THURSDAY, October 25, 2018

7:30 - 9:00 am  Registration; Tea and Coffee
Exhibitors Hall and Vision Foyer

9:00 - 9:30 am Opening Remarks and Welcome Address Vision 1-3
Peter Lavine, MD, President, IADMS
Jarmo Ahonen, PT, Local Host Committee Chair, IADMS 2018
Dennis Nylund, Finnish Dancer/Actor
Tim Whitehouse, Deputy Executive Director, IADMS
Presentation of IADMS Dance Educator Award nominees
Presentation of the Student Research Award (Sponsored by Harkness Center for Dance Injuries)

9:30 - 10:30 am Opening Symposium - Sleep and Performance Vision 1-3
Henri Tuomilehto MD, PHD
Co-founder and Medical Director at Oivauni Sleep Clinics, Finland
High Performance Unit, Finnish Olympic Committee
University of Eastern Finland, Kuopio, Finland
Moderator – Tim Whitehouse, Washington DC, USA

10:30 - 11:00 am REFRESHMENT BREAK
Vision Foyer and Explore Lounge

<table>
<thead>
<tr>
<th>Time</th>
<th>Studio Explore 1</th>
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</thead>
</table>
| 11.00 am - 12.00 noon | Flexibility training for dancers
Bárbara Pessali-Marcos BA, MSc, Christopher Morse PhD, Adrian Burden PhD, Gladys Onambele PhD
Manchester Metropolitan University, Crewe, Cheshire, United Kingdom | Training load and injury occurrence in undergraduate dance students
Sarah Needham-Beck PhD, Jayne McKee BA(Hons), Gemma Harman PhD
University of Chichester, Chichester, United Kingdom | *Analysis of the influence of mechanical factors on professional Flamenco dancers
Juan Bosco Calvo
Universidad Alcalá (Madrid) Sanart-Medicina de las Artes, Madrid, Spain | Dance conditioning- introducing SomaTraining in dance
Anne Peyk BA MA¹, Peter Bodt²
¹Tivoli Ballet School, Copenhagen, Denmark, ²SomaTraining UK, London, United Kingdom |
| 11.00 am - 12.00 noon | | *Using smartphones to monitor training load and associated training stressors in vocational dance students
Brenton Surgenor MSc, MA
Hong Kong Academy for Performing Arts, Wanchai, Hong Kong | The role of muscular strength in patellofemoral pain syndrome in Flamenco and Mexican folkloric dancers
Soledad Echegoyen MD, MED¹, Cristina Rodriguez MD², Takeshi Aoyama MD²
¹Escuela Nacional de Danza, Instituto Nacional de Bellas Artes, Mexico, ²Dirección de Medicina del Deporte, Universidad Nacional Autonoma de Mexico, Mexico City, Mexico | |
| 12.00 noon - 1.00 pm | Experiential anatomy for the dancer: tips for teachers  
Judith Steel MA, CMA¹, Lisa Shoaf DPT, PhD²  
¹Virginia Commonwealth University, Richmond, VA, United States, ²Mary Baldwin University, Staunton, VA, United States | Aerobic capacity of pre-professional ballet dancers: is ballet specific training creating a stimulus for adaptation?  
Alice McBride¹, ², Manuela Angioi PhD, MSc¹, Karen Sherriff MSc³  
¹Barts and the London School of Medicine and Dentistry, Queen Mary University of London, London, United Kingdom, ²Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, United Kingdom, ³The Royal Ballet School, London, United Kingdom | Determining energy expenditure in contemporary dance classes – a pilot study  
Annemiek Tiemens MSc¹, ², Rogier van Rijn PhD¹, ², Janine Stubbe PhD¹, ², Jos de Koning PhD²  
¹Codarts University of the Arts, Rotterdam, Netherlands, ²Performing Artist and Athlete Research Lab, Rotterdam, Netherlands, ³Rotterdam Arts and Science Lab, Rotterdam, Netherlands, ⁴Department of Human Movement Sciences, VU University Amsterdam, Amsterdam Movement Sciences, Amsterdam, Netherlands | Patellofemoral pain, body morphology and alignment in pubertal dancers: One-year follow-up  
Nili Steinberg PhD, Itzhak Siev-Ner MD  
The Wingate College of Physical Education and Sports Sciences at the Wingate Institute, Netanya, Israel |
| | All studio based sessions are 45 minutes long with 5 minutes for questions. Podium presentations are 10 minutes with 5 minutes for questions except  
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<td>3.00 - 4.00 pm</td>
<td>Self-care for your derriere! Robert Turner DPT OCS¹ ²</td>
<td>Gaze behavior in dance – the relevance of spotting in multiple rotations Andrea Scharli PhD¹, Heiko Hecht PhD², Fred Mast PhD¹, Ernst-Joachim Hossner PhD¹</td>
<td>Is OPTIMAL, optimal? – integrating Wulf’s theories in professional dance practice Clare Guss-West MA, BHum The European Network for Opera, Music &amp; Dance Education, Zurich, Switzerland</td>
<td>Dance-medical physical examination, especially the lower extremity - hands on: how we do it Boni Rietveld MD, PhD Medical Centre for Dancers &amp; Musicians, The Hague, Netherlands</td>
</tr>
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</table>

¹ Movement CoLab New York, New York, NY, United States, ² Hospital for Special Surgery, New York, NY, United States

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# Schedule

## IADMS 28th Annual Conference

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.00 - 5.00 pm</td>
<td>Uncovering joint angle coordination strategies in pirouettes</td>
<td>Melanie Lott, MS, PhD Denison University, Granville, OH, United States</td>
</tr>
<tr>
<td></td>
<td>Quantification of postural control in dancers using dance specific poses</td>
<td>Matthew Wittstein, PhD, Rachel DiCioccio Elion University, Elion, NC, United States</td>
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<tr>
<td></td>
<td>*Considerations for dance educators: acquisition and transfer of skills from creative movement exploration and the role of motor learning during early childhood</td>
<td>Christina Salgado, MA, BA Pittsburgh Ballet Theatre, Pittsburgh, PA, United States</td>
</tr>
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<td></td>
<td>Prevention of postural control in dancers using dance specific poses</td>
<td>Matthew Wittstein, PhD, Rachel DiCioccio Elion University, Elion, NC, United States</td>
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<td>Balance training differences on dancers’ dynamic postural stability: a randomised controlled trial</td>
<td>Frances Clarke, MSc, PGCE, Yannis Koutedakis, PhD, Margaret Wilson, PhD, Matthew Wyon, PhD</td>
</tr>
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<td>Measuring motor stability in dancers using a novel approach</td>
<td>Kelli Sharp, DPT, Daria Nahidipour</td>
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<td></td>
<td>Effect of forefoot types on balance in ballet dancers</td>
<td>Momoko Kizawa, MD, Hiroaki Shima, MD, Toahito Yasuda, MD, Katsunori Mori, MD, Seiya Tsujinaka, MD, Masashi Neo, MD, PhD Osaka Medical College, Takatsuki, Japan,</td>
</tr>
<tr>
<td></td>
<td>Physical activity and enjoyment during dance-focused physical education classes in middle school girls</td>
<td>Jatin Ambegaonkar, PhD, ATC, Carol Pierce, ME, Nelson Cortes, PhD, Shane Caswell, PhD</td>
</tr>
<tr>
<td></td>
<td>Physiological demands of Brazilian zouk social dance in healthy adults</td>
<td>Simona Moravcikova, MSc, BSc Trinity Laban Conservatoire of Music and Dance, London, UK</td>
</tr>
<tr>
<td></td>
<td>Dancing with Parkinson’s: a classical ballet and music intervention for people with Parkinson's disease</td>
<td>Helen Gould, MSc, Wendy Timmons, BPhil, Mark Pace, MSc University of Edinburgh, Edinburgh, UK</td>
</tr>
<tr>
<td></td>
<td>Dancing with dementia: a social dance intervention for people with mild dementia in daycare centres</td>
<td>Wendy Timmons, BPhil, Simon Blaschke, MSc University of Edinburgh, Edinburgh, UK</td>
</tr>
<tr>
<td></td>
<td>Anatomy of &quot;shin splits&quot; and how to manage them in the dance studio</td>
<td>Nicola Stephens, MSc, MCSP, Amanda Huke-Smith Performers College, Essex, United Kingdom</td>
</tr>
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</table>
| 5.00-5.30 pm | **Breathing patterns and their use in ballet**  
Javier Torres\(^1,2,3,4\)  
\(^1\) Finnish National Ballet, Helsinki, Finland  
\(^2\) Lyon Opera Ballet, Lyon, France  
\(^3\) Czech National Ballet, Prague, Czech Republic  
\(^4\) Centre National de la Danse Paris, Paris, France |

