**SCHEDULE**

**IADMS 28TH ANNUAL CONFERENCE**

**THURSDAY, October 25, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Studio Explore 1</th>
<th>Room Vision 1</th>
<th>Room Vision 2-3</th>
<th>Studio Explore 2</th>
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<tbody>
<tr>
<td>11.00 am - 1.00 pm</td>
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<tr>
<td>Moderator: Elsa Urmston MSc</td>
<td>Moderator: Derrick Brown MSc</td>
<td>Moderator: Gayanne Grossman PT</td>
<td>Moderator: Jarmo Ahonen PT</td>
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<tr>
<td>11.00 - 12.00 noon</td>
<td>Flexibility training for dancers</td>
<td>Training load and injury occurrence in undergraduate dance students</td>
<td>The role of muscular strength in patellofemoral pain syndrome in Flamenco and Mexican folkloric dancers</td>
<td>Dance conditioning- introducing SomaTraining in dance</td>
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<tr>
<td>Bárbara Pessali-Marques BA, MSc, Christopher Morse PhD, Adrian Burden PhD, Gladys Onambele PhD</td>
<td>Sarah Needham-Beck PhD, Jayne McKee BA(Hons), Gemma Harman PhD</td>
<td>Soledad Echegoyen MD, MEd1, Cristina Rodriguez MD2, Takeshi Aoyama MD2</td>
<td>Anne Peyk BA MA1, Peter Bod2</td>
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<tr>
<td>Manchester Metropolitan University, Crewe, Cheshire, United Kingdom</td>
<td>University of Chichester, Chichester, United Kingdom</td>
<td>Escuela Nacional de Danza, Instituto Nacional de Bellas Artes, Mexico, 2Dirección de Medicina del Deporte, Universidad Nacional Autonoma de Mexico, Mexico City, Mexico</td>
<td>Tivoli Ballet School, Copenhagen, Denmark, 2SomaTraining UK, London, United Kingdom</td>
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<tr>
<td>&quot;Analysis of the influence of mechanical factors on professional Flamenco dancers&quot;</td>
<td>'Using smartphones to monitor training load and associated training stressors in vocational dance students'</td>
<td>&quot;The role of muscular strength in patellofemoral pain syndrome in Flamenco and Mexican folkloric dancers&quot;</td>
<td>&quot;Dance conditioning- introducing SomaTraining in dance&quot;</td>
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<td>Juan Bosco Calvo</td>
<td>Brenton Surgeon MSc, MA</td>
<td>Soledad Echegoyen MD, MEd1, Cristina Rodriguez MD2, Takeshi Aoyama MD2</td>
<td>Anne Peyk BA MA1, Peter Bod2</td>
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<tr>
<td>Universidad Alcala (Madrid) Sanart-Medicina de las Artes, Madrid, Spain</td>
<td>Hong Kong Academy for Performing Arts, Wanchai, Hong Kong</td>
<td>Escuela Nacional de Danza, Instituto Nacional de Bellas Artes, Mexico, 2Dirección de Medicina del Deporte, Universidad Nacional Autonoma de Mexico, Mexico City, Mexico</td>
<td>Tivoli Ballet School, Copenhagen, Denmark, 2SomaTraining UK, London, United Kingdom</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12.00 noon</td>
<td>Experiential anatomy for the dancer: tips for teachers</td>
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<tr>
<td></td>
<td>Judith Steel MA, CMA¹, Lisa Shoaf DPT, PhD²</td>
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<tr>
<td></td>
<td>¹Virginia Commonwealth University, Richmond, VA, United States, ²Mary Baldwin University, Staunton, VA, United States</td>
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<tr>
<td>1.00 pm</td>
<td>Aerobic capacity of pre-professional ballet dancers: is ballet specific training creating a stimulus for adaptation?</td>
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<td></td>
<td>Alice McBride¹,², Manuela Angioi PhD, MSc¹, Karen Sherriff MSc ³</td>
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<tr>
<td></td>
<td>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</td>
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<tr>
<td></td>
<td>Determining energy expenditure in contemporary dance classes – a pilot study</td>
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<tr>
<td></td>
<td>Annemiek Tiemens MSc¹,², Rogier van Rijn PhD¹,², Janine Stubbe PhD¹,², Jos de Koning PhD⁴</td>
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<td></td>
<td>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</td>
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<tr>
<td></td>
<td>Achilles tendon tissue structure in pre- and post-maturate dancers</td>
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<td></td>
<td>Michal Pantanowitz PhD¹,³, Liat Elbaz¹, Itzhak Siev-Ner MD</td>
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<tr>
<td></td>
<td>¹Zinman College of Physical Education and Sports Sciences, Wingate Institute, Netanya, Israel, ²Orthopedic Rehabilitation Department, Sheba Medical Center, Tel Hashomer, Israel, ³Child Health and Sports Center, Department of Pediatrics, Meir Medical Center, Sackler School of Medicine, Tel-Aviv University, Kfar-Saba, Israel</td>
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<tr>
<td></td>
<td>Using the internal movement of the connective tissue to enhance jumping</td>
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<td>Annemari Autere</td>
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<td></td>
<td>Compagnie Ariel, Villefranche sur Mer, France</td>
</tr>
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**IADMS 28th Annual Conference**

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<tr>
<td>3.00 - 6.00 pm</td>
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<tr>
<td>Self-care for your derriere!</td>
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<td>Gaze behavior in dance – the relevance of spotting in multiple rotations</td>
<td>Is OPTIMAL, optimal? – integrating Wulf’s theories in professional dance practice</td>
<td>Dance-medical physical examination, especially the lower extremity - hands on: how we do it</td>
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<td></td>
<td>Robert Turner DPT OCS 1, 2</td>
<td>Andrea Schaefer PhD 1, Heiko Hecht PhD 2, Fred Mast PhD 1, Ernst-Joachim Hossner PhD 1</td>
<td>Clare Guss-West MA, BHum</td>
<td>Boni Rietveld MD, PhD</td>
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<td>Movement CoLab New York, New York, NY, United States</td>
<td>University of Bern, Bern, Switzerland, Johannes Gutenberg University Mainz, Mainz, Germany</td>
<td>The European Network for Opera, Music &amp; Dance Education, Zurich, Switzerland</td>
<td>Medical Centre for Dancers &amp; Musicians, The Hague, Netherlands</td>
</tr>
</tbody>
</table>

- Testing and training the cardiorespiratory system for dancers
  Matthew Wyon PhD 1, 2
  1University of Wolverhampton, Walsall, West Midlands, United Kingdom, 2National Institute of Dance Medicine and Science, Birmingham, United Kingdom

- Six-weeks of intensive rehearsals shows structural changes of the Achilles tendons in professional ballet dancers
  Charlotte Anker-Petersen PT, MSc 1, 2, Kristian Thorberg PT, PhD 2, Jarrod Antflck PT, MSc 1, Henrik Aagaard MD, PhD 1, Chris Myers PT, MSc 2, Anders Ploug Boesen MD, PhD 2, Per Hölmich MD, DMSc 2, Birgit Juul-Kristensen PT, PhD 1
  1Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark, 2Sports Orthopedic Research Center-Copenhagen, Department of Orthopedic Surgery, Amager-Hvidovre Hospital, Copenhagen University Hospital, Copenhagen, Denmark, 3Tendon Performance, London, United Kingdom, 4Department of Orthopedic Surgery, Sjaelland University Hospital, Koege, Denmark

