

# SCHEDULE

## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

Oct 17, 2018  
 Program subject to change

### 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 – Peter Lavine MD, Washington DC, USA
- 10:30 - 11:00 am REFRESHMENT BREAK**  
 Vision Foyer and Explore Lounge

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

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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		<p><b>Physiological demands of musical theatre: what is the extra demand of singing whilst dancing?</b> <u>Nicola Stephens MSc, MCSP<sup>1</sup>,</u> <u>Matthew Wyon PhD<sup>2,3</sup></u> <sup>1</sup>Performers College, Essex, United Kingdom, <sup>2</sup>Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, <sup>3</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom</p> <p><b>Heart rate and perceived exertion differences between class and competition in freestyle-disco dance</b> <u>Sian Salmon MSc, BSc, Wendy Timmons BPhil(Hons), David Saunders PhD</u> <i>The University of Edinburgh, Edinburgh, United Kingdom</i></p>	<p><b>Patellofemoral pain, body morphology and alignment in pubertal dancers: One-year follow-up</b> <u>Nili Steinberg PhD, Itzhak Siev-Ner MD</u> <i>The Wingate College of Physical Education and Sports Sciences at the Wingate Institute, Netanya, Israel</i></p>	
<p>12.00 noon - 1.00 pm</p>	<p><b>Experiential anatomy for the dancer: tips for teachers</b> <u>Judith Steel MA, CMA<sup>1</sup>, Lisa Shoaf DPT, PhD<sup>2</sup></u> <sup>1</sup>Virginia Commonwealth University, Richmond, VA, United States, <sup>2</sup>Mary Baldwin University, Staunton, VA, United States</p>	<p><b>Aerobic capacity of pre-professional ballet dancers: is ballet specific training creating a stimulus for adaptation?</b> <u>Alice McBride<sup>1,2</sup>, Manuela Angioi PhD, MSc<sup>1</sup>, Karen Sherriff MSc<sup>3</sup></u> <sup>1</sup> Barts and the London School of Medicine and Dentistry, Queen Mary University of London, London, United Kingdom, <sup>2</sup> Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, United Kingdom, <sup>3</sup> The Royal Ballet School, London, United Kingdom</p> <p><b>Determining energy expenditure in contemporary dance classes – a pilot study</b> <u>Annemiek Tiemens MSc<sup>1,2</sup>, Rogier van Rijn PhD<sup>1,2</sup>, Janine Stubbe PhD<sup>1,2,3</sup>, Jos de Koning PhD<sup>4</sup></u> <sup>1</sup>Codarts University of the Arts, Rotterdam, Netherlands, <sup>2</sup>Performing Artist and Athlete Research Lab, Rotterdam, Netherlands, <sup>3</sup>Rotterdam Arts and Science Lab, Rotterdam, Netherlands, <sup>4</sup>Department of Human Movement Sciences, VU University Amsterdam, Amsterdam Movement Sciences, Amsterdam, Netherlands</p>	<p><b>Achilles tendon tissue structure in pre- and post-maturate dancers</b> <u>Michal Pantanowitz PhD<sup>1,3</sup>, Liav Elbaz<sup>1</sup>, Itzhak Siev-Ner MD<sup>2</sup>, Nili Steinberg PhD<sup>1</sup></u> <sup>1</sup>Zinman College of Physical Education and Sports Sciences, Wingate Institute, Netanya, Israel, <sup>2</sup>Orthopedic Rehabilitation Department, Sheba Medical Center, Tel Hashomer, Israel, <sup>3</sup>Child Health and Sports Center, Department of Pediatrics, Meir Medical Center, Sackler School of Medicine, Tel-Aviv University, Kfar-Saba, Israel</p>	<p><b>Using the internal movement of the connective tissue to enhance jumping</b> <u>Annemari Autere</u> <i>Compagnie Ariel, Villefranche sur Mer, France</i></p>

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		<p><b>*Testing and training the cardiorespiratory system for dancers</b>  <u>Matthew Wyon PhD</u><sup>1,2</sup>  <sup>1</sup>University of Wolverhampton, Walsall, West Midlands, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom</p>	<p><b>Six-weeks of intensive rehearsals shows structural changes of the Achilles tendons in professional ballet dancers</b>  <u>Charlotte Anker-Petersen PT, MSc</u><sup>1,2</sup>, Kristian Thorborg PT, PhD<sup>2</sup>, Jarrod Antfflick PT, MSc<sup>3</sup>, Henrik Aagaard MD, PhD<sup>4</sup>, Chris Myers PT, MSc<sup>3</sup>, Anders Ploug Boesen MD, PhD<sup>2</sup>, Per Hölmich MD, DMSc<sup>2</sup>, Birgit Juul-Kristensen PT, PhD<sup>1</sup>  <sup>1</sup>Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark, <sup>2</sup>Sports Orthopedic Research Center-Copenhagen, Department of Orthopedic Surgery, Amager-Hvidovre Hospital, Copenhagen University Hospital, Copenhagen, Denmark, <sup>3</sup>Tendon Performance, London, United Kingdom, <sup>4</sup>Department of Orthopedic Surgery, Sjælland University Hospital, Koege, Denmark</p> <p><b>*Posterior ankle impingement syndrome in ballet dancers. Part 1: Bone impingement</b>  <u>Eiichi Hiraishi MD</u><sup>1</sup>, Hiroko Ikezawa MD<sup>1</sup>, Kanako Kudo MD<sup>2</sup>, Norio Usami MD<sup>3</sup>  <sup>1</sup>Eiju General Hospital, Tokyo, Japan, <sup>2</sup>School of Medicine, Keio University, Tokyo, Japan, <sup>3</sup>Usami Orthopaedic Clinic, Tokyo, Japan</p>	
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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)

Time	Studio Explore 1 3.00 - 6.00 pm Moderator: Gayanne Grossman PT Allentown, PA, USA	Room Vision 1 3.00 - 6.00 pm Moderator: Margaret Wilson PhD Laramie, Wyoming, USA	Room Vision 2-3 3.00 - 6.00 pm Moderator: Emma Redding PhD London, UK	Studio Explore 2 3.00 - 6.00 pm Moderator: Matthew Wyon PhD Walsall, UK
3.00 - 4.00 pm	<p><b>Self-care for your derriere!</b>  <u>Robert Turner DPT OCS</u><sup>1,2</sup>  <sup>1</sup>Movement CoLab New York, New York, NY, United States, <sup>2</sup>Hospital for Special Surgery, New York, NY, United States</p>	<p><b>Gaze behavior in dance – the relevance of spotting in multiple rotations</b>  <u>Andrea Schaeferli PhD</u><sup>1</sup>, Heiko Hecht PhD<sup>2</sup>, Fred Mast PhD<sup>1</sup>, Ernst-Joachim Hossner PhD<sup>1</sup>  <sup>1</sup>University of Bern, Bern, Switzerland, <sup>2</sup>Johannes-Gutenberg University Mainz, Mainz, Germany</p>	<p><b>Is OPTIMAL, optimal? – integrating Wulf's theories in professional dance practice</b>  <u>Clare Guss-West MA, BHum</u>  <sup>1</sup>The European Network for Opera, Music &amp; Dance Education, Zurich, Switzerland</p>	<p><b>Dance-medical physical examination, especially the lower extremity - hands on: how we do it</b>  <u>Boni Rietveld MD, PhD</u>  <sup>1</sup>Medical Centre for Dancers &amp; Musicians, The Hague, Netherlands</p>