- Effects of fatigue on bilateral differences on dancers' dynamic postural stability during landing using time to stabilisation protocols  
Frances Clarke MSc, PGCE\(^1,2\), Yiannis Koutedakis PhD\(^1,2\), Margaret Wilson PhD\(^1\), Matthew Wyon PhD\(^1,2\)  
\(^1\) Research Centre for Sport Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom  
\(^2\) National Institute of Dance Medicine and Science, Birmingham, United Kingdom  
\(^3\) Department of Sport and Exercise Sciences, University of Thessaly, Trirala, Greece  
\(^4\) Department of Theatre and Dance, University of Wyoming, Laramie, WY, United States

- *Posterior ankle impingement syndrome in ballet dancers. Part 2: Flexor hallucis tendinopathy, posterior intermalleolar ligament, and other soft tissue pathologies*  
Eichi Hiraiishi MD\(^1\), Hiroko Ikezawa MD\(^1\), Kanako Kudo MD\(^2\), Norio Usami MD\(^3\)  
\(^1\) Eiju General Hospital, Taito-Ku, Japan  
\(^2\) School of Medicine, Keio University, Tokyo, Japan  
\(^3\) Usami Orthopaedic Clinic, Tokyo, Japan

- *Flexor hallucis longus tenolysis/tenosynovectomy in dancers*  
Elizabeth Barchi MD, Tracy Espiratu-McKay DO, Donald Rose MD  
NYU Langone Health; Harkness Center for Dance Injuries, New York, NY, United States

- *Mechanism of metatarsophalangeal joint overload in dancers with and without flexor hallucis longus tendinopathy*  
Hai-Jung Steffi Shih BS, PT, Lindsey Trejo BS, K. Michael Rowley BS, BA, Kornelia Kulig PT, PhD  
Division of Biokinesiology and Physical Therapy, University of Southern California, Los Angeles, CA, United States

- *Plantar plate injury in a dancer*  
Moira McCormack MSc\(^1,2\)  
\(^1\) The Royal Ballet Company, London, United Kingdom  
\(^2\) University College London, London, United Kingdom

| 5.30-6.00 pm | **Dance science in the digital age**  
Madison McGrew MSc, BFA\(^1\), Siobhan Mitchell PhD, MSc\(^2\), Jillian Descoteaux ATC, MSc\(^3\), Carolyn Meder ATC, Andrea Alvarez MFA, BS\(^4\), Sutton Anker MSc, BFA\(^1\), Leanne Steel BA(Hons), MSc\(^1\)  
\(^1\) Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  
\(^2\) University of Bath, Bath, United Kingdom  
\(^3\) Ohio University, Cincinnati, OH, United States, *University of Cincinnati, Cincinnati, OH, United States,  
\(^4\) Texas A&M University, College Station, TX, United States

- *Student and young professional networking workshop*  
Siobhan Mitchell PhD, MSc\(^1\), Madison McGrew MSc, BFA\(^2\), Sutton Anker BFA, MSc\(^3\), Andrea Alvarez BS, MFA\(^4\), Carolyn Meder ATC\(^5\), Jillian Descoteaux, MSc, ATC\(^6\), Leanne Steel BA(Hons), MSc\(^7\)  
\(^1\) University of Bath, Bath, United Kingdom  
\(^2\) Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  
\(^3\) Texas A&M University, College Station, TX, United States  
\(^4\) University of Cincinnati, Cincinnati, TX, United States,  
\(^5\) Ohio University, Cincinnati, OH, United States

| 6.00-6.30 pm | **Continuous modern dance: increasing aerobic capacity**  
Heidi Echols MFA  
Salem College, Winston-Salem, NC, United States

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* Program subject to change.
7:30 pm

WELCOME RECEPTION

Supported by Dance Health Finland

Venue
Finnish National Opera House

Special guest
Minna Tervamäki
Former étoile dancer at the Finnish National Ballet

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## SCHEDULE

### IADMS 28th Annual Conference

**FRIDAY, October 26, 2018**

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<td>9.00 - 10.00 am</td>
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<tr>
<td>Moderator: Kathleen Davenport MD</td>
<td>Moderator: Jeff Russell PhD</td>
<td>Moderator: Frances Clarke BA(Hons), MSc.</td>
<td>Moderator: Sarah Kenny PhD</td>
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<tr>
<td>Miami, FL, USA</td>
<td>Athens, OH, USA</td>
<td>Walsall, UK</td>
<td>Calgary, Canada</td>
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**8:00 - 9:00 am**

**POSTER PRESENTATIONS - Group F**

**Room Vision 1**

### Poster Presentations

**Group F Room Vision 1**

- **Ballet dancers’ anterior hip pain - what is it and how to prevent it**
  - Pasi Sinisalo PT
  - Fysioterapia Kroppa, Vantaa, Finland

- **A dancer’s foot in turnout: a multi-segment kinematic study**
  - Sarah Carter PhD, MSc
  - Alan Bryant PhD
  - Luke Hopper PhD
  - 1Podiatric Medicine and Surgery Division, School of Allied Health, The University of Western Australia, Perth, Australia, 2Western Australian Academy of Performing Arts, Edith Cowan University, Perth, Australia

- **Professional dancers have distinct multi-segmented foot-ankle biomechanical patterns compared to non-dancers during multidirectional landings.**
  - Ana M. Azevedo PT
  - Raul Oliveira PhD, PT
  - Joao R. Vaz PhD, PT
  - Nelson Cortes PhD
  - 1Faculty of Human Kinetics, Lisbon, Portugal, 2Sports Medicine Assessment, Research & Testing (SMART) Laboratory, Virginia, United States, 3University of Nebraska at Omaha, Nebraska, United States

- **The effect of ankle range of motion and strength on stability and peak jump height in dance**
  - Georgios Machtsiras PhD, MSc
  - Wendy Timmons BPhil(Hons), Lisa Guild MSc, Laura Gilmour MSc
  - The University of Edinburgh, Edinburgh, Scotland, United Kingdom

- **Searching for efficiency of movement: the mesentery and its relationship to dance movement**
  - Peter Lewton-Brain DO, MA
  - Rosella Hightower International Dance Center, Cannes-Mougins, France, Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

- **Exploring interoceptive sensibility and proprioception in classical dancers with hypermobility as they advance in their training**
  - Wendy Timmons BPhil(Hons)
  - University of Edinburgh, Edinburgh, United Kingdom

- **Investigating the phenomenon of dance and music performance through the experience of the performer**
  - Gemma Harman PhD
  - Emma Redding PhD
  - Patricia Holmes PhD
  - 1University of Chichester, Chichester, United Kingdom, 2Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

- **External attentional focus: an investigation into the effectiveness of a somatic teaching approach among tertiary vocational ballet students.**
  - Alysia Jarvis BA, MA, Katy Chambers MSc
  - Royal Academy of Dance, Faculty of Education, London, United Kingdom

**Room Vision 2-3**

### Poster Presentations

**Group F Room Vision 2-3**

- **Partner-based bodymind warm-up**
  - Betsy Miller MFA, BA
  - Meredith Lyons MFA, BA
  - 1Salem State University, Salem, MA, United States, 2Colorado Mesa University, Grand Junction, CO, United States