* denotes a 20 minute presentation with 10 minutes for questions ** denotes a 50 minute presentation with 10 minutes for questions

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1:00 - 3:00 pm  **LUNCH BREAK with IADMS committee meetings**

1:10 - 3:00 pm

‘Avant-première’ film screening of ‘Les chatouilles’
Vision 2-3 (supported by the Rudolf Nureyev Foundation)
<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>4.00 pm</td>
<td>Prevent the painful plié: taping techniques for the dancer’s knee</td>
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<tr>
<td></td>
<td>Emma Faulkner PT, DPT, PT1, 2, Amanda Blackmon DPT, OCS1, 2, 3</td>
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<td></td>
<td>1 Motion Stability Physical Therapy Group, Atlanta, GA, United States,</td>
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<td>2 Atlanta Ballet, Atlanta, GA, United States, 3 Mercer University, Atlanta,</td>
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<td>GA, United States</td>
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<td>Defining spotting: A Delphi Method study evaluating expert opinions on</td>
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<td>the characteristics and uses of spotting</td>
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<td></td>
<td>Catherine Haber BA, Andrea Schäli PhD</td>
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<td></td>
<td>University of Bern, Bern, Switzerland</td>
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<td></td>
<td>Uncovering joint angle coordination strategies in piroettes</td>
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<td></td>
<td>Melanie Lott MS, PhD</td>
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<td>Denison University, Granville, OH, United States</td>
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<td>Quantification of postural control in dancers using dance specific</td>
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<td>poses</td>
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<td>Matthew Wittstein PhD, Rachel DiCioccio</td>
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<td>Elon University, Elon, NC, United States</td>
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<td>From inspired dancers to inspiring teachers: same passion, role</td>
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<td>satisfaction and commitment to excellence within multiple professional</td>
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<td></td>
<td>roles?</td>
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<td></td>
<td>Liliana Araujo PhD, CPsychol</td>
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<td></td>
<td>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<td>* Considerations for dance educators: acquisition and transfer of skills</td>
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<td>from creative movement exploration and the role of motor learning during</td>
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<td>early childhood</td>
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<td>Christina Salgado MA, BA</td>
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<td></td>
<td>Pittsburgh Ballet Theatre, Pittsburgh, PA, United States</td>
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<td>Anatomy of &quot;shin splits&quot; and how to manage them in the dance studio</td>
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<td>Nicola Stephens MSc, MCSP, Amanda Huke-Smith</td>
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<td>Performers College, Essex, United Kingdom</td>
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<td>Balance training differences on dancers' dynamic postural stability:</td>
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<td>a randomised controlled trial</td>
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<td></td>
<td>Frances Clarke MSc, PGCE1, 2, Yiannis Koutedakis PhD1, 2,</td>
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<td>Margaret Wilson PhD4, Matthew Wyon PhD1, 2</td>
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<td>1 Research Centre for Sport Exercise and Performance, University of</td>
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<td>Wolverhampton, Walsall, United Kingdom</td>
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<td>2 National Institute of Dance Medicine and Science, Birmingham,</td>
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<td>United Kingdom</td>
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<td>3 Department of Sport and Exercise Sciences, University of Thessaly,</td>
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<td>Trikala, Greece</td>
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<td>Measuring motor stability in dancers using a novel approach</td>
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<td>Kelli Sharp DPT1, 2, Daria Nahidipour3</td>
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<td></td>
<td>1 Department of Dance, University of California at Irvine, CA, United</td>
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<td>States, 2 Department of Physical Medicine and Rehabilitation,</td>
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<td>University of California at Irvine, CA, United States, 3 School of</td>
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<td>Biological Sciences, University of California at Irvine, CA, United</td>
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<td>Physical activity and enjoyment during dance-focused physical education</td>
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<td>classes in middle school girls</td>
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<td></td>
<td>Jatin Ambegaonkar PhD ATC1, Carol Pierce MEd2,</td>
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<td></td>
<td>Nelson Cortes PhD1, Shane Caswell PhD ATC1</td>
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<td>1 Sports Medicine Assessment Research and Testing (SMART) Laboratory,</td>
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<td>George Mason University, Virginia, VA, United States, 2 Physical</td>
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<td>Education Program, Parkside Middle School, Prince William County</td>
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<td>Public Schools, Manassas, VA, United States</td>
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<td>Physiological demands of Brazilian zouk social dance in healthy adults</td>
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<td></td>
<td>Simona Moravcovka MSc, BSc</td>
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<td></td>
<td>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<td>Dancing with Parkinson's: a classical ballet and music intervention</td>
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<td>for people with Parkinson's disease</td>
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<td>Helen Gould MSc, Wendy Timmons BPhil(Hons),</td>
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<td></td>
<td>Mark Pace MSc</td>
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<td></td>
<td>University of Edinburgh, Edinburgh, United Kingdom</td>
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<td>Effect of forefoot types on balance in ballet dancers</td>
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<td>Momoko Kizawa MD, Hiroaki Shina MD, Tohito Yasuda MD, Katsunori Mori</td>
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<td></td>
<td>MD, Seiya Tsujinaka MD, Masashi Neo, MD, PhD</td>
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<td>June Medical College, Takatsuki, Japan</td>
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</table>
| 5.00 pm - 6.00 pm | Breathing patterns and their use in ballet  
Javier Torres⁴,  
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 |
| 5.00 pm - 6.00 pm | Posterior ankle impingement syndrome in ballet dancers. Part 2: Flexor hallucis tendinopathy, posterior intermalleolar ligament, and other soft tissue pathologies  
Eiichi Hirohashi MD, Hiroko Ikezawa MD,  
Kanako Kudo MD, Norio Usami MD  
1 Eiji General Hospital, Taito-Ku, Japan,  
2 School of Medicine, Keio University, Tokyo, Japan,  
3 Usami Orthopaedic Clinic, Tokyo, Japan |
| 5.00 pm - 6.00 pm | Flexor hallucis longus tenosynovectomy in dancers  
Elizabeth Barchi MD, Tracy Espiratou-McKay DO,  
Donald Rose MD  
1 NYU Langone Health; Harkness Center for Dance Injuries, New York, NY, United States |
| 5.00 pm - 6.00 pm | 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  
1 Division of Biokinesiology and Physical Therapy,  
2 University of Southern California, Los Angeles, CA, United States |
| 5.00 pm - 6.00 pm | Plantar plate injury in a dancer  
Moira McCormack MSc  
1 The Royal Ballet Company, London, United Kingdom,  
2 University College London, London, United Kingdom |
| 6.00 pm - 7.00 pm | Dancing with dementia: a social dance intervention for people with mild dementia in day-care centres  
Wendy Timmons B Phil(Hons),  
1 Simon Blaschke MSc  
1 University of Edinburgh, Edinburgh, United Kingdom,  
2 Technical University Munich, Munich, Germany |
| 6.00 pm - 7.00 pm | Dance science in the digital age  
Madison McGrew MSc, BFA,  
Siobhan Mitchell PhD, MSc,  
Jillian Descoteaux ATC, MSc,  
Carolyn Meder ATC, Andrea Alvarez MFA, BA, Sutton Anker MSc, BFA,  
Leanne Steel BA(Hons), MSc  
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,  
4 University of Cincinnati, Cincinnati, OH, United States,  
5 Texas A&M University, College Station, TX, United States |
| 6.00 pm - 7.00 pm | Student and young professional networking workshop  
Siobhan Mitchell PhD, MSc,  
Madison McGrew MSc,  
Sutton Anker BFA, MSc,  
Andrea Alvarez BS, MFA,  
Carolyn Meder ATC, Jillian Descoteaux, MSc,  
ATC,  
Leanne Steel BA(Hons), MSc  
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 pm - 7.00 pm | Continuous modern dance: increasing aerobic capacity  
Heidi Echols MFA  
1 Salem College, Winston-Salem, NC, United States |