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		<p><b>Defining spotting: A Delphi Method study evaluating expert opinions on the characteristics and uses of spotting</b> <u>Catherine Haber BA</u>, Andrea Schärli PhD <i>University of Bern, Bern, Switzerland</i></p> <p><b>Uncovering joint angle coordination strategies in pirouettes</b> <u>Melanie Lott MS, PhD</u> <i>Denison University, Granville, OH, United States</i></p> <p><b>Quantification of postural control in dancers using dance specific poses</b> <u>Matthew Wittstein PhD</u>, Rachel DiCioccio <i>Elon University, Elon, NC, United States</i></p>	<p><b>From inspired dancers to inspiring teachers: same passion, role satisfaction and commitment to excellence within multiple professional roles?</b> <u>Liliana Araújo PhD, CPsychol</u> <i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p> <p><b>*Considerations for dance educators: acquisition and transfer of skills from creative movement exploration and the role of motor learning during early childhood</b> <u>Christina Salgado MA, BA</u> <i>Pittsburgh Ballet Theatre, Pittsburgh, PA, United States</i></p>	
4.00 - 5.00 pm	<p><b>Prevent the painful plié: taping techniques for the dancer's knee</b> <u>Emma Faulkner PT, DPT<sup>1,2</sup></u>, Amanda Blackmon DPT, OCS<sup>1,2,3</sup> <sup>1</sup><i>Motion Stability Physical Therapy Group, Atlanta, GA, United States</i>, <sup>2</sup><i>Atlanta Ballet, Atlanta, GA, United States</i>, <sup>3</sup><i>Mercer University, Atlanta, GA, United States</i></p>	<p><b>Balance training differences on dancers' dynamic postural stability: a randomised controlled trial</b> <u>Frances Clarke MSc, PGCE<sup>1,2</sup></u>, Yiannis Koutedakis PhD<sup>1,3</sup>, Margaret Wilson PhD<sup>4</sup>, Matthew Wyon PhD<sup>1,2</sup> <sup>1</sup><i>Research Centre for Sport Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom</i>, <sup>2</sup><i>National Institute of Dance Medicine and Science, Birmingham, United Kingdom</i>, <sup>3</sup><i>Department of Sport and Exercise Sciences, University of Thessaly, Trikala, Greece</i>, <sup>4</sup><i>Department of Theatre and Dance, University of Wyoming, Laramie, WY, United States</i></p> <p><b>Measuring motor stability in dancers using a novel approach</b> <u>Kelli Sharp DPT<sup>1,2</sup></u>, Daria Nahidipour<sup>3</sup> <sup>1</sup><i>Department of Dance, University of California at Irvine, CA, United States</i>, <sup>2</sup><i>Department of Physical Medicine and Rehabilitation, University of California at Irvine, CA, United States</i>, <sup>3</sup><i>School of Biological Sciences, University of California at Irvine, CA, United States</i></p> <p><b>Effect of forefoot types on balance in ballet dancers</b> <u>Momoko Kizawa MD</u>, Hiroaki Shima MD, Toahito Yasuda MD, Katsunori Mori MD, Seiya Tsujinaka MD, Masashi Neo, MD, PhD <i>Osaka Medical College, Takatsuki, Japan</i>,</p>	<p><b>Physical activity and enjoyment during dance-focused physical education classes in middle school girls</b> <u>Jatin Ambegaonkar PhD ATC<sup>1</sup></u>, Carol Pierce MEd<sup>2</sup>, Nelson Cortes PhD<sup>1</sup>, Shane Caswell PhD ATC<sup>1</sup> <sup>1</sup><i>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Virginia, VA, United States</i>, <sup>2</sup><i>Physical Education Program, Parkside Middle School, Prince William County Public Schools, Manassas, VA, United States</i></p> <p><b>Physiological demands of Brazilian zouk social dance in healthy adults</b> <u>Simona Moravcikova MSc, BSc</u> <i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p> <p><b>Dancing with Parkinson's: a classical ballet and music intervention for people with Parkinson's disease</b> <u>Helen Gould MSc</u>, <u>Wendy Timmons BPhil(Hons)</u>, <u>Mark Pace MSc</u> <i>University of Edinburgh, Edinburgh, United Kingdom</i></p>	<p><b>Anatomy of "shin splits" and how to manage them in the dance studio</b> <u>Nicola Stephens MSc, MCSP</u>, Amanda Huke-Smith <i>Performers College, Essex, United Kingdom</i></p>

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		<p><b>Effects of fatigue on bilateral differences on dancers' dynamic postural stability during landing using time to stabilisation protocols</b>  <u>Frances Clarke MSc, PGCE</u><sup>1,2</sup>, Yiannis Koutedakis PhD<sup>1,3</sup>, Margaret Wilson PhD<sup>4</sup>, Matthew Wyon PhD<sup>1,2</sup>  <sup>1</sup>Research Centre for Sport Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom, <sup>3</sup>Department of Sport and Exercise Sciences, University of Thessaly, Trikala, Greece, <sup>4</sup>Department of Theatre and Dance, University of Wyoming, Laramie, WY, United States</p>	<p><b>Dancing with dementia: a social dance intervention for people with mild dementia in day-care centres</b>  <u>Wendy Timmons B.Phil(Hons)</u><sup>1</sup>, Simon Blaschke MSc<sup>2</sup>  <sup>1</sup>University of Edinburgh, Edinburgh, United Kingdom, <sup>2</sup>Technical University Munich, Munich, Germany</p>	
5.00 - 6.00 pm	<p><b>Breathing patterns and their use in ballet</b>  <u>Javier Torres</u><sup>1,2,3,4</sup>  <sup>1</sup>Finnish National Ballet, Helsinki, Finland, <sup>2</sup>Lyon Opera Ballet, Lyon, France, <sup>3</sup>Czeck National Ballet, Prague, Czeck Republic <sup>4</sup>Centre National de la Danse Paris, Paris, France</p>	<p><b>*Posterior ankle impingement syndrome in ballet dancers. Part 2: Flexor hallucis tendinopathy, posterior intermalleolar ligament, and other soft tissue pathologies</b>  <u>Eiichi Hiraishi MD</u><sup>1</sup>, Hiroko Ikezawa MD<sup>1</sup>, Kanako Kudo MD<sup>2</sup>, Norio Usami MD<sup>3</sup>  <sup>1</sup>Eiju General Hospital, Taito-Ku, Japan, <sup>2</sup>School of Medicine, Keio University, Tokyo, Japan, <sup>3</sup>Usami Orthopaedic Clinic, Tokyo, Japan</p> <p><b>Flexor hallucis longus tenolysis/tenosynovectomy in dancers</b>  <u>Elizabeth Barchi MD</u>, Tracy Espiratu-McKay DO, Donald Rose MD          NYU Langone Health; Harkness Center for Dance Injuries, New York, NY, United States</p> <p><b>Mechanism of metatarsophalangeal joint overload in dancers with and without flexor hallucis longus tendinopathy</b>  <u>Hai-Jung Steffi Shih BS, PT</u>, 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</p> <p><b>Plantar plate injury in a dancer</b>  <u>Moira McCormack MSc</u><sup>1,2</sup>  <sup>1</sup>The Royal Ballet Company, London, United Kingdom, <sup>2</sup>University College London, London, United Kingdom</p>	<p><b>*Dance science in the digital age</b>          Madison McGrew MSc, BFA<sup>1</sup>, Siobhan Mitchell PhD, MSc<sup>2</sup>, Jillian Descoteaux ATC, MSc<sup>3</sup>, Carolyn Meder ATC<sup>4</sup>, Andrea Alvarez MFA, BS<sup>5</sup>, Sutton Anker MSc, BFA<sup>1</sup>, <u>Leanne Steel BA(Hons), MSc</u><sup>1</sup>  <sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>University of Bath, Bath, United Kingdom, <sup>3</sup>Ohio University, Cincinnati, OH, United States, <sup>4</sup>University of Cincinnati, Cincinnati, OH, United States, <sup>5</sup>Texas A&amp;M University, College Station, TX, United States</p> <p><b>*Student and young professional networking workshop</b>  <u>Siobhan Mitchell PhD, MSc</u><sup>1</sup>, Madison McGrew MSc, BFA<sup>2</sup>, <u>Sutton Anker BFA, MSc</u><sup>2</sup>, <u>Andrea Alvarez BS, MFA</u><sup>3</sup>, Carolyn Meder ATC<sup>4</sup>, Jillian Descoteaux, MSc, ATC<sup>5</sup>, <u>Leanne Steel BA(Hons), MSc</u><sup>2</sup>  <sup>1</sup>University of Bath, Bath, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>3</sup>Texas A&amp;M University, College Station, TX, United States, <sup>4</sup>University of Cincinnati, Cincinnati, TX, United States, <sup>5</sup>Ohio University, Cincinnati, OH, United States</p>	<p><b>Continuous modern dance: increasing aerobic capacity</b>  <u>Heidi Echols MFA</u>          Salem College, Winston-Salem, NC, United States</p>