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<tr>
<td>10.00 am</td>
<td>Muscle palpation and trigger point dry needling</td>
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<tr>
<td></td>
<td>Elizabeth Maneijas MD(^1,2), Lauren Elson MD(^3), Yusuf Talli MD(^4), Bridget Chin MD(^1,2), Robert Turner DPT (^1)</td>
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<tr>
<td></td>
<td>New York Hospital Cornell, New York, NY, United States; (^2) New York Hospital Cornell, New York, NY, United States; (^3) Harvard Medical School Spaulding-Wellesley Rehab Center, MA, United States; (^4) Bassett Healthcare Network, New York, NY, United States</td>
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<tr>
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<td>(^1) Hospital for Special Surgery, New York, NY, United States; (^2) New York Hospital Cornell, New York, NY, United States; (^3) Movement CoLab New York, New York, NY, United States</td>
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<tr>
<td>11.00 am</td>
<td>Comparison of kinetic variables during standing vertical and sautés jumps in pre-professional ballet dancers</td>
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<td>Karis Hodgson BMEdSci(^1), Manuela Angioi MSc, PhD(^1), Karen Sheriff MSc(^2), Adam Mattiussi MSc(^3), Matt LaMarque BSc(^2), Aleksandra Birn-Jefferey MSc, PhD(^1)</td>
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<td>Queen Mary University of London, London, United Kingdom; (^2) Royal Ballet School, London, United Kingdom; (^3) St Mary's University, London, United Kingdom</td>
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<td>(^1) Health Sciences School Research Group for Systematic Reviews (IBMR/Laureate), Rio de Janeiro, Brazil; (^2) Corpsos Aritos Gestos Livres, Rio de Janeiro, Brazil; (^3) Londrina State University, Londrina, Brazil</td>
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<td>Assessment of current tests for assessing aesthetic performance in dancers: a systematic review</td>
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<td>Clara Fischer MS, BEd(^1), 2, Flor Fusi MS, BSc(^4), Roberto Poton MS, BSc(^1), 3</td>
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<td>(^4) Incorporalma, Rio de Janeiro, Brazil</td>
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<td>The effects of a 10-week plyometric training intervention on jump performance in professional ballet dancers</td>
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<td>Angélique Keller MSc, CAS Dance Science, Andrea Schärli PhD</td>
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<td>University of Bern, Bern, Switzerland</td>
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<td>(^7) University of Chichester, Chichester, United Kingdom</td>
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<td>Performance enhancement: a performer’s perspective</td>
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<td>Gemma Harman PhD(^1), 2, Emma Redding PhD(^2), Patricia Holmes PhD (^2)</td>
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**IADMS 28TH ANNUAL CONFERENCE**

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<tr>
<td>Moderator: Margaret Wilson PhD</td>
<td>Moderator: Annabelle Couillard PhD, PT</td>
<td>Moderator: Selina Shah MD, FACP</td>
<td>Moderator: Frances Clarke BA(Hons) MSc</td>
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<tr>
<td>Laramie, Wyoming, USA</td>
<td>Paris, France</td>
<td>Walnut Creek, CA, USA</td>
<td>Walsall, UK</td>
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**OCT 2018 Final Program subject to change**

1. **Arabesque: balancing aesthetics and biomechanics for a more sustainable line.**
   - Alicia Head
   - American Ballet Theatre Gillespie School Up Studio, Lomita, CA, United States

2. **Understanding growth and maturation in the context of dance: a biocultural approach**
   - Siobhan Mitchell PhD, MSc
   - Anne Haase PhD
   - Sean Cumming PhD
   - University of Bath, Bath, United Kingdom
   - University of Bristol, Bristol, United Kingdom

3. **Dancers' attachment to their first principal ballet teacher**
   - Mark Pace BA (Hons), MSc
   - Tavis Ryan King BA(Hons), MSc
   - University of Edinburgh, Edinburgh, United Kingdom
   - Brunel University, London, United Kingdom

4. **The motivational process in Chinese vocational college dancers: An investigation in the perceived autonomy support, basic psychological needs satisfaction and motivation characteristics**
   - Mengqian Shi MSc
   - Trinity Laban Conservatoire of Music and Dance, London, United Kingdom
   - Shanghai Theatre Academy, Shanghai, China
   - Beijing Dance Academy, Beijing, China

5. **Age and genre are important determinants of injury in a comparison of classical and contemporary dancers**
   - Leann Bell MRCP1 MSc, Caroline Jubb MSc
   - Roger Wolman MD, FRCP
   - Royal National Orthopaedic Hospital, Stanmore, United Kingdom

6. **Are we missing the point? Trigger points and pain referral patterns in dancers.**
   - Amanda Blackmon BSEd, DPT
   - Emma Faulkner BS, DPT
   - Atlanta Ballet, Atlanta, GA, United States
   - Mercer University, Atlanta, GA, United States
   - Motion Stability Physical Therapy, Atlanta, GA, United States
   - Myopain Seminars, Bethesda, MD, United States

7. **Optimising tendon health for dance**
   - Christian Couppe PhD
   - Institute of Sports Medicine, Copenhagen, Denmark
   - Bispebjerg Hospital, IOC Research Center, Denmark

8. **Optimising tendon health for dance**
   - Sandro Rajic MSc
   - St. Mary's University, Twickenham London, United Kingdom
   - University of Wolverhampton, Walsall, United Kingdom

9. **Functional range conditioning and controlled articular rotations adapted for dance populations**
   - Andre Megerdichian MFA
   - Jennifer Deckert MFA
   - University of Cincinnati, College Conservatory of Music, Cincinnati, OH, United States
   - University of Wyoming, Laramie, WY, United States

10. **A comparison of student and teacher attitudes toward stress and recovery in vocational dance training.**
    - Peta Blevins MSc, BPsysch
    - Luke Hopper PhD
    - Gene Moyle DPsysch
    - Edith Cowan University, Perth, Australia
    - Queensland University of Technology, Brisbane, Australia

11. **Are we missing the point? Trigger points and pain referral patterns in dancers.**
    - Amanda Blackmon BSEd, DPT
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1:30 - 3:30 pm
LUNCH BREAK with Roundtables
Room Imagine