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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
Time | Studio Explore 1 | Room Vision 1 | Room Vision 2-3 | Studio Explore 2
--- | --- | --- | --- | ---
9.00 - 10.00 am | Ballet dancers’ anterior hip pain - what is it and how to prevent it Pasi Sinisalo PT Fysioterapi 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,1,2, Raul Oliveira PhD, PT1, Joao R. Vaz PhD, PT1,3, Nelson Cortes PhD2 1Faculty of Human Kinetics, Lisbon, Portugal, 2Sports Medicine Assessment, Research & Testing (SMART) Laboratory, Virginia, United States, 3University of Nebraska at Omaha, Nebraska, United States | Searching for efficiency of movement: the mesentery and its relationship to dance movement Peter Lewton-Brain DO, MA1,3 1Rosella Hightower International Dance Center, Cannes-Mougins, France, 2Trinity Laban Conservatoire of Music and Dance, London, United Kingdom |
9.00 - 10.00 am | Partner-based bodymind warm-up Betsy Miller MFA, BA1, Meredith Lyons MFA, BA2 1Salem State University, Salem, MA, United States, 2Colorado Mesa University, Grand Junction, CO, United States | Professional dancers have distinct multi-segmented foot-ankle biomechanical patterns compared to non-dancers during multidirectional landings. Ana M. Azevedo PT,1,2, Raul Oliveira PhD, PT1, Joao R. Vaz PhD, PT1,3, Nelson Cortes PhD2 1Faculty of Human Kinetics, Lisbon, Portugal, 2Sports Medicine Assessment, Research & Testing (SMART) Laboratory, Virginia, United States, 3University of Nebraska at Omaha, Nebraska, United States | Professional dancers have distinct multi-segmented foot-ankle biomechanical patterns compared to non-dancers during multidirectional landings. Ana M. Azevedo PT,1,2, Raul Oliveira PhD, PT1, Joao R. Vaz PhD, PT1,3, Nelson Cortes PhD2 1Faculty of Human Kinetics, Lisbon, Portugal, 2Sports Medicine Assessment, Research & Testing (SMART) Laboratory, Virginia, United States, 3University of Nebraska at Omaha, Nebraska, United States | Professional dancers have distinct multi-segmented foot-ankle biomechanical patterns compared to non-dancers during multidirectional landings. Ana M. Azevedo PT,1,2, Raul Oliveira PhD, PT1, Joao R. Vaz PhD, PT1,3, Nelson Cortes PhD2 1Faculty of Human Kinetics, Lisbon, Portugal, 2Sports Medicine Assessment, Research & Testing (SMART) Laboratory, Virginia, United States, 3University of Nebraska at Omaha, Nebraska, United States |

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</table>
| 10:00 am | The effect of different dance floor cushioning properties and fatigue on dance jump kinematics | Matthew Wyon PhD\(^1,2\), Tina Smith PhD\(^3\), Ya Nan Dang MSc\(^4\)  
\(^1\)Research Centre for Sport, Exercise and Performance, Institute of Sport and Health Sciences, University of Wolverhampton, Walsall, West Midlands, United Kingdom, \(^2\)National Institute of Dance Medicine and Science, Birmingham, United Kingdom |
| 11:00 am | Muscle palpation and trigger point dry needling                          | Elizabeth Manejias MD\(^1,2\), Lauren Elson MD\(^3\), Yusuf Tali MD\(^4\), Bridget Chin MD\(^1,2\), Robert Turner DPT \(^LAC\) \(^1,2\), Aija Paege PT, CFMT \(^1,2\)  
\(^1\)Hospital for Special Surgery, 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 |
| 11:00 am | Comparison of kinetic variables during standing vertical and sautés jumps in pre-professional ballet dancers | Karis Hodgson BMedSci\(^1\), Manuela Angoi MSc, PhD\(^1\), Karen Sheriff MSc\(^2\), Adam Mattiussi MSc\(^3\), Matt LaMarque BSc\(^2\), Aleksandra Birn-Jefferey MSc, PhD\(^1\)  
\(^1\)Queen Mary University of London, London, United Kingdom, \(^2\)Royal Ballet School, London, United Kingdom, \(^3\)St Mary's University, London, United Kingdom |
|          | The effects of a 10-week plyometric training intervention on jump performance in professional ballet dancers | Angélique Keller MSc, CAS Dance Science, Andrea Schäri PhD  
University of Bern, Bern, Switzerland |
|          | Comparison of kinetic variables during standing vertical and sautés jumps in pre-professional ballet dancers | Karis Hodgson BMedSci\(^1\), Manuela Angoi MSc, PhD\(^1\), Karen Sheriff MSc\(^2\), Adam Mattiussi MSc\(^3\), Matt LaMarque BSc\(^2\), Aleksandra Birn-Jefferey MSc, PhD\(^1\)  
\(^1\)Queen Mary University of London, London, United Kingdom, \(^2\)Royal Ballet School, London, United Kingdom, \(^3\)St Mary's University, London, United Kingdom |
|          | Pea... versus female athletes during a drop jump activity                  | Elizabeth Agre BS, Katherine Sammons BA, Kasia Luzynski BS, Gina Aicardi BS, Kimberly Pritchard PhD, LAT, ATC, Michele Pye PhD, ATC Shenandoah University, Winchester, VA, United States |
|          | Achieving the split position in a saut de chat leap                        | Danielle Jarvis PhD, ATC\(^1\), Kornelia Kulig PhD, PT\(^2\)  
\(^1\)California State University, Northridge, Northridge, CA, United States, \(^2\)University of Southern California, Los Angeles, CA, United States |
|          | Analysis of current tests for assessing aesthetic performance in dancers: a systematic review | Clara Fischer MS, BEd\(^1\), 2, Flor Fusi MS, BSc\(^4\), Roberto Poton MS, BSc\(^5\)  
\(^1\)Health Sciences School Research Group for Systematic Reviews (IBMR/Laureate), Rio de Janeiro, Brazil, \(^2\)Corpos Apto Gestos Livres, Rio de Janeiro, Brazil, \(^3\)Londrina State University, Londrina, Brazil, \(^4\)Incorporalma, Rio de Janeiro, Brazil |
|          | ‘I wouldn't really call it dancing’: the role of expertise in assessing contemporary dance creativity | Lucie Clements PhD\(^1\), 2, Naomi Lefebvre Seil PhD\(^2\), Emma Redding PhD\(^2\), Jon May PhD\(^2\)  
\(^1\)University of Chichester, Chichester, United Kingdom, \(^2\)Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, \(^3\)University of Plymouth, Plymouth, United Kingdom |
|          | Audience perception of dancers’ flow experience during movement improvisation | Aska Sakuta MFA, BA  
University of Chichester, Chichester, United Kingdom |
|          | Performance enhancement: a performer’s perspective                          | Gemma Harman PhD\(^1\), 2, Emma Redding PhD\(^2\), Patricia Holmes PhD\(^2\)  
\(^1\)University of Chichester, Chichester, United Kingdom, \(^2\)Trinity Laban Conservatoire of Music and Dance, London, United Kingdom |