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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

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### FRIDAY, October 26, 2018

8:00 - 9:00 am  
**POSTER PRESENTATIONS - Group F**  
 Room Vision 1

Time	Studio Explore 1 9.00 - 11.00 am Moderator: Kathleen Davenport MD Miami, FL, USA	Room Vision 1 9.00 - 11.00 am Moderator: Jeff Russell PhD Athens, OH, USA	Room Vision 2-3 9.00 - 11.00 am Moderator: Frances Clarke BA(Hons), MSc. Walsall, UK	Studio Explore 2 9.00 - 11.00 am Moderator: Sarah Kenny PhD Calgary, Canada
9.00 - 10.00 am	<b>Ballet dancers' anterior hip pain - what is it and how to prevent it</b> <u>Pasi Sinisalo PT</u> <i>Fysioterapia Kroppa, Vantaa, Finland</i>	<b>A dancer's foot in turnout: a multi-segment kinematic study</b> <u>Sarah Carter PhD, MSc</u> <sup>1,2</sup> , Alan Bryant PhD <sup>1</sup> , Luke Hopper PhD <sup>2</sup> <sup>1</sup> Podiatric Medicine and Surgery Division, School of Allied Health, The University of Western Australia, Perth, Australia, <sup>2</sup> Western Australian Academy of Performing Arts, Edith Cowan University, Perth, Australia  <b>Professional dancers have distinct multi-segmented foot-ankle biomechanical patterns compared to non-dancers during multidirectional landings.</b> <u>Ana M. Azevedo PT</u> <sup>1,2</sup> , Raul Oliveira PhD, PT <sup>1</sup> , Joao R. Vaz PhD, PT <sup>1,3</sup> , Nelson Cortes PhD <sup>2</sup> <sup>1</sup> Faculty of Human Kinetics, Lisbon, Portugal, <sup>2</sup> Sports Medicine Assessment, Research & Testing (SMART) Laboratory, Virginia, United States, <sup>3</sup> University of Nebraska at Omaha, Nebraska, United States  <b>The effect of ankle range of motion and strength on stability and peak jump height in dance</b> <u>Georgios Machtsiras PhD, MSc</u> , Wendy Timmons BPhil(Hons), Lisa Guild MSc, Laura Gilmour MSc <i>The University of Edinburgh, Edinburgh, Scotland, United Kingdom</i>	<b>Searching for efficiency of movement: the mesentery and its relationship to dance movement</b> <u>Peter Lewton-Brain DO, MA</u> <sup>1,2</sup> <sup>1</sup> Rosella Hightower International Dance Center, Cannes-Mougins, France, <sup>2</sup> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  <b>Exploring interoceptive sensibility and proprioception in classical dancers with hypermobility as they advance in their training</b> <u>Wendy Timmons BPhil(Hons)</u> <i>University of Edinburgh, Edinburgh, United Kingdom</i>  <b>Investigating the phenomenon of dance and music performance through the experience of the performer</b> <u>Gemma Harman PhD</u> <sup>1,2</sup> , Emma Redding PhD <sup>2</sup> , Patricia Holmes PhD <sup>2</sup> <sup>1</sup> University of Chichester, Chichester, United Kingdom, <sup>2</sup> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  <b>External attentional focus: an investigation into the effectiveness of a somatic teaching approach among tertiary vocational ballet students.</b> <u>Alysia Jarvis BA, MA, Katy Chambers MSc, BSc(Hons)</u> <i>Royal Academy of Dance, Faculty of Education, London, United Kingdom</i>	<b>Partner-based bodymind warm-up</b> <u>Betsy Miller MFA, BA</u> <sup>1</sup> , <u>Meredith Lyons MFA, BA</u> <sup>2</sup> <sup>1</sup> Salem State University, Salem, MA, United States, <sup>2</sup> Colorado Mesa University, Grand Junction, CO, United States