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<tr>
<th>Topic</th>
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<td>Biomechanics</td>
<td>Jarmo Ahonen</td>
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<td>Dance for health</td>
<td>Clare Guss-West</td>
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<td>Endocrinology inc. RED-S in dance</td>
<td>Nicky Keay</td>
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<td>Exercise physiology</td>
<td>Yiannis Koutedakis</td>
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<td>Foot and ankle</td>
<td>Boni Rietveld</td>
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<td>Hip</td>
<td>Sue Mayes</td>
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<td>Neuroscience</td>
<td>Annabelle Couillandre</td>
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<tr>
<td>Psychology</td>
<td>Sho Botham</td>
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<tr>
<td>Training load</td>
<td>Sarah Needham-Beck</td>
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<tr>
<td>Recovery inc. sleep</td>
<td>Henri Tuomilehto</td>
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<tr>
<td>Return to dance</td>
<td>Moira McCormack</td>
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<tr>
<td>Safeguarding dancers (by invitation)</td>
<td>Peter Lewton-Brain</td>
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<tr>
<td>Somatics / Kinesiology</td>
<td>Gayanne Grossman</td>
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<tbody>
<tr>
<td>3.30 - 4.30 pm</td>
<td>Evidence informed stretching techniques for dancers Christian Couppe PhD(^1,2)</td>
<td>Pain sensitivity and tolerance: preliminary results between dancers and non-dancers Bárbara Pessali-Marques BA, MSc, Marie Chollier BA, MSc, Adrian Burden PhD, Christopher Morse PhD Manchester Metropolitan University, Crewe, Cheshire, United Kingdom</td>
<td>*The porous boundary between dance, art and science: perspectives from dance science, physical therapy and psychology Gayanne Grossman PT, Ed.M(^1), Emma Redding PhD(^2), Sanna Nordin-Bates PhD(^2) 1Muhlenberg College, Allentown, PA, United States, 2Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, 3GHI Swedish School of Sport and Health Science, Stockholm, Sweden</td>
<td>Somatics in action: core activation Lauren Kearns MFA, MA Elon University, Elon, NC, United States</td>
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<td>Moderator: Selina Shah MD, FACP. Walnut Creek, CA, USA</td>
<td>Moderator: Siobhan Mitchell PhD Bath, UK,</td>
<td>*A novel approach to the professional dancer screen: suggestions for a more comprehensive medical team collaboration Amanda Blackmon BS, DPT(^1,2,3), Emma Faulkner BS, DPT(^1,2,3), Val Schonberg MS, RD(^1,4), Val Schonberg MS, RD(^1,4) 1Atlanta Ballet, Atlanta, GA, United States, 2Mercer University, Atlanta, GA, United States, 3Motion Stability Physical Therapy Group, Atlanta, GA, United States, 4Enlighten Nutrition Counseling, Atlanta, GA, United States</td>
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| 4.30 - 5.30 pm | Prepare to dance: a six-week training protocol for dancers to achieve pointe readiness status  
Marijeanne Liederbach PhD, PT  
Harkness Center for Dance Injuries, NYU Langone Orthopedic Hospital, New York, NY, United States | Injuries and mental problems in contemporary dance students  
Diana van Winden MSC1,2,3, Rogier van Rijn PhD1,3, Angelo Richardson MSC1,3, Geert Savelbergh PhD4,5,6, Radu Iudejans PhD2,5,6, Janine Stubbe PhD1,3,4  
1Codarts University of the Arts, Rotterdam, Netherlands  
2Department of Human Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Netherlands  
3Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands  
4Erasmus MC, Rotterdam, The Netherlands  
5Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences, Netherlands  
6Erasmus MC, Rotterdam, The Netherlands  
Linking perfectionism and controlling conditions with introjected motivation, exhaustion, and competitive state anxiety via competence frustration: a moderated mediation model of youth elite performers.  
Heidi Marian Haraldsen1,3, Hallgeir Halvari PhD1,2, Frank Erik Abrahamsen PhD1, Bård Erlend Solstad PhD1  
1Department of Coaching and Psychology, Norwegian School of Sport Sciences, Oslo, Norway  
2Department of Business, Marketing and Law, University College of Southeast Norway, Hønefoss, Norway  
3Oslo National Academy of the Arts, Oslo, Norway  
*Becoming a ballet dancer: perceived pleasures in pursuit of perfection and power  
Angela Pickard MA, PhD  
Canterbury Christ Church University, Canterbury, Kent, United Kingdom  
“Team Around The Artist”: a unique integrative approach of education, research, and health support within a pre-professional dance academy  
Stephanie Keizer-Hulsebosch MA1,3, Suzie Steemers MSC1,3, Janine Stubbe PhD1,3  
1Codarts, Rotterdam, The Netherlands  
2Erasmus MC, Rotterdam, The Netherlands  
3Performing artist and athlete research lab (PEARL), Rotterdam, Netherlands  
Administering and utilizing wellness screens in a heterogeneous population of non-professional dancers  
Marisa Hentis DPT, OCS1,2, Lauren Elson MD1, Stephanie Heroux2, Courtney Livingston2, Kester Cotton DPT, OCS1  
1Spaulding Rehabilitation Hospital, Charlestown, MA, United States  
2MGH Institute of Health Professions, Charlestown, MA, United States  
Screening and monitoring the physical health of dancers: which tools can be used? A systematic review of the literature  
Rogier van Rijn PhD1,2, Evert Verhagen PhD3, Janine Stubbe PhD1,2  
1Codarts University of the Arts, Rotterdam, The Netherlands  
2Erasmus MC, Rotterdam, The Netherlands  
3Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands  
Safe Dance IV: Understanding injuries in Australian professional dancers  
Amy Jo Vassallo BMedSci1,2, Evangelos Pappas PhD1, Emmanuel Stamatakis PhD2, Claire Hiller PhD1  
1University of Sydney, Faculty of Health Sciences, Sydney, Australia  
2University of Sydney, Charles Perkins Centre, School of Public Health, Sydney, Australia  
Mambo and mind/body movement principles  
Keryn Lundgren MA, BFA  
New York City Department of Education, New York, NY, United States |

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5.30 - 6.30 pm

IADMS BUSINESS MEETING

Room Vision 1

8:00 - 9.30 pm

AN EVENING OF FINNISH DANCE

Supported by Dance Health Finland Ry, Art Fysio Oy and IADMS
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<tbody>
<tr>
<td>9.00 - 10.00 am</td>
<td>Increasing thoracic extension in the technique class Christine Bergeron BA, MFA, Carissa Armstrong BS, MFA Texas A&amp;M University, College Station, TX, United States</td>
<td><strong>IADMS Standard Measures Consensus Initiative: what’s new with injury count and injury prevention?</strong> Marjianne Liederbach PhD, PT*, Jennifer Gamboa DPT, OCS**, Marshall Hagens PhD, PT**, Tom Welsh PhD*, Caroline Bolling PT, MS**, Sarah Kenny PhD*, Janine Stubbe PhD*, Nick Allen PhD, PT*, Kati Pasanen PhD, PT*, Roger van Rijn PhD*, Evert Verhagen PhD, FECSS**</td>
<td><strong>Embedding dance medicine and science into teaching and learning</strong> Matthew Wyon PhD1,2, Gaby Allard3, Fay Nenander4, Maggie Morris5,6, Sonia Rafferty6</td>
<td><strong>Awake, adapt, evolve: investigating action, perception and movement adaptability in a group of dancers</strong> Christina Mastori BSc, MSc SOMAnatomics_Human Movement Research, Therapy and Education, Amsterdam, Netherlands</td>
</tr>
<tr>
<td>10.00 - 11.00 am</td>
<td>Lumbopelvic motor control: tips for dance pedagogy? Hanna Pohjola MA, PT1,2</td>
<td><strong>Preparing the dancer: a proactive approach</strong> Susan Mayes PhD, BAppSci(Physio)1,2</td>
<td><strong>Working with parents of dancers: insights and strategies from dance and sport science</strong> Camilla Knight PhD University of Swansea, Swansea, Wales, United Kingdom</td>
<td>Improvisation tools for warm up and cool down: giving autonomy to our contemporary dance students! Agathe Dumont PhD Centre National de Danse Contemporaine, Angers, France</td>
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<tr>
<td>11.30 am - 12.30 pm</td>
<td>Movement efficiency for dance proficiency: an exploration of individual neuromuscular activation patterns and guided application of techniques to maximise movement potential&lt;br&gt;Katy Chambers MSc, BSc(Hons)¹,²&lt;br&gt;¹ Royal Academy of Dance, London, United Kingdom, ² Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
<td><strong>Dance of the Embryo: Utilizing population-specific terminology and lived experience to communicate complex medical ideas&lt;br&gt;Matthew Diamond PhD, MD&lt;br&gt;New York University, New York, NY, United States</strong></td>
<td><em>Action research: a new paradigm for dance science&lt;br&gt;Imogen Aujla PhD&lt;br&gt;University of Bedfordshire, Bedford, United Kingdom</em></td>
<td>“11+ Dance” an evidence-based injury prevention workout&lt;br&gt;Nico Kolokythas BSc, MSc¹,²&lt;br&gt;¹ Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, ² Elmhurst Ballet School, Birmingham, United Kingdom</td>
</tr>
<tr>
<td>12.30 pm - 1.30 pm</td>
<td>Morphemes of human motor action as analytical and pedagogical tool in dance&lt;br&gt;Martin Puttke Dip Ballet¹, Dimitri Volchenkov PhD², Bettina Bläsing PhD³&lt;br&gt;¹ Dachverband Tanz Deutschland, Germany, ²TTTU Center for Nonlinear Physics, Texas Tech University, Texas, USA, ³Neurocognition and Action Research Group, University Bielefeld Germany, Berlin, Germany</td>
<td><strong>Imaging the Dancer&lt;br&gt;Jari Salo PhD, MD&lt;br&gt;Department of Orthopaedics, Mehläinen Group Helsinki, Finland</strong></td>
<td><em>Exploring the scope of research in dance medicine and dance science: a bibliometric review of a decade of research from 2007 to 2017&lt;br&gt;Derrick Brown MSc¹,²,³&lt;br&gt;Jatin Ambegaonkar PhD ATC⁴&lt;br&gt;¹AEZ University of the Arts, Arnhem, The Netherlands, ²University Bern Institute of Sport Science, Bern, Switzerland, ³National Centre for the Performing Arts, Arnhem, The Netherlands, ⁴Sports Medicine Assessment, Research, and Testing Laboratory, Manassas, VA, United States</em></td>
<td>Genetic discrepancies: how to recognize them and how to train with them?&lt;br&gt;Jarmo Ahonen PT&lt;br&gt;Finnish National Ballet, Helsinki, Finland</td>
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### Schedule

**IADMS 28th Annual Conference**

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<tr>
<th>Time</th>
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<th>Room View</th>
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<tbody>
<tr>
<td>1:30 - 2:00 pm</td>
<td><em>Journal of Dance Medicine &amp; Science – editorial review and presentation</em>&lt;br&gt;Ruth Solomon, Professor Emeritus 1,2,3&lt;br&gt;John Solomon, PhD1,2&lt;br&gt;<em>Jeff Russell PhD, ATC</em>4&lt;br&gt;1 *Journal of Dance Medicine &amp; Science, Santa Cruz, Soquel, CA, United States&lt;br&gt;2 University of California, Santa Cruz, Soquel, CA, United States&lt;br&gt;3 Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States&lt;br&gt;4 Ohio University, School of Applied Health Sciences and Wellness, Clinic for Science and Health in Artistic Performance, Athens, OH, United States</td>
<td>Medical Doctors Networking Event&lt;br&gt;Dance Educators Roundtables&lt;br&gt;Student Roundtables (supported by Shenandoah University)</td>
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1:30 - 3:30 pm LUNCH BREAK