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<thead>
<tr>
<th>Time</th>
<th>Studio Explore 1</th>
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<th>Room Vision 2-3</th>
<th>Studio Explore 2</th>
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</thead>
<tbody>
<tr>
<td>11.30 am</td>
<td>11.30 am - 1.30 pm</td>
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<td></td>
<td>Moderator: Margaret Wilson PhD</td>
<td>Moderator: Annabelle Couilland PhD, PT</td>
<td>Moderator: Selina Shah MD, FACP</td>
<td>Moderator: Frances Clarke BA(Hons) MSc, Walsall, UK</td>
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<tr>
<td></td>
<td>Laramie, Wyoming, USA</td>
<td>Paris, France</td>
<td>Walnut Creek, CA, USA</td>
<td>BA(Hons) MSc, Walsall, UK</td>
</tr>
<tr>
<td>11.30 am</td>
<td>Arabesque: balancing aesthetics and biomechanics for a more sustainable line. Alicia Head</td>
<td>&quot;Understanding growth and maturation in the context of dance: a biocultural approach Siobhan Mitchell PhD, MSc1, Anne Haase PhD2, Sean Cumming PhD2</td>
<td>&quot;Optimising tendon health for dance Christian Couppe PhD1, 2</td>
<td>Hip dominant weight training methods and the potential effects they have on dance performance Sandro Rajic MSc1, Karen Sudds2</td>
</tr>
<tr>
<td>12.30 pm</td>
<td>American Ballet Theatre Gillespie School Up Studio, Lomita, CA, United States</td>
<td>University of Bath, Bath, United Kingdom, 2University of Bristol, Bristol, United Kingdom</td>
<td>University of Edinburgh, Edinburgh, United Kingdom, 2Brunel University, London, United Kingdom</td>
<td>St. Mary's University, Twickenham London, United Kingdom, 2University of Wolverhampton, Walsall, United Kingdom</td>
</tr>
<tr>
<td>11.30 am</td>
<td>Dancers’ attachment to their first principal ballet teacher Mark Pace BA (Hons), MSc1, Tavis Ryan King BA(Hons), MSc2</td>
<td>The motivational process in Chinese vocational college dancers: An investigation in the perceived autonomy support, basic psychological needs satisfaction and motivation characteristics Mengqian Shi MSc1, 2, 3</td>
<td>&quot;Optimising tendon health for dance Christian Couppe PhD1, 2</td>
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<td>12.30 pm</td>
<td>Functional range conditioning and controlled articular rotations adapted for dance populations Andre Megerdichian MFA1, Jennifer Deckert MFA2</td>
<td>A comparison of student and teacher attitudes toward stress and recovery in vocational dance training. Peta Blevins MSc, BPSc1, Luke Hopper PhD1, Gene Moyle DPSc1, Shona Erskine PhD</td>
<td>Age and genre are important determinants of injury in a comparison of classical and contemporary dancers Leann Bell MRCPI MSc, Caroline Jubb MSc, Roger Wolman MD, FRCP Royal National Orthopaedic Hospital, Stanmore, United Kingdom</td>
<td>Are we missing the point? Trigger points and pain referral patterns in dancers. Amanda Blackmon BSEd, DPT1, 2, 3, 4, Emma Faulkner BS, DPT1, 2</td>
</tr>
<tr>
<td>1.30 pm</td>
<td>University of Cincinnati, College Conservatory of Music, Cincinnati, OH, United States, 2University of Wyoming, Laramie, WY, United States</td>
<td>University of Bath, Bath, United Kingdom, 2University of Bristol, Bristol, United Kingdom</td>
<td>Queensland University of Technology, Brisbane, Australia</td>
<td>Atlanta Ballet, Atlanta, GA, United States, 2Mercer University, Atlanta, GA, United States, 3Motion Stability Physical Therapy, Atlanta, GA, United States, 4Myopain Seminars, Bethesda, MD, United States</td>
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<td>11.30 am - 1.30 pm</td>
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SCHEDULE
IADMS 28TH ANNUAL CONFERENCE

Exploring the emotion regulation strategies used by vocational dance students
Antoinette Van Staden DEd, MSc\textsuperscript{1}, A.M. Lane PhD\textsuperscript{2}, Matthew Wyon PhD\textsuperscript{2}
\textsuperscript{1}Africa Unit for Trans-disciplinary Health Research, North-West University, South Africa, Potchefstroom, South Africa, \textsuperscript{2}Research Centre for Sport Exercise Performance, University of Wolverhampton, Walsall, United Kingdom

A mixed methods study of performance anxiety in vocational dance students
Lucie Clements PhD\textsuperscript{1,2}, Helen Clegg PhD\textsuperscript{3}
\textsuperscript{1}University of Chichester, Chichester, United Kingdom, \textsuperscript{2}Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, \textsuperscript{3}University of Northampton, Northampton, United Kingdom

Mind the mind: findings on mental health in dance
Sara Ascenso MSc, LPsy\textsuperscript{1,2}
\textsuperscript{1}Centre for Performance Science, Royal College of Music, London, United Kingdom, \textsuperscript{2}Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

Injury in student contemporary and Irish dancers: a one-year prospective study
Roisin Cahalan PhD, BSc\textsuperscript{1}, Philip Kearney PhD\textsuperscript{2}, Kieran O’Sullivan PhD, BSc.\textsuperscript{1,3}
\textsuperscript{1}School of Allied Health University of Limerick, Ireland, Limerick, Ireland, \textsuperscript{2}Physical Education and Sport Sciences University of Limerick, Limerick, Ireland, \textsuperscript{3}Aspetar Qatar Sports Medicine and Orthopaedic Hospital, Doha, Qatar

Injury patterns in hip hop dancers
Caroline Jubb MSc, Roger Wolman MD, FRCP, Leann Bell MRCPI, MSc
National Institute of Dance Medicine and Science, Royal National Orthopaedic Hospital, London, United Kingdom

Injuries in professional dancers of the Dutch National Ballet
Janine Stubbe PhD\textsuperscript{1,2}, Angelo Richardson MSc\textsuperscript{1,2}, Rogier van Rijn PhD\textsuperscript{1,2}
\textsuperscript{1}Codarts, University of the Arts, Rotterdam, Netherlands, \textsuperscript{2}Performing Artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands

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1:30 - 3:30 pm

**LUNCH BREAK with Roundtables**
Room Imagine

<table>
<thead>
<tr>
<th>Topic</th>
<th>Moderator</th>
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<tbody>
<tr>
<td>Biomechanics</td>
<td>Jarmo Ahonen</td>
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<tr>
<td>Dance for health</td>
<td>Clare Guss-West</td>
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<tr>
<td>Endocrinology inc. RED-S in dance</td>
<td>Nicky Keay</td>
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<tr>
<td>Exercise physiology</td>
<td>Yiannis Koutedakis</td>
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<tr>
<td>Foot and ankle</td>
<td>Boni Rietveld</td>
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<tr>
<td>Hip</td>
<td>Sue Mayes</td>
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<tr>
<td>Neuroscience</td>
<td>Annabelle Couillardre</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>
</tr>
<tr>
<td>Somatics / Kinesiology</td>
<td>Gayanne Grossman</td>
</tr>
</tbody>
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## SCHEDULE

