Delphi method study

Katie Lerch, BS¹, Amir Khastoo, BA, SPT¹, K. Michael Rowley, BS, BA¹, Kornelia Kulig, PhD, PT¹

¹*University of Southern California, Los Angeles, CA, United States*

A biomechanical analysis and comparison of the foundational demi-plié to functional variations

Lauren Schutz, BSE, BA¹

¹*The University of Iowa, Iowa City, IA, United States*

The effects of choreographic repetition on range of motion and strength in dancer's hips

Victoria Banner, SPT¹

¹*University of South Florida, Tampa, FL, United States*

Effects of Pilates Method in the range of young ballerinas' turnout using a Functional Footprint[®] rotational instrument

Isabel Giovannini Komerowski, BA¹, Camila Dall'Agnol¹, Laura Ruaro Moraes, BA¹, Débora Cantergi, MSc, PhD¹, Aline Haas, PhD¹

¹*Federal University of Rio Grande do Sul, Porto Alegre, Brazil*

Kinematic analysis of a male dancer during a partner's acrobatic movement in Brazilian samba dance: a case study

Laura Ruaro Moraes, BA¹, Débora Cantergi, PhD¹, William Dhein, MSc¹, Jefferson Loss, PhD¹, Aline Haas, PhD¹

¹*Federal University of Rio Grande do Sul, Porto Alegre, Brazil*

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



Poster Presentations Group M

Saturday October 14, 10.00 - 11.30 am Lamar

The impact of fatigue on dancers: current knowledge and research direction

Alexandra Bryan, AT¹, Jeffrey Russell, PhD, AT¹

¹Ohio University, Athens, OH, United States

Screening tool in dance: a systematic review and proposal to development of a protocol for kinetic-functional evaluation

Flora Pitta, PT, MS¹, Mayara A. Kovachich¹, Isabel C. N. Sacco¹, Andreja P. Picon, PhD¹

¹University of São Paulo, São Paulo, Brazil

Validation of a basic screening tool to investigate balance impairments in collegiate dancers following musculoskeletal injuries and concussion

Jovauna Currey, MD¹, Kelli Sharp¹

¹University of California, Irvine, Orange, CA, United States

Injuries among university dance team members

Jessica Graning, DPT, PCS¹, Todd Watson, DPT, OCS¹

¹Western Carolina University, Cullowhee, NC, United States

Perceptions of dancers and dance instructors on dance-related pain and injury: survey study

Kimberly Veirs, MPT, ATC¹, Carol Dionne, PT, PhD¹, Jonathan Baldwin, MS, CNMT¹

¹University of Oklahoma, Health Sciences Center, Oklahoma City, OK, United States

Self-reported injury histories in professional ballet and collegiate dance majors

Valerie Williams, PT, PhD¹, Timothy Sell, PT, PhD², Mita Lovalekar, MBBS, PhD³

¹Brunel University, London, United Kingdom, ²Duke University, Durham, NC, United States, ³University of Pittsburgh, Pittsburgh, PA, United States

The dancers' study: dance activity participation (including level of performance and previous injuries) increase risk of osteoarthritis?

Angela Contri, MA, BSc(Hons)¹, Matthew Wyon, PhD, MSc², Nick Allen, PhD³, Kimberley L. Edwards, PhD¹

¹University of Nottingham, Academic Orthopaedics Trauma and Sports Medicine, Nottingham, United Kingdom,

²Research Centre for Sport, Exercise, and Performance, University of Wolverhampton, Walsall, United Kingdom,

³Jerwood Centre, Birmingham Royal Ballet, Birmingham, United Kingdom

T2 and T1p MRI mapping of articular cartilage and clinical correlates in female and male ballet dancers

Kelli Sharp, DPT^{1,2}, Jeffery Russell, PhD, AT³, Hon Yu, PhD⁴, Alex Luk, PhD⁴, Adam Rudd, MD⁴, Jimmy Ton, MD⁴, Hiroshi Yoshioka, MD⁴

¹University of California at Irvine, School of Arts: Dance Department, Irvine, CA, United States, ²University of California at Irvine, Department of Physical Medicine Rehabilitation, Irvine, CA, United States, ³Ohio University: School of Applied Sciences and Wellness, Athens, OH, United States, ⁴University of California at Irvine, School of Medicine, Department of Radiology, Irvine, CA, United States

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



Lifetime prevalence of injuries in the Italian professional dance scenario

Sara Muccioli, BSc(Hons), BA(Hons)¹, Angela Contri, BSc(Hons), MA¹, Omar De Bartolomeo, MD, PhD², Michela Bozzolan, PT, MSc¹