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>3.00 - 3.30 pm</td>
<td><em>IADMS program committee discussion – meet and greet the team behind the conference</em>&lt;br&gt;Alexander McKinven MSc, MCSP1&lt;br&gt;Lauren Elson MD2&lt;br&gt;Sarah Kenny PhD3&lt;br&gt;Annabelle Couillandre PhD, PT4&lt;br&gt;1 Royal Ballet School, London, United Kingdom&lt;br&gt;2 Spaulding Rehabilitation Hospital, Charlestown, MA, United States&lt;br&gt;3 Sport Injury Prevention Research Centre, University of Calgary, Calgary, Canada&lt;br&gt;4 Université Paris Ouest Nanterre La Défense, Paris, France</td>
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<tr>
<td>Time</td>
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<td>3.30 - 4.30 pm</td>
<td>Partner based-modified suspension training workshop Margaret Wilson PhD University of Wyoming, Laramie, WY, United States</td>
<td>AJG Howse Memorial Lecture</td>
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<td>3.30 - 4.30 pm</td>
<td>Missing the point(e)? How your use of feet affects all your dance technique Mariah-Jane Thies RAD, RTS1,2,3</td>
<td><strong>Observations from the field of teaching elite movers</strong> Paula Baird Colt1,2, Jane Paris MA3,4</td>
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<td>Partner based-modified suspension training workshop Margaret Wilson PhD University of Wyoming, Laramie, WY, United States</td>
<td>AJG Howse Memorial Lecture</td>
<td><strong>Management of the dancer’s hip</strong> Esko Kaartinen PhD, MD1, Mikko Manninen PhD, MD1, Minna Tervamäki1, Jarmo Ahonen PT1,2</td>
<td>Using Neurokinetic Therapy and Pilates to improve core function in dancers Marilyn Miller BA Pilates on Hudson, Inc., Peekskill, NY, United States</td>
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<td><strong>Observations from the field of teaching elite movers</strong> Paula Baird Colt1,2, Jane Paris MA3,4</td>
<td><strong>Flowing spine with Cats, Laterals and Pilates</strong> Jennifer Stacey MS Immersion™ Pilates Aquatics™, Peak Performance Pilates, San Francisco, CA, United States</td>
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**IADMS EVENING PARTY**

6.00 pm until late
Room Imagine

All studio based sessions are 45 minutes long with 5 minutes for questions. Podium presentations are 10 minutes with 5 minutes for questions except * denotes a 20 minute presentation with 10 minutes for questions ** denotes a 50 minute presentation with 10 minutes for questions
# SCHEDULE