### IADMS 28th Annual Conference

**Oct 17, 2018**

*Program subject to change*

<table>
<thead>
<tr>
<th>Time</th>
<th>Studio Explore 1</th>
<th>Room Vision 1</th>
<th>Room Vision 2-3</th>
<th>Studio Explore 2</th>
</tr>
</thead>
</table>
| 3.30 - 4.30 pm | Evidence informed stretching techniques for dancers  
Christian Couppe PhD\(^1\,\,^2\)  
\(^1\)Institute of Sports Medicine, Copenhagen, Denmark, \(^2\)Bispebjerg Hospital, IOC Research Center, Denmark | 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 | *The porous boundary between dance, art and science: perspectives from dance science, physical therapy and psychology*  
Gayanne Grossman PT, EdM\(^1\), Emma Redding PhD\(^2\), Sanna Nordin-Bates PhD\(^3\)  
\(^1\)Muhlenberg College, Allentown, PA, United States,  
\(^2\)Trinity Laban Conservatoire of Music and Dance, London, United Kingdom,  
\(^3\)GHI Swedish School of Sport and Health Science, Stockholm, Sweden | Somatics in action: core activation  
Lauren Kearns MFA, MA  
Elon University, Elon, NC, United States |
| 3.30 - 5.30 pm | Moderator: Selina Shah MD, FACP. Walnut Creek, CA, USA  
| | Moderator: Siobhan Mitchell PhD  
Bath, UK | **A novel approach to the professional dancer screen: suggestions for a more comprehensive medical team collaboration**  
Amanda Blackmon BSEd, DPT\(^1\), Emma Faulkner BS, DPT\(^1\,\,^2\,\,^3\), Val Schonberg MS, RD\(^1\,\,^4\),  
Val Schonberg MS, RD\(^1\,\,^4\)  
\(^1\)Atlanta Ballet, Atlanta, GA, United States,  
\(^2\)Mercer University, Atlanta, GA, United States,  
\(^3\)Motion Stability Physical Therapy Group, Atlanta, GA, United States,  
\(^4\)Enlighten Nutrition Counseling, Atlanta, GA, United States | |
| 3.30 - 5.30 pm | *Association between pain and functioning scales in contemporary dance students*  
Rogier van Rijn PhD\(^1\,\,^2\), Janine Stubbe PhD\(^1\),  
\(^1\)Codarts University of the Arts, Rotterdam, Netherlands,  
\(^2\)Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands | A qualitative analysis into perceived factors associated with psychological readiness to return to dance following injury  
Rebecca Appleton MSc, BA(Hons)\(^1\), Terry Clark PhD, MMus\(^2\)  
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom,  
\(^2\)Royal College of Music, London, United Kingdom | |
| 3.30 - 5.30 pm | The denial of healthcare: a psychological and sociological exploration of independent contemporary dancers’ relationship to health issues  
Agathe Dumont PhD  
Centre National de Danse Contemporaine, Angers, France | |

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<th>Time</th>
<th>Session</th>
<th>Authors</th>
<th>Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.30</td>
<td>Prepare to dance: a six-week training protocol for dancers to achieve pointe readiness status</td>
<td>Marijeanne Liederbach PhD, PT</td>
<td>NYU Langone Orthopedic Hospital, New York, NY, United States</td>
</tr>
<tr>
<td>5.30</td>
<td>Injuries and mental problems in contemporary dance students</td>
<td>Diana van Winde MSc1,2, Rogier van Rijn PhD1,3, Angelo Richardson MSc1,3, Geert Savelbergh PhD1,2,6, Radu Oudejans PhD2,5,6, Janine Stubbe PhD1,3,4</td>
<td>Codarts University of the Arts, Rotterdam, Netherlands 1Department of Human Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Netherlands, 2Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, 3Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands, 4Institute of Brain and Behavior, Amsterdam, Netherlands, 5Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences, Netherlands</td>
</tr>
<tr>
<td></td>
<td>Linking perfectionism and controlling conditions with introjected motivation, exhaustion, and competitive state anxiety via competence frustration: a moderated mediation model of youth elite performers.</td>
<td>Heidi Marian Haraldsen1,3, Hallgeir Halvarg PhD1,2, Frank Erik Abrahamsson PhD1, Bård Erlend Solstad PhD1</td>
<td>1Department of Coaching and Psychology, Norwegian School of Sport Sciences, Oslo, Norway, 2Department of Business, Marketing and Law, University College of Southeast Norway, Hanefoss, Norway, 3Oslo National Academy of the Arts, Oslo, Norway</td>
</tr>
<tr>
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<td>*Becoming a ballet dancer: perceived pleasures in pursuit of perfection and power</td>
<td>Angela Pickard MA, PhD</td>
<td>Canterbury Christ Church University, Canterbury, Kent, United Kingdom</td>
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<td>“Team Around The Artist”: a unique integrative approach of education, research, and health support within a pre-professional dance academy</td>
<td>Stephanie Keizer-Hulsebosch MA1,3, Suze Steemers MSc1,2, Janine Stubbe PhD1,2</td>
<td>1Codarts, Rotterdam, The Netherlands, 2Erasmus MC, Rotterdam, The Netherlands, 3Performing artist and athlete research lab (PEARL), Rotterdam, Netherlands</td>
</tr>
<tr>
<td></td>
<td>Administrating and utilizing wellness screens in a heterogeneous population of non-professional dancers</td>
<td>Marisa Hentis DPT, OCS1,2, Lauren Elson MD1, Stephanie Heroux2, Courtney Livingston2, Kester Cotton DPT, OCS1</td>
<td>1Spaulding Rehabilitation Hospital, Charlestown, MA, United States, 2MGH Institute of Health Professions, Charlestown, MA, United States</td>
</tr>
<tr>
<td></td>
<td>Screening and monitoring the physical health of dancers: which tools can be used? A systematic review of the literature</td>
<td>Rogier van Rijn PhD1,2, Evert Verhagen PhD1, Janine Stubbe PhD1,2</td>
<td>1Codarts University of the Arts, Rotterdam, The Netherlands, 2Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, 3Department of Public and Occupational Health, Amsterdam Collaboration on Health and Safety in Sports, VU University Medical Center, Amsterdam, Netherlands</td>
</tr>
<tr>
<td></td>
<td>Safe Dance IV: Understanding injuries in Australian professional dancers</td>
<td>Amy Jo Vassallo BMedSci1,2, Evangelos Pappas PhD1, Emmanuel Stamatakis PhD1, Claire Hiller PhD1</td>
<td>1University of Sydney, Faculty of Health Sciences, Sydney, Australia, 2University of Sydney, Charles Perkins Centre, School of Public Health, Sydney, Australia</td>
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<tr>
<td></td>
<td>Mambo and mind/body movement principles</td>
<td>Kervyn Lundgren MA, BFA</td>
<td>New York City Department of Education, New York, NY, United States</td>
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</tbody>
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5.30 - 6.30 pm

IADMS BUSINESS MEETING

Room Vision 2-3

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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### SATURDAY, October 27, 2018