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		<p><b>The effect of different dance floor cushioning properties and fatigue on dance jump kinematics</b>  <u>Matthew Wyon PhD<sup>1,2</sup></u>, Tina Smith PhD<sup>1</sup>, Ya Nan Dang MSc<sup>1</sup>  <sup>1</sup>Research Centre for Sport, Exercise and Performance, Institute of Sport and Health Sciences, University of Wolverhampton, Walsall, West Midlands, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom</p>		
10.00 - 11.00 am	<p><b>Muscle palpation and trigger point dry needling</b>  <u>Elizabeth Maneijas MD<sup>1,2</sup></u>, <u>Lauren Elson MD<sup>3</sup></u>, <u>Yusuf Tatli MD<sup>4</sup></u>, <u>Bridget Chin MD<sup>1,2</sup></u>, <u>Robert Turner DPT LAc<sup>1,5</sup></u>, <u>Aija Paegle PT, CFMT<sup>1,2</sup></u>  <sup>1</sup>Hospital for Special Surgery, New York, NY, United States; <sup>2</sup>New York Hospital Cornell, New York, NY, United States, <sup>3</sup>Harvard Medical School Spaulding-Wellesley Rehab Center, MA, United States, <sup>4</sup>Bassett Healthcare Network, New York, NY, United States, <sup>5</sup>Movement CoLab New York, New York, NY, United States</p>	<p><b>Comparison of kinetic variables during standing vertical and sautés jumps in pre-professional ballet dancers</b>  <u>Karis Hodgson BMedSci<sup>1</sup></u>, Manuela Angioi MSc, PhD<sup>1</sup>, Karen Sheriff MSc<sup>2</sup>, Adam Mattioli MSc<sup>3</sup>, Matt LaMarque BSc<sup>3</sup>, Aleksandra Birn-Jefferey MSc, PhD<sup>1</sup>  <sup>1</sup>Queen Mary University of London, London, United Kingdom, <sup>2</sup>Royal Ballet School, London, United Kingdom, <sup>3</sup>St Mary's University, London, United Kingdom</p> <p><b>The effects of a 10-week plyometric training intervention on jump performance in professional ballet dancers.</b>  <u>Angélique Keller MSc, CAS Dance Science</u>, Andrea Schärli PhD      University of Bern, Bern, Switzerland</p> <p><b>Peak gluteus medius activation in female dancers versus female athletes during a drop jump activity</b>  <u>Elizabeth Agre BS</u>, Katherine Sammons BA, Kasia Luzynski BS, Gina Aicardi BS, Kimberly Pritchard PhD, LAT, ATC, Michele Pye PhD, ATC      Shenandoah University, Winchester, VA, United States</p> <p><b>Achieving the split position in a saut de chat leap</b>  <u>Danielle Jarvis PhD, ATC<sup>1</sup></u>, Kornelia Kulig PhD, PT<sup>2</sup>  <sup>1</sup>California State University, Northridge, Northridge, CA, United States, <sup>2</sup>University of Southern California, Los Angeles, CA, United States</p>	<p><b>Analysis of current tests for assessing aesthetic performance in dancers: a systematic review.</b>  <u>Clara Fischer MS, BEd<sup>1,2</sup></u>, Flor Fusi MS, BSc<sup>4</sup>, Roberto Poton MS, BSc<sup>1,3</sup>  <sup>1</sup>Health Sciences School Research Group for Systematic Reviews (IBMR/Laureate), Rio de Janeiro, Brazil, <sup>2</sup>Corpos Aptos Gestos Livres, Rio de Janeiro, Brazil, <sup>3</sup>Londrina State University, Londrina, Brazil, <sup>4</sup>Incorporalma, Rio de Janeiro, Brazil</p> <p><b>'I wouldn't really call it dancing': the role of expertise in assessing contemporary dance creativity</b>  <u>Lucie Clements PhD<sup>1,2</sup></u>, Naomi Lefebvre Sell PhD<sup>2</sup>, Emma Redding PhD<sup>2</sup>, Jon May PhD<sup>3</sup>  <sup>1</sup>University of Chichester, Chichester, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>3</sup>University of Plymouth, Plymouth, United Kingdom</p> <p><b>Audience perception of dancers' flow experience during movement improvisation</b>  <u>Aska Sakuta MFA, BA</u>      University of Chichester, Chichester, United Kingdom</p> <p><b>Performance enhancement: a performer's perspective</b>  <u>Gemma Harman PhD<sup>1,2</sup></u>, Emma Redding PhD<sup>2</sup>, Patricia Holmes PhD<sup>2</sup>  <sup>1</sup>University of Chichester, Chichester, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>The three dimensional foot: preventing joint injury and improving leg alignment using the Spiraldynamik® concept</b>  <u>Shonach Mirk Robles<sup>1,2</sup></u>  <sup>1</sup>Spiraldynamik® Akademie, AG, Zürich, Switzerland, <sup>2</sup>Ballettschule Shonach Mirk, Horgen, Switzerland</p>

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 28<sup>TH</sup> ANNUAL CONFERENCE

Oct 17, 2018  
Program subject to change

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

Time	Studio Explore 1 11.30 am - 1.30 pm Moderator: Margaret Wilson PhD Laramie, Wyoming, USA	Room Vision 1 11.30 am - 1.30 pm Moderator: Annabelle Couillandre PhD, PT Paris, France	Room Vision 2-3 11.30 am - 1.30 pm Moderator: Selina Shah MD, FACP Walnut Creek, CA, USA	Studio Explore 2 11.30 am - 1.30 pm Moderator: Frances Clarke BA(Hons) MSc. Walsall, UK
11.30 am - 12.30 pm	<p><b>Arabesque: balancing aesthetics and biomechanics for a more sustainable line.</b> <u>Alicia Head</u> American Ballet Theatre Gillespie School Up Studio, Lomita, CA, United States</p>	<p><b>*Understanding growth and maturation in the context of dance: a biocultural approach</b> <u>Siobhan Mitchell PhD, MSc<sup>1</sup></u>, <u>Anne Haase PhD<sup>2</sup></u>, <u>Sean Cumming PhD<sup>1</sup></u> <sup>1</sup>University of Bath, Bath, United Kingdom, <sup>2</sup>University of Bristol, Bristol, United Kingdom</p> <p><b>Dancers' attachment to their first principal ballet teacher</b> <u>Mark Pace BA (Hons), MSc<sup>1</sup></u>, <u>Tavis Ryan King BA(Hons), MSc<sup>2</sup></u> <sup>1</sup>University of Edinburgh, Edinburgh, United Kingdom, <sup>2</sup>Brunel University, London, United Kingdom</p> <p><b>The motivational process in Chinese vocational college dancers: An investigation in the perceived autonomy support, basic psychological needs satisfaction and motivation characteristics</b> <u>Mengqian Shi MSc<sup>1,2,3</sup></u> <sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>Shanghai Theatre Academy, Shanghai, China, <sup>3</sup>Beijing Dance Academy, Beijing, China</p>	<p><b>**Optimising tendon health for dance</b> <u>Christian Coupee PhD<sup>1,2</sup></u> <sup>1</sup>Institute of Sports Medicine, Copenhagen, Denmark, <sup>2</sup>Bispebjerg Hospital, IOC Research Center, Denmark</p>	<p><b>Hip dominant weight training methods and the potential effects they have on dance performance</b> <u>Sandro Rajic MSc<sup>1</sup></u>, <u>Karen Sudds<sup>2</sup></u> <sup>1</sup>St.Mary's University, Twickenham London, United Kingdom, <sup>2</sup>University of Wolverhampton, Walsall, United Kingdom</p>
12.30 - 1.30 pm	<p><b>Functional range conditioning and controlled articular rotations adapted for dance populations</b> <u>Andre Megerdichian MFA<sup>1</sup></u>, <u>Jennifer Deckert MFA<sup>2</sup></u> <sup>1</sup>University of Cincinnati, College Conservatory of Music, Cincinnati, OH, United States, <sup>2</sup>University of Wyoming, Laramie, WY, United States</p>	<p><b>A comparison of student and teacher attitudes toward stress and recovery in vocational dance training.</b> <u>Peta Blevins MSc, BPsych<sup>1</sup></u>, <u>Luke Hopper PhD<sup>1</sup></u>, <u>Gene Moyle DPsych<sup>2</sup></u>, <u>Shona Erskine PhD<sup>1</sup></u> <sup>1</sup>Edith Cowan University, Perth, Australia, <sup>2</sup>Queensland University of Technology, Brisbane, Australia</p>	<p><b>Age and genre are important determinants of injury in a comparison of classical and contemporary dancers</b> <u>Leann Bell MRCPI MSc</u>, <u>Caroline Jubb MSc</u>, <u>Roger Wolman MD, FRCP</u> Royal National Orthopaedic Hospital, Stanmore, United Kingdom</p>	<p><b>Are we missing the point? Trigger points and pain referral patterns in dancers.</b> <u>Amanda Blackmon BSEd, DPT<sup>1,2,3,4</sup></u>, <u>Emma Faulkner BS, DPT<sup>1,3</sup></u> <sup>1</sup>Atlanta Ballet, Atlanta, GA, United States, <sup>2</sup>Mercer University, Atlanta, GA, United States, <sup>3</sup>Motion Stability Physical Therapy, Atlanta, GA, United States, <sup>4</sup>Myopain Seminars, Bethesda, MD, United States</p>

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## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