## IADMS 28th Annual Conference

### Sunday, October 28, 2018

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<tr>
<td>8.30 - 9.30 am</td>
<td>Breathing essentials for dancers</td>
<td>Development of a choreography-specific conditioning program to help prepare classical dancers for contemporary performances</td>
<td><em>It takes a village: collaborating in the prevention and treatment of eating disorders in dancers</em></td>
<td>The missing link in dance training: brain integration</td>
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<td>Marcela Bragagnolo</td>
<td>Emma Faulkner PT, DPT, OCS, Sarah Hillmer</td>
<td>Dawn Smith-Theodore MA, MFT</td>
<td>Marijah-Jane Thies RAD RTS</td>
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<td>Steps on Broadway, American Ballet Theatre NTC, Body Evolutions, Manhattan Physiogroup, New York, NY, United States</td>
<td>Amanda Blackmon PT, DPT, OCS, CMPT</td>
<td>Monika Saigal MS, RD</td>
<td>1 The Radiant Dancer, Vancouver, Canada, 2 Royal Academy of Dance, Vancouver, Canada, 3 Brain Gym International, CA, United States</td>
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<td>8.30 - 9.30 am</td>
<td>Steps on Broadway, American Ballet Theatre NTC, Body Evolutions, Manhattan Physiogroup, New York, NY, United States</td>
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<td>University of Bern, Bern, Switzerland</td>
<td>University of California, Los Angeles, CA, United States, Texas Women's University, Denton, TX, United States, Research Design Associates, New York, NY, United States</td>
<td>1 University of Stirling, Stirling, United Kingdom, 2 University of Gloucestershire, Cheltenham, United Kingdom, 3 Newcastle University, Newcastle upon Tyne, United Kingdom</td>
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<td>The Yoyo Schedule: a biomechanical analysis of a graded rehabilitation program for dancers</td>
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<tr>
<td>9.30 - 10.30 am</td>
<td>Bridging the gap between healthcare professionals and dance class traditions: applying dance science to a class setting</td>
<td>Natalie Imrisek MSPT, Sally Donauabauer DPT OCS</td>
<td>Framework Physical Therapy and Dance Medicine, Los Angeles, CA, United States</td>
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<td>Hip instability in dancers: a narrative review</td>
<td>Angelina Vera MD, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD</td>
<td>Houston Methodist Hospital, Houston, TX, United States</td>
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<td>Biomechanics of turnout in female tertiary level dancers</td>
<td>Rebekah Duncan BSc Physio(Hons)</td>
<td>Curtin University, Perth, WA, Australia, Perth, Australia, Western Australian Academy of Performing Arts, Edith Cowan University, Mt Lawley, WA, Australia, Podiatric Medicine and Surgery Division, School of Allied Health, The University of Western Australia, Crawley, WA, Australia</td>
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<td>Increased femoral torsion in higher ranking dancers within a large metropolitan ballet company</td>
<td>Angelina Vera MD, Thomas Yetter BS, Domenica Delgado BA, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD</td>
<td>Houston Methodist Orthopedics and Sports Medicine, Houston, TX, United States</td>
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<td>Effusion-synovitis co-exists with other hip joint pathology and is often the source of hip pain</td>
<td>Susan Mayes PhD, BAppSci(Physio)</td>
<td>The Australian Ballet, Southbank, Australia, La Trobe University, Bundoora, Australia, Monash University, Frankston, Australia, MIA East Melbourne Radiology, East Melbourne, Australia</td>
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<td>Disordered eating attitudes among dancers: a longitudinal study of between- and within-person risk factors</td>
<td>Sanna Nordin-Bates PhD, Johanna Schwarz PhD, Eleanor Quested PhD, Jennifer Cumming PhD, CPsychol, Imogen Aujla PhD, Emma Redding PhD</td>
<td>Swedish School of Sport and Health Sciences, Stockholm, Sweden, Stockholm, Sweden, Stress Research Institute, Stockholm University, Stockholm, Sweden, School of Psychology and Speech Pathology, Curtin University, Perth, Western Australia, Australia, School of Sport and Exercise Sciences, University of Birmingham, Birmingham, United Kingdom, University of Bedfordshire, Bedford, United Kingdom, Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<td>Irish dancers: can we impact on injury rates by addressing nutrition?</td>
<td>Jasmine Challis BSc RD</td>
<td>University of Bedfordshire, Bedford, United Kingdom</td>
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<td>Calcaneeal heel stiffness, vitamin D and BMI – an observational study in young classical dancers</td>
<td>Suzanne Scott MA(Cantab) BSc(Hons), Joanna Bowtell PhD, Anna Brodick MSc, Stephanie De’Aath MSc, Fulford Jon PhD, Peter Kruszup PhD, Karen Knapp PhD</td>
<td>University of Exeter, Exeter, United Kingdom, Central School of Ballet, London, United Kingdom, SDU, Odense, Denmark, National Institute of Dance Medicine and Science, London, United Kingdom</td>
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<td>Thinking beyond muscular core support: postural control through anatomical visualization of bony landmarks</td>
<td>Allegra Romita CMA, MA, Nancy Romita MFA, AmSAT</td>
<td>Teachers College Columbia University, New York, NY, United States, New York University, New York, NY, United States, Towson University, Towson, MD, United States</td>
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<td>11.00 - 12 noon</td>
<td>Energetic re-patterning through movement and touch: a bodywork approach</td>
<td>IADMS ‘Allegro’ presentations (6 minutes each, 10 minutes for questions, via the IADMS app, at the end of the session)</td>
<td>Posture, functional movement and its relationship with injuries in university dancers</td>
<td>Clinical management of posterior ankle impingement</td>
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<td>Emanuela Iacopini, MSc, BSc Conservatoire de la Ville de Luxembourg, Dance Science Net, Luxembourg</td>
<td>Ageing dancers – activities and pain: an international survey</td>
<td>Isabel Artigues BSc MSc</td>
<td>Susan Mayes PhD, BAppSci(Physio)</td>
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<td>Janine Bryant BFA, MA¹, Jeffrey Russell PhD², Alan Nevill PhD, Matthew Wyon PhD³, ¹The University of Wolverhampton, Walsall, United Kingdom, ²Ohio University, Athens, OH, United States, ³National Institute of Dance Medicine and Science, London, United Kingdom</td>
<td>Janine Bryant BFA, MA¹, Jeffrey Russell PhD², Alan Nevill PhD, Matthew Wyon PhD³</td>
<td>Jena Hansen-Honeycutt DAT ATC, Jatin Ambegaonkar PHD ATC</td>
<td>¹The Australian Ballet, Southbank, Australia, ²La Trobe University, Bundooora, Australia</td>
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<td></td>
<td>A 10-year retrospective study of contemporary dance students’ standing active turnout</td>
<td>Anna May Williams MSc, Emma Redding PhD, Jessica Coleman MSc, Felicity Beach MSc, Edel Quin MSc, Lucie Clements PhD Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
<td>Jena Hansen-Honeycutt DAT ATC, Jatin Ambegaonkar PHD ATC</td>
<td>George Mason University, Fairfax, GA, United States</td>
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<td>Susan Mayes PhD, BAppSci(Physio)</td>
<td>Anna May Williams MSc, Emma Redding PhD, Jessica Coleman MSc, Felicity Beach MSc, Edel Quin MSc, Lucie Clements PhD Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
<td>Kinetic and kinematic evaluation of the counter movement jump as a screening tool for injury in professional ballet dancers</td>
<td>Austin Flood MSc, BSc¹, Greg Retter¹, Matt Springham², Adam Mattusi MSc, BSc²</td>
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<td>¹The Australian Ballet, Southbank, Australia, ²La Trobe University, Bundooora, Australia</td>
<td>¹The Australian Ballet, Southbank, Australia, ²La Trobe University, Bundooora, Australia</td>
<td>¹The Royal Ballet Company, London, United Kingdom, ²St.Mary’s University, Twickenham, United Kingdom</td>
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All studio based sessions are 45 minutes long with 5 minutes for questions. Podium presentations are 10 minutes with 5 minutes for questions except * denotes a 20 minute presentation with 10 minutes for questions ** denotes a 50 minute presentation with 10 minutes for questions
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<thead>
<tr>
<th>Title</th>
<th>Authors</th>
<th>Institution</th>
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<tbody>
<tr>
<td>The effect of fatigue on plié depth and control</td>
<td>Robyn Horsburgh BSc(Hons), MSc, Matthew Wyon PhD</td>
<td>University of Wolverhampton, Walsall, United Kingdom</td>
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<td>Recovery during high intensity intermittent exercise in female vocational contemporary dance students</td>
<td>Lauren Squires MSc, BSc¹, Sarah Needham-Beck PhD, MSc¹, ²</td>
<td>University of Wolverhampton, Walsall, United Kingdom</td>
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<td>Normative values of heart rate during the Dance Specific Aerobic Fitness Test in pre-professional contemporary dance students</td>
<td>Annelies Tiemans MSc¹, ², Rogier van Rijn PhD¹, ², Janine Stubbe PhD¹, ²</td>
<td>University of Wolverhampton, Walsall, United Kingdom</td>
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<td>Physical activity in elite adolescent dancers: a feasibility study</td>
<td>Bronwyn L. Trevor B.App.Sci(Pthy) Hons, Amy Jo Vassallo PhD, Elizabeth J. Nightingale PhD, Evangelos Pappas PhD, Claire E. Hiller PhD</td>
<td>University of Sydney, NSW, Australia</td>
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<td>Dancers’ experiences with memory and strategies used to improve upon it</td>
<td>Lauren Copping BS¹, Lucie Clements MSc PhD¹, ², Emma Redding MSc PhD¹</td>
<td>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<td>University of Chichester, Chichester, United Kingdom</td>
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<th>Time</th>
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<tr>
<td>12 noon</td>
<td>Training the inverted dancer</td>
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<td>Keely Glenn MFA, Brenda Critchfield MS, ATC</td>
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<td>Brigham Young University, Provo, UT, United States</td>
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<td>1.00 pm</td>
<td>IADMS Duels</td>
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<td>Early specialization: risk vs reward</td>
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<td>Asad Siddiqi DO, Julia Iafrite DO</td>
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<td>Columbia University Medical Center, New York, NY, United States</td>
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<td>Vitamin D – panacea?</td>
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<td>Nicky Keay, MA (Cantab) MRCP¹</td>
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<td></td>
<td>Tommi Vasankari PhD, MD²</td>
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<td>¹London, UK, ²UKK Institute, Tampere, Finland</td>
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<td>Tradition: friend or enemy?</td>
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<td>Fay Nenander, Jan Astrom</td>
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<td>Balettakademien, Stockholm, Sweden</td>
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<td>Hypermobility: gift or curse?</td>
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<td>Carolina Baeza-Velasco PhD, MSc¹</td>
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<td>Annabelle Couillardre PhD, PT²</td>
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<td></td>
<td>¹University Paris Descartes, Sorbonne, Paris, France,</td>
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<td></td>
<td>²Université Paris Ouest Nanterre La Défense, Paris, France</td>
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<td>Beighton Score inter- and intra-rater reliability: a systematic review</td>
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<td>Lauren Bockhorn BA², Angelina Vera MD¹, Domenica Delgado BA¹, David</td>
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<td>Dong BS², Kevin Varner MD¹, Joshua Harris MD¹</td>
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<td>¹Houston Methodist Hospital, Houston, TX, United States, ²Texas A&amp;M</td>
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<td>College of Medicine, College Station, TX, United States</td>
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<td>Hypermobility in breakers</td>
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<td>Nefeli Tsiouti MA, MSc¹, Theoharis</td>
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<td>Constantinou MSc¹, ², Keir Philip MbChb, BSc¹, ²,</td>
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<td>Erin Sanchez MSc²,³, Eddie Toth PhD⁴, Jeremie Houet MSc⁵, Bruce Paton</td>
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<td>PhD², ¹Project Breakalign, London, United Kingdom, ²University College</td>
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<td>London, London, United Kingdom, ³One Dance UK, London, United Kingdom, ⁴</td>
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<td>The University of Sydney, Sydney, Australia, ⁵Maastricht University,</td>
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<td>Maastricht, Netherlands</td>
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<td>High prevalence of connective tissue gene variants in professional</td>
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<td>ballet influences hip motion</td>
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<td>Angelina Vera MD, Domenica Delgado BS, Bradley Lambert PhD, Leif</td>
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<td>Peterson PhD, Kevin Varner MD, Patrick McCulloch MD, Joshua Harris MD</td>
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<td>Houston Methodist Hospital, Houston, TX, United States</td>
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<td>Head impacts and concussions in theatre support personnel: an often</td>
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<td>forgotten group of artistic professionals in dance</td>
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<td>Jeff Russell PhD, ATC</td>
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<td>Ohio University, School of Applied Health Sciences and Wellness, Clinic</td>
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<td>for Science and Health in Artistic Performance, Athens, OH, United</td>
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<td>Finding flow</td>
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<td>Ann Cowlin MA</td>
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<td>Yale University, New Haven, CT, United States</td>
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| 1.00 - 2.00 pm | Closing symposium  
Bone status in dancers: nurture or nature?  
Professor Yiannis Koukedakis, MA, PhD<sup>1,2</sup>  
<sup>1</sup>University of Thessaly, Greece,  
<sup>2</sup>University of Wolverhampton, Walsall, United Kingdom  
Essential features of systematic literature reviews: applications to dance medicine and science current knowledge  
Claire Hiller PhD<sup>1</sup>, Manuela Angiol PhD<sup>2</sup>,  
Wendy Coates MD<sup>3</sup>, Tom Welsh PhD<sup>4</sup>,  
Lynda Mainwaring PhD<sup>6</sup>,  
Annabelle Couillard PhD<sup>7</sup>, Danielle Jarvis PhD<sup>8</sup>,  
Derrick Brown PhD<sup>9</sup>, Esther Nolton MEd<sup>10</sup>,  
Mamie Air MD<sup>11</sup>, Mark Harwood MD<sup>11</sup>,  
Selina Shah MD<sup>12</sup>, Jatin Ambegaonkar PhD<sup>13</sup>  
<sup>1</sup>University of Sydney, Sydney, Australia,  
<sup>2</sup>Queen Mary University of London, London, United Kingdom,  
<sup>3</sup>George Mason University, VA, United States,  
<sup>4</sup>Florida State University, FL, United States,  
<sup>5</sup>University of California, CA, United States,  
<sup>6</sup>University of Toronto, Ontario, Canada,  
<sup>7</sup>Université Paris Ouest Nanterre La Défense, Paris, France,  
<sup>8</sup>Northridge, CA, United States,  
<sup>9</sup>University of Bern, Bern, Switzerland,  
<sup>10</sup>San Rafael, CA, United States,  
<sup>11</sup>Rothman Institute, PN, United States,  
<sup>12</sup>Sports and Dance Medicine, CA, United States |
| 2.00 – 2.30 pm | Closing Remarks  
Peter Lavine, MD, President, IADMS  
Most app posts and highest scored presentation  
Presentation of IADMS Dance Educator Award  
Presentation of the Posters Award (Sponsored by Harlequin Floors)  
Presentation of new IADMS Infographic Award (Sponsored by Safe in Dance International) |