#### 8:00 - 9:00 am

**POSTER PRESENTATIONS - Group S**

**Room Vision 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Studio Explore 1</th>
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<th>Studio Explore 2</th>
</tr>
</thead>
<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</strong>: what’s new with injury count and injury prevention? Marjorie Liedebach PhD, PT, Jennifer Gamboa DPT, OCS, Marshall Hagins PhD, PT, Tom Welsh PhD, Caroline Bolin PT, MSc, Sarah Kenny PhD, Janine Stubbs 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 PhD, Gaby Allard, Fay Nenander, Maggie Morris, Sonia Rafferty</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>
</tr>
<tr>
<td>10.00 - 11.00 am</td>
<td><strong>Preparing the dancer: a proactive approach</strong> Susan Mayes PhD, BAppSci(Physio)</td>
<td><strong>Preparing the dancer: a proactive approach</strong> Susan Mayes PhD, BAppSci(Physio)</td>
<td><strong>Preparing the dancer: a proactive approach</strong> Susan Mayes PhD, BAppSci(Physio)</td>
<td><strong>Preparing the dancer: a proactive approach</strong> Susan Mayes PhD, BAppSci(Physio)</td>
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<tbody>
<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</td>
<td><strong>Dance of the Embryo: Utilizing population-specific terminology and lived experience to communicate complex medical ideas</strong>&lt;br&gt;Katy Chambers MSc, BSc(Hons)$^1, 2$</td>
<td><em>Action research: a new paradigm for dance science</em>&lt;br&gt;Imogen Aujla PhD&lt;br&gt;University of Bedfordshire, Bedford, United Kingdom</td>
<td>“11+ Dance” an evidence-based injury prevention workout&lt;br&gt;Nico Kolokythas BSc, MSc$^1, 2$</td>
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<td>Katy Chambers MSc, BSc(Hons)$^1, 2$</td>
<td>Matthew Diamond PhD, MD&lt;br&gt;New York University, New York, NY, United States</td>
<td><em>Methodological challenges of dance psychology research: obstacles and future avenues</em>&lt;br&gt;Akka Sakuta MFA, BA$^1$, Lucie Clements PhD, MSc$^1, 2$&lt;br&gt;$^1$University of Chichester, Chichester, United Kingdom, $^2$Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<tr>
<td>12:30 pm - 1:30 pm</td>
<td>Morphemes of human motor action as analytical and pedagogical tool in dance</td>
<td><strong>Imaging the Dancer</strong>&lt;br&gt;Jari Salo PhD, MD&lt;br&gt;Department of Orthopaedics, Meihäinen Group, Helsinki, Finland</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</em>&lt;br&gt;Derrick Brown MSc$^1, 2, 3$, Jatin Ambegaokar PhD ATC$^4$&lt;br&gt;$^1$ArTeZ University of the Arts, Arnhem, The Netherlands, $^2$University Bern Institute of Sport Science, Bern, Switzerland, $^3$National Centre for the Performing Arts, Arnhem, The Netherlands, $^4$Sports Medicine Assessment, Research, and Testing Laboratory, Manassas, VA, United States</td>
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<td>Martin Puttke Dip Ballet$^1$, Dimitri Volchenkov PhD$^2$, Bettina Bläsin PhD$^3$&lt;br&gt;$^1$Dachverband Tanz Deutschland, Germany, $^2$TTTU Center for Nonlinear Physics, Texas Tech University, Texas, USA, $^3$Neurocognition and Action Research Group, University Bielefeld Germany, Berlin, Germany</td>
<td>Jari Salo PhD, MD&lt;br&gt;Department of Orthopaedics, Meihäinen Group, Helsinki, Finland</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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#### IADMS 28TH ANNUAL CONFERENCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Room Vision 2-3</th>
<th>Medical Doctors Networking Event</th>
<th>Dance Educators Roundtables</th>
<th>Student Roundtables (supported by Shenandoah University)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.30 -</td>
<td><em>Journal of Dance Medicine &amp; Science – editorial review and presentation</em> Ruth Solomon, Professor Emeritus, John Solomon, PhD, Jeff Russell PhD, ATC, Journal of Dance Medicine &amp; Science, Santa Cruz, Soquel, CA, United States, Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States, Ohio University, School of Applied Health Sciences and Wellness, Clinic for Science and Health in Artistic Performance, Athens, OH, United States</td>
<td>Room Vision Foyer</td>
<td>Room Imagine</td>
<td>Room Imagine</td>
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<tr>
<td>2.00 pm</td>
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<tr>
<td>3.00 -</td>
<td><em>IADMS program committee discussion – meet and greet the team behind the conference</em> Alexander McKinven MSc, MCSP, Lauren Elson MD, Sarah Kenny PhD, Annabelle Couillandre PhD, PT, Royal Ballet School, London, United Kingdom, Spaulding Rehabilitation Hospital, Charlestown, MA, United States, Sport Injury Prevention Research Centre, University of Calgary, Calgary, Canada, Université Paris Ouest Nanterre La Défense, Paris, France</td>
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<td>3.30 pm</td>
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<tr>
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<th>Studio Explore 1</th>
<th>Room Vision 1</th>
<th>Room Vision 2-3</th>
<th>Studio Explore 2</th>
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<tr>
<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>
<td><strong>Observations from the field of teaching elite movers</strong> Paula Baird Col1,2, Jane Paris MA3,4 1The Australian Ballet, Melbourne, Australia, 2Collingwood Football Club, Melbourne, Australia, 3The Royal Ballet, London, United Kingdom, 4The Norwegian Olympic Association, Oslo, Norway</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>
</tr>
<tr>
<td>4.30 - 5.30 pm</td>
<td>Missing the point(e)? How your use of feet affects all your dance technique Mariah-Jane Thies RAD, RTS 1,2,3 1The Radiant Dancer, Vancouver, Canada, 2Royal Academy of Dance, Vancouver, Canada, 3Brain Gym International, CA, United States</td>
<td><strong>Management of the dancer's hip</strong> Esko Kaartinen PhD, MD2, Mikko Manninen PhD, MD1, Minna Tervamäki1, Jarmo Ahonen PT1,4 1Orton, Helsinki, Finland, 2Eira Hospital, Helsinki, Finland, 3Finnish National Ballet, Helsinki, Finland, 4Art Fysio Oy, Helsinki, Finland</td>
<td><strong>Psychological/psychiatric aspects associated to joint hypermobility and hypermobility related disorders</strong> Carolina Baeza-Velasco PhD University Paris Descartes, Sorbonne, Paris, France</td>
<td>Flowing spine with Cats, Laterals and Pilates Jennifer Stacey MS Immersion™ Pilates Aquatics™, Peak Performance Pilates, San Francisco, CA, United States</td>
</tr>
</tbody>
</table>

**SCHEDULE**  
**IADMS 28TH ANNUAL CONFERENCE**  

**IADMS EVENING PARTY**  
8.00 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
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<th>Room Vision 2-3</th>
<th>Studio Explore 2</th>
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<tbody>
<tr>
<td>8.30 - 9.30 am</td>
<td>Breathing essentials for dancers: Marcela Bragagnolo</td>
<td>Development of a choreography-specific conditioning program to help prepare classical dancers for contemporary performances</td>
<td>Private Practice, Los Angeles, CA, United States, Private Practice, New York, NY, United States</td>
<td>The missing link in dance training: brain integration</td>
</tr>
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<td></td>
<td>Steps on Broadway, American Ballet Theatre NTC, Body Evolutions, Manhattan Physiogroup, New York, NY, United States</td>
<td><em>It takes a village: collaborating in the prevention and treatment of eating disorders in dancers</em></td>
<td>1, 2, 3</td>
<td>Mariah-Jane Thies RAD RTS 1, 2, 3</td>
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</tbody>
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## SCHEDULE