Oct 17, 2018  
Program subject to change

		<p><b>Exploring the emotion regulation strategies used by vocational dance students</b>  <u>Antoinette Van Staden</u> DEEd, MSc<sup>1</sup>, A.M. Lane PhD<sup>2</sup>, Matthew Wyon PhD<sup>2</sup>  <sup>1</sup>Africa Unit for Trans-disciplinary Health Research, North-West University, South Africa, Potchefstroom, South Africa, <sup>2</sup>Research Centre for Sport Exercise Performance, University of Wolverhampton, Walsall, United Kingdom</p> <p><b>A mixed methods study of performance anxiety in vocational dance students</b>  <u>Lucie Clements</u> PhD<sup>1,2</sup>, Helen Clegg PhD<sup>3</sup>  <sup>1</sup>University of Chichester, Chichester, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>3</sup>University of Northampton, Northampton, United Kingdom</p> <p><b>Mind the mind: findings on mental health in dance</b>  <u>Sara Ascenso</u> MSc, LPsy<sup>1,2</sup>  <sup>1</sup>Centre for Performance Science, Royal College of Music, London, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>Injury in student contemporary and Irish dancers: a one-year prospective study</b>  <u>Roisin Cahalan</u> PhD, BSc<sup>1</sup>, Philip Kearney PhD<sup>2</sup>, Kieran O'Sullivan PhD, BSc<sup>1,3</sup>  <sup>1</sup>School of Allied Health University of Limerick, Ireland, Limerick, Ireland, <sup>2</sup>Physical Education and Sport Sciences University of Limerick, Limerick, Ireland, <sup>3</sup>Aspetar Qatar Sports Medicine and Orthopaedic Hospital, Doha, Qatar</p> <p><b>Injury patterns in hip hop dancers</b>  <u>Caroline Jubb</u> MSc, Roger Wolman MD, FRCP, Leann Bell MRCPI, MSc          National Institute of Dance Medicine and Science, Royal National Orthopaedic Hospital, London, United Kingdom</p> <p><b>Injuries in professional dancers of the Dutch National Ballet</b>  <u>Janine Stubbe</u> PhD<sup>1,2</sup>, Angelo Richardson MSc<sup>1,2</sup>, Rogier van Rijn PhD<sup>1,2</sup>  <sup>1</sup>Codarts, University of the Arts, Rotterdam, Netherlands, <sup>2</sup>Performing Artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands</p>	
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**SCHEDULE**  
**IADMS 28<sup>TH</sup> ANNUAL CONFERENCE**



*Oct 17, 2018*  
*Program subject to change*

1:30 - 3:30 pm

**LUNCH BREAK with Roundtables**  
**Room Imagine**

<b>Topic</b>	<b>Moderator</b>
<b>Biomechanics</b>	Jarmo Ahonen
<b>Dance for health</b>	Clare Guss-West
<b>Endocrinology inc. RED-S in dance</b>	Nicky Keay
<b>Exercise physiology</b>	Yiannis Koutedakis
<b>Foot and ankle</b>	Boni Rietveld
<b>Hip</b>	Sue Mayes
<b>Neuroscience</b>	Annabelle Couillandre
<b>Psychology</b>	Sho Botham
<b>Training load</b>	Sarah Needham-Beck
<b>Recovery inc. sleep</b>	Henri Tuomilehto
<b>Return to dance</b>	Moira McCormack
<b>Safeguarding dancers (by invitation)</b>	Peter Lewton-Brain
<b>Somatics / Kinesiology</b>	Gayanne Grossman

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**SCHEDULE**  
**IADMS 28<sup>TH</sup> ANNUAL CONFERENCE**

Oct 17, 2018  
Program subject to change

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

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## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

Oct 17, 2018  
 Program subject to change

<p>4.30 - 5.30 pm</p>	<p><b>Prepare to dance: a six-week training protocol for dancers to achieve pointe readiness status</b>  <u>Marijeanne Liederbach PhD, PT</u>  <i>Harkness Center for Dance Injuries, NYU Langone Orthopedic Hospital, New York, NY, United States</i></p>	<p><b>Injuries and mental problems in contemporary dance students</b>  <u>Diana van Winden MSc<sup>1,2,3</sup></u>, Rogier van Rijn PhD<sup>1,3</sup>, Angelo Richardson MSc<sup>1,3</sup>, Geert Savelsbergh PhD<sup>2,5,6</sup>, Raoul Oudejans PhD<sup>2,5,6</sup>, Janine Stubbe PhD<sup>1,3,4</sup>  <sup>1</sup>Codarts University of the Arts, Rotterdam, Netherlands <sup>2</sup>Department of Human Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Netherlands, <sup>3</sup>Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, <sup>4</sup>Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands, <sup>5</sup>Institute of Brain and Behavior, Amsterdam, Netherlands, <sup>6</sup>Faculty of Applied Sciences, Netherlands</p> <p><b>Linking perfectionism and controlling conditions with introjected motivation, exhaustion, and competitive state anxiety via competence frustration: a moderated mediation model of youth elite performers.</b>  <u>Heidi Marian Haraldsen<sup>1,3</sup></u>, Hallgeir Halvari PhD<sup>1,2</sup>, Frank Erik Abrahamsen PhD<sup>1</sup>, Bård Erlend Solstad PhD<sup>1</sup>  <sup>1</sup>Department of Coaching and Psychology, Norwegian School of Sport Sciences, Oslo, Norway, <sup>2</sup>Department of Business, Marketing and Law, University College of Southeast Norway, Hønefoss, Norway, <sup>3</sup>Oslo National Academy of the Arts, Oslo, Norway</p> <p><b>*Becoming a ballet dancer: perceived pleasures in pursuit of perfection and power</b>  <u>Angela Pickard MA, PhD</u>  <i>Canterbury Christ Church University, Canterbury, Kent, United Kingdom</i></p>	<p><b>“Team Around The Artist”: a unique integrative approach of education, research, and health support within a pre-professional dance academy</b>  <u>Stephanie Keizer-Hulsebosch MA<sup>1,3</sup></u>, Suze Steemers MSc<sup>1,2</sup>, Janine Stubbe PhD<sup>1,3</sup>  <sup>1</sup>Codarts, Rotterdam, The Netherlands, <sup>2</sup>Erasmus MC, Rotterdam, The Netherlands, <sup>3</sup>Performing artist and athlete research lab (PEARL), Rotterdam, Netherlands)</p> <p><b>Administering and utilizing wellness screens in a heterogeneous population of non-professional dancers</b>  <u>Marisa Hentis DPT, OCS<sup>1,2</sup></u>, <u>Lauren Elson MD<sup>1</sup></u>, <u>Stephanie Heroux<sup>2</sup></u>, <u>Courtney Livingston<sup>2</sup></u>, <u>Kester Cotton DPT, OCS<sup>1</sup></u>  <sup>1</sup>Spaulding Rehabilitation Hospital, Charlestown, MA, United States, <sup>2</sup>MGH Institute of Health Professions, Charlestown, MA, United States</p> <p><b>Screening and monitoring the physical health of dancers: which tools can be used? A systematic review of the literature</b>  <u>Rogier van Rijn PhD<sup>1,2</sup></u>, Evert Verhagen PhD<sup>3</sup>, Janine Stubbe PhD<sup>1,2</sup>  <sup>1</sup>Codarts University of the Arts, Rotterdam, The Netherlands, <sup>2</sup>Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, <sup>3</sup>Department of Public and Occupational Health, Amsterdam Collaboration on Health and Safety in Sports, VU University Medical Center, Amsterdam, Netherlands</p> <p><b>Safe Dance IV: Understanding injuries in Australian professional dancers</b>  <u>Amy Jo Vassallo BMedSci<sup>1,2</sup></u>, <u>Evangelos Pappas PhD<sup>1</sup></u>, <u>Emmanuel Stamatakis PhD<sup>2</sup></u>, <u>Claire Hiller PhD<sup>1</sup></u>  <sup>1</sup>University of Sydney, Faculty of Health Sciences, Sydney, Australia, <sup>2</sup>University of Sydney, Charles Perkins Centre, School of Public Health, Sydney, Australia</p>	<p><b>Mambo and mind/body movement principles</b>  <u>Keryn Lundgren MA, BFA</u>  <i>New York City Department of Education, New York, NY, United States</i></p>
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**SCHEDULE**  
**IADMS 28<sup>TH</sup> ANNUAL CONFERENCE**