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Fitness, salivary metabolites, and the modern dancer’s perceptions
Leila Rosenkrans BFA, Samantha E. Johnson MFA, Charles Rosenkrans, Jr. PhD
1University of Arkansas, Little Rock, AR, United States, 2University of Arkansas System, Fayetteville, AR, United States

The effect of dance-specific aerobic training: An investigation into cardiorespiratory capacity and attitudes towards supplementary cardiovascular training of female dance students
Anastasia Paschali BA(Hons), LRAD
1Royal Academy of Dance, London, United Kingdom, 2Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

Musculoskeletal injury profile in elite vocational ballet training: a one year cohort study
Hannah Fox, Manuela Angioi PhD, MSc, Karen Sheriff MSc
Queen Mary University of London, London, UK, London, United Kingdom, 2Royal Ballet School, London, United Kingdom

Musculoskeletal injuries among elite adolescent ballet dancers: a 2-year prospective study
Emily White, Sarah Kenny PhD
Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, Canada

Associations between sleep quality and self-reported health problems in female pre-professional ballet and contemporary dancers
Sarah Kenny PhD, Clodagh Toomey PT, PhD, Carolyn Emery PT, PhD
1Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, 2School of Allied Health, University of Limerick, Limerick, Ireland

Concurrent validation of internal training load measures in pre-professional ballet dancers
Valeriya Volkova BSc(Hons), Amanda Black PhD, Sarah Kenny PhD
1Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, Canada, 2Alberta Children’s Hospital Research Institute, University of Calgary, Calgary, Canada

Irish dancers: exploring nutrition knowledge, nutrient intake and body composition
Jasmine Challis BSc RD
Freelance Dietitian, Reading, United Kingdom, Department of Life Sciences, University of Roehampton, London, United Kingdom

The evaluation of caffeine: examining the various relationships between dancers and caffeine
Michelle Strong BS, MFA, Alexandra Pooley BA, MS
Texas A&M University, College Station, Texas, United States

Exploration of emotions and creativity in a choreography class: a literature review
Alexandra Pooley MSc, Lucy Clements PhD, Liliana Araújo PhD
1Texas A&M University, College Station, Texas, United States, 2Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

The emotional expression and impressions of dance steps for street dance
Rie Kojima PhD, Noriyuki Kida PhD, Teruo Nomura PhD
Osaka University, Osaka, Japan, 2Kyoto Institute of Technology, Kyoto, Japan
The evaluation of existing creativity measures in dance and suggestions for a dance-specific measurement tool
Elizabeth Yutzey BA(Hons), Emma Redding PhD, Lucie Clements PhD
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

Flow – improving dancers’ wellbeing by improving their experience of dancing
Ann Cowlin MA
Yale University, New Haven, CT, United States

The role of essential oils to support the dancer – mind, body, spirit
Megan Richardson Dip LAc, ATC1,2
1Megan Richardson Wellness, New York, NY, United States, 2Harkness Center for Dance Injuries, New York, NY, United States

A Kuchipudi practitioner’s perspective of cross-training in dance
Lalitha Sindhuri Yarasuri MA
University of Hyderabad, Andhra Pradesh, India

The impact of muscle power enhancement on dancers’ aesthetic performance - a systematic review
Ciara Fischer MS, BEd1,3, Roberto Poton MS, BSc1,2
1Health Sciences School Research Group for Systematic Reviews (IBMR/Laureate International Universities), Rio de Janeiro, Brazil, 2State University of Londrina, Londrina, Brazil, 3Corpos Aptos Gestos Livres, Rio de Janeiro, Brazil

Suspension training for Vertical dance - researching the training and the testing
Margaret Wilson PhD
University of Wyoming, Laramie, WY, United States

Morphological differences between elite Croatian male and female dancesport partners
Tamara Despot, Vlatko Vučetić PhD, Jadranka Vlašić PhD,
Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia

Ballet dancers have larger obturator externus but not obturator internus muscles compared to non-dancing athletes
Susan Mayes PhD, BAppSci(Physio)1,2, Jill Cook PhD, BAppSci(Physio)2
1The Australian Ballet, Southbank, Australia, 2La Trobe University, Bundoora, Australia

Measurement of turnout in dance research: a systematic review
Karis Hodgson BMedSci, Manuela Angioi MSc, PhD
Queen Mary, University of London, London, United Kingdom

Increasing turn-out capacity in vocational dance students through osteopathic manual therapy
Chloé Saumade DO
Association Danse Médecine Recherche, Mougins, France

Improving turnout: Can a turnout conditioning programme improve the active turnout of ballet dancers aged 8-11?
Anna Eleftheraki BA(Hons), MSc, Edel Quin MSc, FHEA
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

Dancers’ ability to maintain turnout in dynamic movement
Oonasofia Saukkonen PT, MSc, Imogen Aujla PhD, MSc
University of Bedfordshire, Bedford, United Kingdom
Effects of mat Pilates in the range of young ballerinas’ turnout
Aline Haas PhD, Isabel Giovannini Komeroski MSc, Camila Dall’Agno BS, Tamara Giuliana Sitta, Laura Ruaro Moraes BA, Débora Cantergi PhD
Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil

Changes of weight distribution during turnout
Misato Tachibana MS, Yuki Nishitsuji, Hayato Yamamoto MS, Yusuke Hashii, Tatsuya Hojo MD, PhD
Doshisha University Sports and Health Science, Kyoto, Japan

Using the selective functional movement assessment (SFMA) to evaluate dancers’ functional limitations and dysfunctions: a critical appraisal of the topic
Victoria Fauntroy, Marcie Fyock DAT ATC, Jena Hansen-Honeycutt DAT ATC, Esther C. Nolton MEd ATC, Jatin P. Ambegaonkar PhD ATC
George Mason University, Fairfax, VA, United States

Dance-specific balance confidence measurement for injuries
Corinne Kenny1,2,3, Lauren Kearns MFA1,2, Caroline Ketcham PhD1,3, Eric Hall PhD, FACSM1,3
1Elon University, Elon, NC, United States, 2Elon University Department of Performing Arts, Elon, NC, United States, 3Elon BrainCARE Research Institute, Elon, NC, United States

Screening collegiate dancers for preparation level
Glenn Morgan MSc, CPT, Adam Rainwater MS, OTC
Jacksonville University, Jacksonville, FL, United States

Effect of foot placement on vertical jump ground reaction force
Joyce Davis PhD, Royie Alex Brownlow BS
Elon University, Elon, NC, United States

Employing an ankle-specific training program to maximize the aesthetic stretch-shortening cycle in dancers
Paige Rice MS1,2, Kevin Zwetsloot PhD2, Sophia Nimphius PhD1
1Edith Cowan University, Perth, Australia, 2Appalachian State University, Boone, NC, United States
Posters Presentations - Group S
Saturday, October 27, 8.00 - 9.00am
Room Vision 1-3