¹Università degli studi di Ferrara, Ferrara, Italy, ²Ballet School of Teatro Alla Scala, A.O. Istituto Ortopedico Gaetano Pini, University of Milan, Milano, Italy

20-year systematic review of the hip pathology, risk factors, treatment and clinical outcomes in ballet dancers

Ioanna Bolia¹, Hajime Utsunomiya¹, Renato Locks¹, Karen Briggs¹, Marc Philippon¹

¹Steadman Philippon Research Institute, Vail, CO, United States

Comparison of hip abductor strength in dancers with and without snapping hip syndrome: a cross sectional study

Sefika Kiziltoprak¹, Manuela Angioi¹, Karen Sheriff²

¹Queen Mary University of London, UK, London, United Kingdom, ²Royal Ballet School, London, United Kingdom

Rehabilitation of a dancer with an anterior approach total hip arthroplasty: a case report on benefits and pitfalls

Lynnette Khoo-Summers, DPT, PT¹

¹Washington University School of Medicine, Program in Physical Therapy, Department of Orthopaedics, St Louis, MO, United States

Challenges in treating Achilles tendon injuries in the adolescent dancer: a case series

Jessica Waters, PT, DPT¹

¹Cleveland Clinic, Cleveland, OH, United States

Case Study: Evidence-based medicine to treat chronic nonspecific low back pain in a dancer

Suzanne Semanson, DPT¹

¹NYULMC, Hospital for Joint Diseases Harkness Center for Dance Injuries, New York, NY, United States

Principles of aquatic rehabilitation/exercise and the benefits for dancers

Katie Rodrick MS, ATC¹

¹Cleveland Clinic, Cleveland, OH, United States

Neurological considerations about rhythm in American tap dancing

Izabela Lucchese Gavioli¹, Camila Costamilan Schlichting¹

¹Federal University of Rio Grande do Sul, Porto Alegre, Brazil

The adult dancer: intrinsic and extrinsic factors that influence performance, well-being, and treatment of injuries

Wendy Coates, MD¹

¹UCLA School of Medicine/Los Angeles County Harbor, UCLA Medical Center Los Angeles, Los Angeles, CA, United States

Person-centered care and dancers' mental health

Nicoletta P. Lekka, MD, PhD¹

¹Sheffield Health and Social Care Foundation Trust, Sheffield, United Kingdom

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



Training and injury prevention for the hypermobile dancer: a means to functional & aesthetic mobility

Alison Marsh, BA¹, Chris Aiken, MFA, BA¹
¹Smith College, Northampton, MA, United States

The role of micronutrients for soft tissue injury rehabilitation in dancers

Chloe Travers, BA(Hons)¹, Meghan Brown, PhD², Stephanie De'Ath, MSc³
¹Middlesex University, London, United Kingdom, ²Gloucestershire University, Gloucester, United Kingdom, ³National Institute of Dance Medicine and Science, London, United Kingdom

A comparison of body fat, energy level and diet in performing arts majors

Katherine Schulz¹, Margaret Wilson, PhD¹
¹University of Wyoming, Laramie, WY, United States

Exploring energy intake and motivations behind food choices of collegiate female modern dancers

Alexandria Farrar, MS, NDTR, Elizabeth Beverly, PhD¹, Darlene Berryman, PhD, RD¹, Jeff Russell, PhD, AT¹
¹Ohio University, Athens, OH, United States

Prevalence and knowledge of the female athlete triad among collegiate dancers

Ann F. Brown, PhD, CISSN¹, Michelle S. Little¹, Melanie J. Meenan, MFA, MA¹, Katie N Brown, PhD, RDN¹
¹University of Idaho, Moscow, ID, United States

Associations among age, experience, and injuries of dancers presenting to a dancer wellness clinic

Hannah Colopy, BS¹, Sally Dunn, BA¹, Kaitlin Coughlin, BA¹, Rosalinda Canizares, DPT, SCS¹, Daniel Schmitt, PhD¹, Carolyn Keeler, DO¹
¹Duke University, Durham, NC, United States

Musculoskeletal effects and injury risk in collegiate Indian classical and ballet dancers

Roshni Prakash¹, Blythe Williams, PhD¹, Michael Granatosky, PhD^{1,2}, Rosalinda Canizares, PT, DPT¹
¹Duke University, Durham, NC, United States, ²University of Chicago, Chicago, IL, United States

Correlation between roles performed & injuries sustained during The Nutcracker season in professional ballet companies

Maeve Talbot, SPT¹, Miranda Young, SPT¹
¹Mary Baldwin University, Staunton, VA, United States

Trunk stability training analyzed through a single leg step-down test in collegiate ballet dancers