*Oct 17, 2018*  
*Program subject to change*

**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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# SCHEDULE

## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

### SATURDAY, October 27, 2018

8:00 - 9:00 am  
**POSTER PRESENTATIONS - Group S**  
Room Vision 1

Time	Studio Explore 1 9.00 - 11.00 am Moderator: Nancy Kadel MD Seattle, WA, USA	Room Vision 1 9.00 - 11.00 am Moderator: Peter Lewton-Brain DO Monte-Carlo, Monaco	Room Vision 2-3 9.00 - 11.00 am Moderator: Elsa Urmston MS Ipswich, UK	Studio Explore 2 9.00 - 11.00 am Moderator: Annabelle Couillandre PhD,PT Paris, France
9.00 - 10.00 am	<b>Increasing thoracic extension in the technique class</b> <u>Christine Bergeron BA, MFA, Carisa Armstrong BS, MFA</u> Texas A&M University, College Station, TX, United States	<b>**IADMS Standard Measures Consensus Initiative: what's new with injury count and injury prevention?</b> <u>Marijeanne Liederbach PhD, PT<sup>1,8</sup>, Jennifer Gamboa DPT, OCS<sup>2,8</sup>, Marshall Hagins PhD, PT<sup>1,8</sup>, Tom Welsh PhD<sup>3,8</sup>, Caroline Bolling PT, MSc<sup>4</sup>, Sarah Kenny PhD<sup>5</sup>, Janine Stubbe PhD<sup>6</sup>, Nick Allen PhD, PT<sup>7</sup>, Kati Pasanen PhD, PT<sup>5</sup>, Roger van Rijn PhD<sup>6</sup>, Evert Verhagen PhD, FECSS<sup>4</sup></u> <sup>1</sup> Harkness Center for Dance Injuries at NYU Langone Health, New York, NY, United States, <sup>2</sup> Body Dynamics, Inc., Falls Church, VA, United States, <sup>3</sup> Florida State University, Tallahassee, FL, United States, <sup>4</sup> Collaboration on Health & Safety in Sports, Amsterdam UMC, Amsterdam, Netherlands, <sup>5</sup> Sport Injury Prevention Research Centre, University of Calgary, Calgary, Canada, <sup>6</sup> Codarts, University of the Arts, Rotterdam, Netherlands, <sup>7</sup> Birmingham Royal Ballet, Birmingham, United Kingdom, <sup>8</sup> IADMS Standard Measures Consensus Initiative member	<b>**Embedding dance medicine and science into teaching and learning</b> <u>Matthew Wyon PhD<sup>1,2</sup>, Gaby Allard<sup>3</sup>, Fay Nenander<sup>4</sup>, Maggie Morris<sup>5,6</sup>, Sonia Rafferty<sup>5</sup></u> <sup>1</sup> University of Wolverhampton, Walsall, West Midlands, United Kingdom, <sup>2</sup> National Institute of Dance Medicine and Science, Birmingham, United Kingdom, <sup>3</sup> ArtEZ School of Dance, Arnhem, Netherlands National Centre Performing Arts, Arnhem, Netherlands, <sup>4</sup> Balettakademien, Stockholm, Sweden, <sup>5</sup> Safe in Dance International, Honiton, United Kingdom, <sup>6</sup> TrinityLaban Conservatoire of Music and Dance, London, United Kingdom	<b>Awake, adapt, evolve: investigating action, perception and movement adaptability in a group of dancers</b> <u>Christina Mastori BSc, MSc</u> SOMAnatomics_Human Movement Research, Therapy and Education, Amsterdam, Netherlands
10.00 - 11.00 am	<b>Lumbopelvic motor control: tips for dance pedagogy?</b> <u>Hanna Pohjola MA, PT<sup>1,2</sup></u> <sup>1</sup> University of Eastern Finland, Kuopio, Finland, <sup>2</sup> University of the Arts, Theatre Academy, Helsinki, Finland	<b>**Preparing the dancer: a proactive approach</b> <u>Susan Mayes PhD, BAppSci(Physio)<sup>1,2</sup></u> <sup>1</sup> The Australian Ballet, Southbank, Australia, <sup>2</sup> La Trobe University, Bundoora, Australia	<b>**Working with parents of dancers: insights and strategies from dance and sport science</b> <u>Camilla Knight PhD</u> University of Swansea, Swansea, Wales, United Kingdom	<b>Improvisation tools for warm up and cool down: giving autonomy to our contemporary dance students!</b> <u>Agathe Dumont PhD</u> Centre National de Danse Contemporaine, Angers, France

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## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

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

Time	Studio Explore 1 11.30 am - 1.30 pm Moderator: Janine Bryant BFA, MA Walsall, UK	Room Vision 1 11.30 am - 1.30 pm Moderator: Peter Lavine MD Washington DC, USA	Room Vision 2-3 11.30 am - 1.30 pm Moderator: Claire Hiller PhD Sydney, Australia	Studio Explore 2 11.30 am - 1.30 pm Moderator: Margaret Wilson PhD Laramie, WY, USA
11.30 am - 12.30 pm	<p><b>Movement efficiency for dance proficiency: an exploration of individual neuromuscular activation patterns and guided application of techniques to maximise movement potential</b></p> <p><u>Katy Chambers MSc, BSc(Hons)<sup>1,2</sup></u> <sup>1</sup>Royal Academy of Dance, London, United Kingdom, <sup>2</sup> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>**Dance of the Embryo: Utilizing population-specific terminology and lived experience to communicate complex medical ideas</b></p> <p><u>Matthew Diamond PhD, MD</u> New York University, New York, NY, United States</p>	<p><b>*Action research: a new paradigm for dance science</b></p> <p><u>Imogen Aujla PhD</u> University of Bedfordshire, Bedford, United Kingdom</p> <p><b>*Methodological challenges of dance psychology research: obstacles and future avenues</b></p> <p><u>Aska Sakuta MFA, BA<sup>1</sup></u>, Lucie Clements PhD, MSc<sup>1,2</sup> <sup>1</sup>University of Chichester, Chichester, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>“11+ Dance” an evidence-based injury prevention workout</b></p> <p><u>Nico Kolokythas BSc, MSc<sup>1,2</sup></u> <sup>1</sup>Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup>Elmhurst Ballet School, Birmingham, United Kingdom</p>
12.30 - 1.30 pm	<p><b>Morphemes of human motor action as analytical and pedagogical tool in dance</b></p> <p><u>Martin Puttke Dip Ballet<sup>1</sup></u>, <u>Dimitri Volchenkov PhD<sup>2</sup></u>, <u>Bettina Blasing PhD<sup>3</sup></u> <sup>1</sup>Dachverband Tanz Deutschland, Germany, <sup>2</sup>TTU Center for Nonlinear Physics, Texas Tech University, Texas, USA, <sup>3</sup>Neurocognition and Action Research Group, University Bielefeld Germany, Berlin, Germany</p>	<p><b>**Imaging the Dancer</b></p> <p><u>Jari Salo PhD, MD</u> Department of Orthopaedics, Mehläinen Group Helsinki, Finland</p>	<p><b>*Exploring the scope of research in dance medicine and dance science: a bibliometric review of a decade of research from 2007 to 2017</b></p> <p><u>Derrick Brown MSc<sup>1,2,3</sup></u>, <u>Jatin Ambegaonkar PhD ATC<sup>4</sup></u> <sup>1</sup>ArtEZ University of the Arts, Arnhem, The Netherlands, <sup>2</sup>University Bern Institute of Sport Science, Bern, Switzerland, <sup>3</sup>National Centre for the Performing Arts, Arnhem, The Netherlands, <sup>4</sup>Sports Medicine Assessment, Research, and Testing Laboratory, Manassas, VA, United States</p>	<p><b>Genetic discrepancies: how to recognize them and how to train with them?</b></p> <p><u>Jarmo Ahonen PT</u> Finnish National Ballet, Helsinki, Finland</p>