### IADMS 28th Annual Conference

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 9.30 - 10.30 am | Bridging the gap between healthcare professionals and dance class traditions: applying dance science to a class setting  
Natalie Imrisek MSPT, Sally Donaubauer DPT OGS  
Framework Physical Therapy and Dance Medicine, Los Angeles, CA, United States |
|           | Effusion-synovitis co-exists with other hip joint pathology and is often the source of hip pain  
Susan Mayes PhD, BAppSci(Physio)  
1, 2  
April-Rose Ferris BPPhysio(Hons)  
1, 2  
Peter Smith MBBS  
1, 2  
FRANZCR  
1, 2  
Jill Cook PhD, BAppSci(Physio)  
1, 2  
1 The Australian Ballet, Southbank, Australia  
2 La Trobe University, Bundoora, Australia  
3 Monash University, Frankston, Australia  
4 MIA East Melbourne Radiology, East Melbourne, Australia |
|           | Hip instability in dancers: a narrative review  
Angelina Vera MD, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD  
Houston Methodist Hospital, Houston, TX, United States |
|           | Biomechanics of turnout in female tertiary level dancers  
Rebekha Duncan BSc Physio(Hons)  
1, 2  
Catherine Wild PhD  
1, 2  
Danica Hendry BScPhysio(Hons), MSc  
1, 2  
Leo Ng PhD  
1, 2  
Sarah Carter BPodM, MSc  
1, 2  
Luke Hopper PhD  
1, 2  
Amity Campbell PhD  
1, 2  
1 School of Physiotherapy and Exercise Science, Curtin University, Perth, WA, Australia  
2 Western Australian Academy of Performing Arts, Edith Cowan University, Mt Lawley, WA, Australia  
3 Podiatric Medicine and Surgery Division, School of Allied Health, The University of Western Australia, Crawley, WA, Australia |
|           | Increased femoral torsion in higher ranking dancers within a large metropolitan ballet company  
Angelina Vera MD, Thomas Yetter BS, Domenica Delgado BA, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD  
Houston Methodist Orthopedics and Sports Medicine, Houston, TX, United States |
|           | Disordered eating attitudes among dancers: a longitudinal study of between- and within-person risk factors  
Sanna Nordin-Bates PhD  
1, 2  
Johanna Schwarz PhD  
1, 2  
Eleanor Guest PhD  
1, 2  
Jennifer Cumming PhD  
1, 2  
CPsychol  
1, 2  
Imogen Aujla PhD  
1, 2  
Emma Redding PhD  
1, 2  
1 Swedish School of Sport and Health Sciences, Stockholm, Sweden  
2 Stockholm University, Stockholm, Sweden  
3 Stress Research Institute, Stockholm University, Stockholm, Sweden  
4 School of Psychology and Speech Pathology, Curtin University, Perth, Western Australia  
5 University of Bedfordshire, Bedford, United Kingdom  
6 Trinity Laban Conservatoire of Music and Dance, London, United Kingdom |
|           | Irish dancers: can we impact on injury rates by addressing nutrition?  
Jasmine Challis BSc RD  
1, 2  
Roisin Cahalan PhD, BSc Physio  
1, 2  
1 Freelance Dietitian, Reading, United Kingdom  
2 School of Allied Health, University of Limerick, Limerick, Ireland |
|           | Calcaneal heel stiffness, vitamin D and BMI – an observational study in young classical dancers  
Suzanne Scott MA(Cantab) BSc(Hons)  
1, 2  
Joanna Bowtell PhD  
1, 2  
Anna Brodrick MSc  
1, 2  
Stephanie De’Ath MSc  
1, 2  
Fulford Jon PhD  
1, 2  
Peter Kruszyp PhD  
1, 2  
Karen Knapp PhD  
1 University of Exeter, Exeter, United Kingdom  
2 Central School of Ballet, London, United Kingdom  
3 SDU, Odense, Denmark  
4 National Institute of Dance Medicine and Science, London, United Kingdom |

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## Nutrition strategies for dancers: hits and myths

<table>
<thead>
<tr>
<th>Authors</th>
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<tbody>
<tr>
<td>Ann Brown PhD</td>
<td>1</td>
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<tr>
<td>Meghan Brown PhD</td>
<td>2</td>
</tr>
<tr>
<td>Jasmine Chaliss RD</td>
<td>3,4</td>
</tr>
<tr>
<td>Val Schonberg MS, RD, CSSD</td>
<td>5,6</td>
</tr>
</tbody>
</table>

1 Human Performance Laboratory, Department of Movement Sciences, University of Idaho, Moscow, ID, United States
2 School of Sport and Exercise, University of Gloucestershire, Gloucester, United Kingdom
3 Freelance, London, United Kingdom
4 Department of Life Sciences, University of Roehampton, London, United Kingdom
5 EnlightenU Nutrition Counseling, Dunwoody, GA, United States
6 Minnesota Dance Medicine Foundation, Minneapolis, MN, United States

Program subject to change

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### IADMS 'Allegro' presentations

(6 minutes each, 10 minutes for questions, via the IADMS app, at the end of the session)

#### Energetic re-patterning through movement and touch: a bodywork approach

Emanuela Iacopini, MSc, BSc
Conservatoire de la Ville de Luxembourg, Dance Science Net, Luxembourg

#### Ageing dancers – activities and pain: an international survey

Janine Bryant BFA, MA, Jeffrey Russell PhD, Alan Nevill PhD, Matthew Wyon PhD
1 The University of Wolverhampton, Walsall, United Kingdom
2 Ohio University, Athens, OH, United States
3 National Institute of Dance Medicine and Science, London, United Kingdom

#### A 10-year retrospective study of contemporary dance students’ standing active turnout

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

#### Posture, functional movement and its relationship with injuries in university dancers

Isabel Artigues BSc MSc
1 IAB Health, Institute of the Arts Barcelona, Barcelona, Barcelona, Spain
2 University College London, London, United Kingdom

#### Prevalence of movement dysfunction using the selective functional movement screen (SFMA) in university dancers

Jena Hansen-Honeycutt DAT ATC, Jatin Ambegaonkar PHD ATC
George Mason University, Fairfax, VA, United States

#### Kinetic and kinematic evaluation of the counter movement jump as a screening tool for injury in professional ballet dancers

Austin Flood MSc, BSc, Greg Retter, Matt Springham, Adam Mattusi MSc, BSc
1 The Royal Ballet Company, London, United Kingdom
2 St. Mary's University, Twickenham, United Kingdom

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SCHEDULE
IADMS 28TH ANNUAL CONFERENCE

Oct 17, 2018
Program subject to change

The effect of fatigue on plié depth and control
Robyn Horsburgh BSc(Hons), MSc,
Matthew Wyon PhD
University of Wolverhampton, Walsall, United Kingdom

Recovery during high intensity intermittent exercise in female vocational contemporary
dance students
Lauren Squires MSc, BSc¹, ²
Sarah Needham-Beck PhD, MSc¹, ²
¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom,
²University of Chichester, Chichester, United Kingdom

Normative values of heart rate during the Dance Specific Aerobic Fitness Test in pre-professional contemporary dance students
Annemiek Tiemens MSc¹, ², Rogier van Rijn PhD¹, ²
¹Codarts University of the Arts, Rotterdam, Netherlands,
²Performing Artist and Athlete Research Lab, Rotterdam, Netherlands

Physical activity in elite adolescent dancers: a feasibility study
Bronwyn L. Trevor B.App.Sci(Pthy) Hons,
Amy Jo Vassallo PhD, Elizabeth J. Nightingale PhD,
Evangelos Pappas PhD, Claire E. Hiller PhD
Faculty of Health Sciences, The University of Sydney,
NSW, Australia

Dancers’ experiences with memory and strategies used to improve upon it
Lauren Copping BS¹, Lucie Clements MSc PhD¹, ²,
Emma Redding MSc PhD¹
¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom,
²University of Chichester, Chichester, United Kingdom