Carolyn Meder¹, Rose Smith, DPT, SCS^{1,2}, Thomas Palmer, PhD, ATC^{1,2}
¹University of Cincinnati, Cincinnati, OH, United States, ²University of Cincinnati, College-Conservatory of Music's Ballet Department, Cincinnati, OH, United States

Turning pliés into gargoyles: the effects of mental rehearsal strategies on working memory span for dance movement

Sarah Green, BA¹, Rebecca Bays, PhD, MS¹
¹Skidmore College, Saratoga Springs, NY, United States

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



FRIDAY, October 13, 2017

A DAY FOR TEACHERS (ADFT)

Hosted by the IADMS Dance Educators' Committee

- 8:00 - 8:30 am **Registration;** Light breakfast, **Lobby**
- 8:30 - 10:30 am **Morning Session** Elsa Urmston IADMS Dance Educators Committee Chair **Salon B**
- A dancer-centric journey - in pursuit of an interdisciplinary approach to training, healthcare and performance
Clare Guss-West
 - Teaching dance to young children: A healthy and effective approach to training and educating young dancers
Jane Andrewartha
 - The early maturing dancer: challenges and advantages in UK vocational training
Siobhan Mitchell
 - Status of dancer wellness education programs in U.S. colleges/universities: A 20-year update
Marita Cardinal
 - Creating a culture of wellness in university dance training programs
Veoletta Dyer, Sarah Wilcoxon, Gayanne Grossman & Tom Welsh
 - From dance artist to healthy dance advocate: a conversation
Maggie Morris, Sonia Rafferty & Emma Redding
- 10:30 - 11:30 am **Poster Presentations** with refreshments **Lamar**
- 11:30 - 1:30 pm **Movement sessions** **Salon A & C**
- The beauty of physics: biomechanics in the ballet class *Margaret Wilson & Jennifer Deckert*
OR
 - I stand corrected! From correction to constructive feedback *Karine Rathle*
 - The importance of the foot core for dancers *Kirsten Roberts*
OR
 - How to train young dancers to create good back extension without risking lumbar vertebrae arch fractures (spondylolysis) *Jarmo Ahonen*
- 1.30 - 3.30 pm **Lunchbreak** with option of **Education Roundtable** **San Houston** (*lunch fee applicable)
- 3.30 - 5.30 pm **Afternoon Presentations** **Salon B**
- Youth dancers: perspectives from growth and maturation
Robert M. Malina
 - Directors' panel discussion: Implementing dance science and medicine – the challenges of 21st century dance training
Madeleine Onne, Gaby Allard, Luc Vanier & Risa Steinberg

SCHEDULE

IADMS 27TH ANNUAL CONFERENCE



SATURDAY, October 14, 2017

A DAY FOR MEDICS (ADFM)

- 8:00 - 8:30 am **Registration;** Light breakfast, **Lobby**
- 8:30 - 10:30 am **Session One** Peter Lavine IADMS Vice President **Salon B**
- Biomimetic surgical implants, a new strategy to improve musculoskeletal functional recovery
Ennio Tasciotti
 - Defining your boundary of medical practice: current controversies of stem cell therapies *Ming Hao Zheng*
 - Non-surgical and surgical management of the complicated hip: Biomechanical and functional considerations
Shaw Bronner & Melissa Strzelinski
- 10:30 - 11:30 am **Poster Presentations** with refreshments **Lamar**
- 11:30 - 1:30 pm **Session Two** **Salon B**
- From the dance floor to the pelvic floor: concerns regarding pelvic floor dysfunction in performers
Brooke Winder
 - Diastasis recti: a post-partum musculoskeletal concern affecting the safe return to professional dance
Vanessa Muncrief
 - Discoid lateral meniscus tear in dancers: report of two cases *Mai Katakura*
 - Relationship between ultrasonography findings and physical examination outcomes for knee injuries in young dancers
Itzhak Siev-Ner
 - Ultrasonography and clinical examination for knee injuries among pre- and post-menarche dancers
Nili Steinberg
 - To screen or not to screen-that is the question? *Laurel Daniels Abbruzzese vs Sarah Kenny*
 - Cryotherapy-help or harm? *Valerie Williams vs Rosalinda Canizares*
- 1.30 - 3.30 pm **Lunchbreak** with option of medical doctors' networking event
- 3.30 - 5.30 pm **Session Three** **Salon B**
- The tale of the talus: a multidisciplinary panel on diagnosis and treatment of the talus and hind foot complex in dancers *Nancy Kadel, Peter Lewton-Brain, Kathleen Davenport, Moira McCormack*
 - Posterior ankle impingement in dancers *Kevin Varner*
 - Arthroscopic treatment of posterior ankle impingement in professional ballet *Carlos Meheux*
 - Extracorporeal shock wave therapy for post-surgical scar tissue in the ankle: A Case Series *Kathleen Bower*