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# SCHEDULE

## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

Oct 17, 2018  
 Program subject to change

			<p><b>*Establishing a multi-center research collaborative to understand associations among wellness measures and injuries in collegiate dancers</b>  <u>Amanda Donahue MS, ATC<sup>1</sup>, Jatin Ambegaonkar PhD, ATC<sup>2</sup>, Laura Santos MS, ATC<sup>3</sup>, Jena Hansen-Honeycutt DAT, ATC<sup>2</sup>, Jenna-Lynn Evans MS, ATC<sup>3</sup>, Dawn Poirier PhD, ATC<sup>1</sup></u>  <sup>1</sup>Dean College, Franklin, MA, United States, <sup>2</sup>George Mason University, Manassas, VA, United States, <sup>3</sup>University of North Carolina School of the Arts, Winston-Salem, NC, United States</p>	
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1:30 - 3:30 pm LUNCH BREAK

**MEDICAL DOCTORS NETWORKING EVENT**  
**DANCE EDUCATORS ROUNDTABLES**  
**STUDENT ROUNDTABLES (supported by Shenandoah University)**

Room Vision Foyer  
 Room Imagine  
 Room Imagine

Time	Room Vision 2-3 Moderator: Sarah Needham-Beck PhD Chichester, UK
1.30 - 2.00 pm	<p><b>*Journal of Dance Medicine &amp; Science – editorial review and presentation</b>            Ruth Solomon, Professor Emeritus<sup>1,2,3</sup>,            John Solomon, PhD<sup>1,2</sup>, <u>Jeff Russell PhD, ATC<sup>4</sup></u>  <sup>1</sup>Journal of Dance Medicine &amp; Science, Santa Cruz, Soquel, CA, United States <sup>2</sup>University of California, Santa Cruz, Soquel, CA, United States, <sup>3</sup>Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States, <sup>4</sup>Ohio University, School of Applied Health Sciences and Wellness, Clinic for Science and Health in Artistic Performance, Athens, OH, United States</p>

Time	Room Vision 2-3 Moderator: Peter Lewton-Brain DO Monte-Carlo, Monaco
3.00 - 3.30 pm	<p><b>*IADMS program committee discussion – meet and greet the team behind the conference</b>  <u>Alexander McKinven MSc, MCSP<sup>1</sup>, Lauren Elson MD<sup>2</sup>, Sarah Kenny PhD<sup>3</sup>, Annabelle Couillandre PhD, PT<sup>4</sup></u>  <sup>1</sup>Royal Ballet School, London, United Kingdom, <sup>2</sup>Spaulding Rehabilitation Hospital, Charlestown, MA, United States, <sup>3</sup>Sport Injury Prevention Research Centre, University of Calgary, Calgary, Canada, <sup>4</sup>Université Paris Ouest Nanterre La Défense, Paris, France</p>

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## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

Oct 17, 2018  
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Time	Studio Explore 1 3.30 - 5.30 pm Moderator Jatin Ambegaonkar PhD. Manassas, VA, USA	Room Vision 1 3.30 - 5.30 pm Moderator: Lauren Elson MD Boston, MA, USA	Room Vision 2-3 3.30 - 5.30 pm Moderator: Laura Kaspar PT Helsinki, Finland	Studio Explore 2 3.30 - 5.30 pm Moderator: Jeff Russell PhD Athens, OH, USA
3.30 - 4.30 pm	<b>Partner based-modified suspension training workshop</b> <u>Margaret Wilson PhD</u> <i>University of Wyoming, Laramie, WY, United States</i>	<b>AJG Howse Memorial Lecture</b> <b>**Management of the dancer's hip</b> <u>Esko Kaartinen PhD, MD<sup>2</sup>, Mikko Manninen PhD, MD<sup>1</sup>, Minna Tervamäki<sup>3</sup>, Jarmo Ahonen PT<sup>3,4</sup></u> <i><sup>2</sup>Orton, Helsinki, Finland, <sup>1</sup>Eira Hospital, Helsinki, Finland, <sup>3</sup>Finnish National Ballet, Helsinki, Finland, <sup>4</sup>Art Fysio Oy, Helsinki, Finland</i>	<b>**Observations from the field of teaching elite movers</b> <u>Paula Baird Colt<sup>1,2</sup>, Jane Paris MA<sup>3,4</sup></u> <i><sup>1</sup>The Australian Ballet, Melbourne, Australia, <sup>2</sup>Collingwood Football Club, Melbourne, Australia, <sup>3</sup>The Royal Ballet, London, United Kingdom, <sup>4</sup>The Norwegian Olympic Association, Oslo, Norway</i>	<b>Using Neurokinetic Therapy and Pilates to improve core function in dancers</b> <u>Marilyn Miller BA</u> <i>Pilates on Hudson, Inc., Peekskill, NY, United States</i>
4.30 - 5.30 pm	<b>Missing the point(e)? How your use of feet affects all your dance technique</b> <u>Mariah-Jane Thies RAD, RTS<sup>1,2,3</sup></u> <i><sup>1</sup>The Radiant Dancer, Vancouver, Canada, <sup>2</sup>Royal Academy of Dance, Vancouver, Canada, <sup>3</sup>Brain Gym International, CA, United States</i>	<b>**Dance endocrinology</b> <u>Nicola Keay, MA (Cantab), MRCP</u> <i>London, UK</i>	<b>**Psychological/psychiatric aspects associated to joint hypermobility and hypermobility related disorders</b> <u>Carolina Baeza-Velasco PhD</u> <i>University Paris Descartes, Sorbonne, Paris, France</i>	<b>Flowing spine with Cats, Laterals and Pilates</b> <u>Jennifer Stacey MS</u> <i>Immersion™ Pilates Aquatics™, Peak Performance Pilates, San Francisco, CA, United States</i>