Physical performance test profiles in freshmen collegiate dancers: a multi-center prospective study
Jatin Ambegaonkar PhD ATC¹, Jena Hansen-Honeycutt DAT ATC², Amanda Donahue MS ATC³,
Laura Santos MS ATC², Victoria Fauntroy BS AT¹,
Esther Nolton MEd ATC¹, Jenna Lynn Evans MS ATC², Nelson Cortes PhD³,
Shane Caswell PhD ATC¹
¹Sports Medicine Assessment Research and Testing (SMART) Laboratory, Manassas, VA, United States,
²Department of Dance, George Mason University, Fairfax, VA, United States,
³Dean College, Franklin, MA, United States,
⁴University of North Carolina School of the Arts, Winston Salem, NC, United States

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</table>
| 12 noon| Training the inverted dancer  
Keely Glenn MFA, Brenda Critchfield MS, ATC  
Brigham Young University, Provo, UT, United States |                                                                                      |
| 1.00 pm| IADMS Duels  
Early specialization: risk vs reward  
Asad Siddiqi DO, Julia Iafrate DO  
Columbia University Medical Center, New York, NY, United States  
Vitamin D – panacea?  
Nicky Keay, MA (Cantab) MRCP¹  
Tommi Vasankari PhD, MD²  
¹London, UK, ²UKK Institute, Tampere, Finland  
Tradition: friend or enemy?  
Fay Nenander, Jan Astrom  
Balettakademien, Stockholm, Sweden  
Hypermobility: gift or curse?  
Carolina Baeza-Velasco PhD, MSc¹  
Annabelle Couillardre PhD, PT²  
¹University Paris Descartes, Sorbonne, Paris, France, ²Université Paris Ouest Nanterre La Défense, Paris, France |                                                                                      |
|       | Beighton Score inter- and intra-rater reliability: a systematic review  
Lauren Bockhorn BA³, Angelina Vera MD⁴, Domenica Delgado BA¹, David Dong BS¹, Kevin Varner MD¹, Joshua Harris MD¹  
¹Houston Methodist Hospital, Houston, TX, United States, ²Texas A&M College of Medicine, College Station, TX, United States  
Hypermobility in breakers  
Neteli Tsipouri MA, MSc¹, Theoharis Constantinou MSc¹, ², Keir Philip MbChb, BSc¹, ², Erin Sanchez MSc¹, ³, Eddie Toth PhD⁴, Jeremie Houet MSc⁵, Bruce Paton PhD²  
¹Project Breakalign, London, United Kingdom, ²University College London, London, United Kingdom, ³One Dance UK, London, United Kingdom, ⁴The University of Sydney, Sydney, Australia, ⁵Maastricht University, Maastricht, Netherlands  
High prevalence of connective tissue gene variants in professional ballet influences hip motion  
Angelina Vera MD, Domenica Delgado BS, Bradley Lambert PhD, Leif Peterson PhD, Kevin Varner MD, Patrick McCluloch MD, Joshua Harris MD  
Houston Methodist Hospital, Houston, TX, United States  
Head impacts and concussions in theatre support personnel: an often forgotten group of artistic professionals in dance  
Jeff Russell PhD, ATC  
Ohio University, School of Applied Health Sciences and Wellness, Clinic for Science and Health in Artistic Performance, Athens, OH, United States |                                                                                      |

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# Schedule

## IADMS 28th Annual Conference

**Closing symposium**

**Bone status in dancers: nurture or nature?**

Professor Yiannis Koukedakis, MA, PhD

*University of Thessaly, Greece, University of Wolverhampton, Walsall, United Kingdom*

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**Essential features of systematic literature reviews: applications to dance medicine and science current knowledge**

Claire Hiller PhD, Manuela Angiol PhD, Wendy Coates MD, Tom Welsh PhD, Lynda Mainwaring PhD, Annabelle Couillard PhD, Danielle Jarvis PhD, Derrick Brown PhD, Esther Nolton MEd, Mamie Air MD, Mark Harwood MD, Selina Shah MD, Jatin Ambegaonkar PhD

*University of Sydney, Sydney, Australia, Queen Mary University of London, London, United Kingdom, George Mason University, VA, United States, Florida State University, FL, United States, University of California, CA, United States, University of Toronto, Ontario, Canada, Université Paris Ouest Nanterre La Défense, Paris, France, Northridge, CA, United States, University of Bern, Bern, Switzerland, San Rafael, CA, United States, Rothman Institute, PN, United States, Sports and Dance Medicine, CA, United States*

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**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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**Poster Presentations - Group F**

Friday, October 26, 8.00 - 9.00am
Room Vision 1

**Fitness, salivary metabolites, and the modern dancer's perceptions**
Lelia Rosenkrans BFA¹, Samantha E. Johnson MFA¹, Charles Rosenkrans, Jr. PhD²
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), LRAD¹, ²
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 Fox¹, Manuela Angioi PhD, MSc¹, Karen Sheriff MSc²
¹Queen 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 PhD¹, Clodagh Toomey PT, PhD², Carolyn Emery PT, PhD³
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)¹, Amanda Black PhD¹, ², Sarah Kenny PhD¹, ²
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, ¹, ², Lucy Clements PhD¹, Liliana Araújo PhD²
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 PhD¹, Noriyuki Kida PhD², Teruo Nomura PhD²
¹Osaka University, Osaka, Japan, ²Kyoto Institute of Technology, Kyoto, Japan
**SCHEDULE**

**IADMS 28TH ANNUAL CONFERENCE**

**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, ATC  
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 Vučelić 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 Giovaninni Komeroski MSc, Camila Dall’Agnoli 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 Nishitsui, 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 Zietsloot PhD2, Sophia Nimphius PhD1
1Edith Cowan University, Perth, Australia, 2Appalachian State University, Boone, NC, United States
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)
Lisbeth Hassan-Bischoff MSC¹, 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 Schnaitman 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 Hents 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 Womaan PhD, MD¹-², Matthew Wyon PhD¹-², Eric Bakker PhD³
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 Tenerbaum 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,MSc³, Naoki Tonegawa RPT², Honoka Ishitani¹, 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, Kade Worton¹, Kelly Schultz¹, Eric Babb¹, Tyler Standifird MS, PhD¹, 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
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The culture of ballet: conceptualizations of pain and injury in pre-professional dancers
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Experiences of social support in pre-professional ballet dancers regarding injury, pain, and fatigue
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Difference in stress levels and sleep quality between injured and non-injured contemporary dance students
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Professional dancers’ experiences of working despite injury
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Program subject to change
Dancers’ reflections on their healthcare experiences: perspectives from Australia and the USA
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The role of occupational therapy in dance medicine and dancer health: an OT’s framework
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Merging undergraduate dance and physiotherapy curricula in the United Kingdom: the benefit of closer working
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The effects of improvisational dance on balance in aging adults
Teresa Chapman MFA
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Considerations for proprioceptive development in young children
Rachel Barlow MSc, BA
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The effect of dancers’ clothing on perception of performance ability
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Comparing perceived and actual cognitive lateral bias in university dance majors
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Perceived knowledge of anatomy and kinesiology in university dance majors before and after a 16-week course of Anatomy and Kinesiology for Dance
Hana Hansen-Honeycutt DAT ATC, Jatin Ambegaonkar PhD ATC
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Identifying and recognizing Relative Energy Deficiency in Sport (RED-S) within a dance population
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