Shepherd’s fracture: often overlooked?
Mandy Zhang MB Bch¹, Boni Rietveld MD, PhD²
¹Changi General Hospital, Singapore, Singapore, ²Medical Centre for Dancers and Musicians (MCDM), The Hague Medical Centre (HMC Westeinde), The Hague, Netherlands

A professional ballet dancer’s rehabilitation after bilateral facial release surgery for chronic exertional compartment syndrome (CECS)
Lisa Hajian-Torre MSC², Jane Paris MA²
¹The Norwegian National Ballet, Oslo, Norway, ²The Royal Ballet Company, London, United Kingdom

Weekly aquatic exercise and its potential for prevention and rehabilitation applications in collegiate dancers
Leigh Schaufelin MS¹, Kathleen Davenport MD²
¹Barnard College, New York, NY, United States, ²Miami City Ballet, Memorial Rehabilitation Institute, Miami, FL, United States

A multidisciplinary, multimodal approach to managing a college dance major with impaired range of motion and kinesiophobia after anterior cruciate ligament reconstruction
Amanda Greene DPT, Andrea Lasner MSPT, Ken Johnson PT
Johns Hopkins Hospital, Baltimore, MD, United States

Exploration of a novel approach to measure brain smudging in dancers
Karin Steere DPT, MTC, Morgan Cooke, Mercedes Friend, Connor Mickelson, Laura Shellooe
University of Puget Sound, Tacoma, WA, United States

Pelvic health physical therapy after failure of orthopedic physical therapy for low back pain in a previous recreational dancer
Marisa Hentis DPT, OCS
Spaulding Rehabilitation Hospital, Charlestown, MA, United States

A summary of research in back pain and injury across ballet, modern, and hip-hop dance: a literature review
Erica D. Henn MA
University of Wolverhampton, Walsall, United Kingdom

Spinal mobility of ballet dancers and rhythmic gymnastics and their relations with low back pain
Mayumi Kuno-Mizumura PhD, Yuka Matsubayashi MS
Ochanomizu University, Tokyo, Japan

The relationship between range of motion and injuries in adolescent dancers and sportspersons: a systematic review
Joyce Storm BA PT¹, Roger Womann PhD, MD¹, Matthew Wyon PhD¹, ², Eric Bakker PhD⁴
¹University of Wolverhampton Research Centre for Sport, Exercise and Performance Institute for Sport and Human Sciences, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Birmingham, United Kingdom, ³Department of Rheumatology and Sport and Exercise Medicine, Royal National Orthopaedic Hospital, Stanmore, United Kingdom, ⁴Academic Medical Centre, University of Amsterdam, Division of Clinical Methods and Public Health, Amsterdam, Netherlands

Comparing imaging and clinical findings of the hip joint in professional ballet dancers with non-dancing athletes
Debbie Stuart¹, Sue Mayes PhD¹, ²
¹Department of Physiotherapy, School of Allied Health, La Trobe University, Bundoora, Victoria, Australia, ²The Australian Ballet, Southbank, Victoria, Australia
Patellofemoral pain in young dancers: clinical and functional assessment
Gal Zakine BEd¹, Itzhak Seiv-ner MD², Shay Tenenbaum MD², Aviva Ze'ev MSc¹, Nili Steinberg PhD¹
¹The Wingate College of Physical Education and Sports Science, Netanya, Israel, ²The Orthopedic Rehabilitation Department, Sheba Medical Center, Tel HaShomer, Israel

Common injuries in Japanese adolescent dancers
Yurina Tsubaki¹, Yukio Urabe RPT,PhD², Eri Fuji RPT,MHSc³, Naoki Tonegawa RPT², Honoka Ishihara¹, Noriaki Maeda RPT,PhD²
¹Program of Health Sciences, School of Medicine, Hiroshima University, Hiroshima city, Japan, ²Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima City, Japan, ³Ohseto Rehabilitation and Orthopedic Hospital, Hiroshima City, Japan

Quantifying performance and injury risk management in competitive ballroom dancers: the Rumba walk
Alise Borne¹ ², Kade Worton¹, Kelly Schultz¹, Eric Babb¹, Tyler Standilrind MS, PhD², Michael Johnson BS²
¹Utah Valley University, Orem, UT, United States, ²Dance Majic, Orem, UT, United States

Injury surveillance in Highland dancers at two indoor Military Tattoos
Shona Papalia PhD¹, Siobhan Papalia MSc¹, Shelley Keating PhD²
¹Western Sydney University, Campbelltown, Australia, ²The University of Queensland, St Lucia, Australia

Causes and treatment of commonly occurring injuries in Highland dancing, referencing other dance styles
Alexis Street BA(Hons)
University of Edinburgh, Edinburgh, United Kingdom

Prevalence of osteoarthritis amongst male and female ballet dancers: a systematic review of current knowledge
Hannah Fox, Manuela Angioi PhD, MSc
Queen Mary University of London, London, United Kingdom

Musculoskeletal injury profile in elite vocational ballet training: a one-year retrospective study
Veda Kudva¹, Manuela Angioi MSc, PhD¹, Karen Sheriff MSc²
¹Queen Mary University of London, London, London, United Kingdom, ²Royal Ballet School, London, United Kingdom

The culture of ballet: conceptualizations of pain and injury in pre-professional dancers
Maria Araujo, William Bridel PhD, Meghan H. McDonough PhD, Sarah J. Kenny PhD
Faculty of Kinesiology, University of Calgary, AB, Calgary, Canada

Experiences of social support in pre-professional ballet dancers regarding injury, pain, and fatigue
Vanessa Paglione, Maria Araujo, Sarah J. Kenny PhD, William Bridel PhD, Meghan H. McDonough PhD
Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada

Difference in stress levels and sleep quality between injured and non-injured contemporary dance students
Diana van Winden MSc¹ ² ³, Rogier van Rijn PhD¹ ³, Geert Savelbergh Professor² ³ ⁴, Raoul Oudejans PhD² ³ ⁴, Janine Stubbe PhD¹ ³ ⁴
¹Codarts University of the Arts, Rotterdam, Netherlands, ²Department of Human Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Netherlands, ³Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, ⁴Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands

Professional dancers’ experiences of working despite injury
Ina Sletsjøe MSc
Royal Swedish Ballet, Stockholm, Sweden
Dancers’ reflections on their healthcare experiences: perspectives from Australia and the USA
Jillian Descoteaux PhD, ATC
Ohio University, Cincinnati, OH, United States

The role of occupational therapy in dance medicine and dancer health: an OT’s framework
Lesley Herold BS, OTD/s
MGH Institute of Health Professions, Boston, MA, United States

Merging undergraduate dance and physiotherapy curricula in the United Kingdom: the benefit of closer working
Sarah Buckingham BA(Hons), Osman Hassan Ahmed BSc, PhD, Jane Caroline White BA(Hons), PGCE
Bournemouth University, Bournemouth, United Kingdom

The effects of improvisational dance on balance in aging adults
Teresa Chapman MFA
University of Houston, Houston, TX, United States

Considerations for proprioceptive development in young children
Rachel Barlow MSc, BA
MGA Academy of Performing Arts, Edinburgh, United Kingdom

The effect of dancers’ clothing on perception of performance ability
Mariah Brewer BFA, Jennifer Deckert BFA, MFA, Margaret Wilson PhD
University of Wyoming, Laramie, WY, United States

Comparing perceived and actual cognitive lateral bias in university dance majors
Haley Nigro BFA, Jennifer Deckert MFA, Margaret Wilson PhD.
University of Wyoming, Laramie, WY, United States

Perceived knowledge of anatomy and kinesiology in university dance majors before and after a 16-week course of Anatomy and Kinesiology for Dance
Jena Hansen-Honeycutt DAT ATC, Jatin Ambegaonkar PhD ATC
George Mason University, Fairfax, VA, United States

Identifying and recognizing Relative Energy Deficiency in Sport (RED-S) within a dance population
Ann Brown PhD*, Jatin Ambegaonkar PhD*
*Human Performance Laboratory, Department of Movement Sciences, University of Idaho, Moscow, ID, United States, *Sports Medicine Assessment, Research and Testing Laboratory, Athletic Training Education Program, George Mason University, Fairfax, VA, United States