**IADMS EVENING PARTY**  
8.00 pm until late  
Room Imagine

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# SCHEDULE

## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

### SUNDAY, October 28, 2018

Time	Studio Explore 1 8.30 - 10.30 am Moderator: Lauren Elson MD Boston, MA, USA	Room Vision 1 8.30 - 10.30 am Moderator: Sarah Kenny PhD Calgary, Canada	Room Vision 2-3 8.30 - 10.30 am Moderator: Emma Redding PhD London, UK	Studio Explore 2 8.30 - 10.30 am Moderator: Debra Crookshanks GradDipManipTher Sydney, Australia
8.30 - 9.30 am	<p><b>Breathing essentials for dancers</b> <u>Marcela Bragagnolo</u> <i>Steps on Broadway, American Ballet Theatre NTC, Body Evolutions, Manhattan Physiogroup, New York, NY, United States</i></p>	<p><b>Development of a choreography-specific conditioning program to help prepare classical dancers for contemporary performances</b> <u>Emma Faulkner PT, DPT<sup>1,2</sup>, Sarah Hillmer<sup>2,3</sup>, Amanda Blackmon PT, DPT, OCS, CMTPT<sup>1,2,4</sup></u> <i><sup>1</sup>Motion Stability Physical Therapy Group, Atlanta, GA, United States, <sup>2</sup>Atlanta Ballet, Atlanta, GA, United States, <sup>3</sup>ImmerseATL, Atlanta, GA, United States, <sup>4</sup>Mercer University, Atlanta, GA, United States</i></p> <p><b>The effect of “11+ Dance” injury prevention intervention on physical performance parameters in adolescent ballet dancers: a randomized controlled trial.</b> <u>Nico Kolokythas BSc MSc<sup>1,2</sup>, George Metsios PhD<sup>1</sup>, Ian Lahart PhD<sup>1</sup>, Shaun Galloway PhD<sup>1</sup>, Nick Allen PhD<sup>3</sup>, Matthew Wyon PhD<sup>1</sup></u> <i><sup>1</sup>Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup>Elmhurst Ballet School, Birmingham, United Kingdom, <sup>3</sup>Birmingham Royal Ballet, Birmingham, United Kingdom</i></p> <p><b>The Yoyo Schedule: a biomechanical analysis of a graded rehabilitation program for dancers</b> <u>Catherine Haber BA<sup>1</sup>, Boni Rietveld MD, PhD<sup>2</sup>, Andrea Schärli PhD<sup>1</sup></u> <i><sup>1</sup>University of Bern, Bern, Switzerland, <sup>2</sup>Medical Centre for Dancers and Musicians, The Hague Medical Centre, Den Haag, Netherlands</i></p> <p><b>Framework for a return to dance plyometric progression for the injured dancer</b> <u>Emily Sandow DPT, OCS, Sarah Edery-Altas DPT, Marijeanne Liederbach PhD, PT</u> <i>Harkness Center for Dance Injuries New York University Langone Medical Center New York, New York, NY, United States</i></p>	<p><b>*It takes a village: collaborating in the prevention and treatment of eating disorders in dancers</b> <u>Dawn Smith-Theodore MA, MFT<sup>1</sup>, Monika Saigal MS, RD<sup>2</sup></u> <i><sup>1</sup>Private Practice, Los Angeles, CA, United States, <sup>2</sup>Private Practice, New York, NY, United States</i></p> <p><b>Impact of mirrors on body image between beginning modern and ballet students</b> <u>Sally Radell MFA, MA<sup>1</sup>, Mara Mandradjieff MEd<sup>2</sup>, Steven Cole PhD<sup>3</sup>, Daniel Adame PhD, MSPH<sup>1</sup></u> <i><sup>1</sup>Emory University, Atlanta, GA, United States, <sup>2</sup>Texas Women’s University, Denton, TX, United States, <sup>3</sup>Research Design Associates, New York, NY, United States.</i></p> <p><b>High prevalence of negative energy balance and health problems associated with energy deficiency among pre-professional ballet dancers</b> <u>Rita Civil BSc<sup>1</sup>, Antonia Lamb, Meghan A. Brown PhD<sup>2</sup>, Emma J. Stevenson PhD<sup>3</sup>, Oliver C. Witard PhD<sup>1</sup></u> <i><sup>1</sup>University of Stirling, Stirling, United Kingdom, <sup>2</sup>University of Gloucestershire, Cheltenham, United Kingdom, <sup>3</sup>Newcastle University, Newcastle upon Tyne, United Kingdom</i></p>	<p><b>The missing link in dance training: brain integration</b> <u>Mariah-Jane Thies RAD RTS<sup>1,2,3</sup></u> <i><sup>1</sup>The Radiant Dancer, Vancouver, Canada, <sup>2</sup>Royal Academy of Dance, Vancouver, Canada, <sup>3</sup>Brain Gym International, CA, United States</i></p>

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## IADMS 28<sup>TH</sup> ANNUAL CONFERENCE

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<p>9.30 - 10.30 am</p>	<p><b>Bridging the gap between healthcare professionals and dance class traditions: applying dance science to a class setting</b>  <u>Natalie Imrisek MSPT, Sally Donaubauer DPT OCS</u>  <i>Framework Physical Therapy and Dance Medicine, Los Angeles, CA, United States</i></p>	<p><b>Effusion-synovitis co-exists with other hip joint pathology and is often the source of hip pain</b>  <u>Susan Maves PhD, BAppSci(Physio)<sup>1,2</sup></u>,        April-Rose Ferris BPhysio(Hons)<sup>3</sup>, Peter Smith MBBS FRANZCR<sup>4</sup>, Jill Cook PhD, BAppSci(Physio)<sup>2</sup>  <sup>1</sup><i>The Australian Ballet, Southbank, Australia,</i>  <sup>2</sup><i>La Trobe University, Bundoora, Australia,</i>  <sup>3</sup><i>Monash University, Frankston, Australia,</i> <sup>4</sup><i>MIA East Melbourne Radiology, East Melbourne, Australia</i></p> <p><b>Hip instability in dancers: a narrative review</b>  <u>Angelina Vera MD, Patrick McCulloch MD,</u>        Kevin Varner MD, Joshua Harris MD  <i>Houston Methodist Hospital, Houston, TX, United States</i></p> <p><b>Biomechanics of turnout in female tertiary level dancers</b>  <u>Rebekha Duncan BSc Physio(Hons)<sup>1</sup></u>, Catherine Wild PhD<sup>1</sup>, Danica Hendry BScPhysio(Hons), MSc<sup>1</sup>, Leo Ng PhD<sup>1</sup>, Sarah Carter BPodM, MSc<sup>2,3</sup>, Luke Hopper PhD<sup>2</sup>, Amity Campbell PhD<sup>1</sup>  <sup>1</sup><i>School of Physiotherapy and Exercise Science, Curtin University, Perth, WA, Australia, Perth, Australia,</i> <sup>2</sup><i>Western Australian Academy of Performing Arts, Edith Cowan University, Mt Lawley, WA, Australia,</i> <sup>3</sup><i>Podiatric Medicine and Surgery Division, School of Allied Health, The University of Western Australia, Crawley, WA, Australia</i></p> <p><b>Increased femoral torsion in higher ranking dancers within a large metropolitan ballet company</b>  <u>Angelina Vera MD, Thomas Yetter BS,</u>        Domenica Delgado BA, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD  <i>Houston Methodist Orthopedics and Sports Medicine, Houston, TX, United States</i></p>	<p><b>Disordered eating attitudes among dancers: a longitudinal study of between- and within-person risk factors</b>  <u>Sanna Nordin-Bates PhD<sup>1</sup></u>, Johanna Schwarz PhD<sup>2</sup>, Eleanor Quested PhD<sup>3</sup>, Jennifer Cumming PhD, CPsychol<sup>4</sup>, Imogen Aujla PhD<sup>5</sup>, Emma Redding PhD<sup>6</sup>  <sup>1</sup><i>Swedish School of Sport and Health Sciences, Stockholm, Sweden, Stockholm, Sweden,</i> <sup>2</sup><i>Stress Research Institute, Stockholm University, Stockholm, Sweden,</i> <sup>3</sup><i>School of Psychology and Speech Pathology, Curtin University, Perth, Western Australia, Australia,</i> <sup>4</sup><i>School of Sport and Exercise Sciences, University of Birmingham, Birmingham, United Kingdom,</i> <sup>5</sup><i>University of Bedfordshire, Bedford, United Kingdom,</i> <sup>6</sup><i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p> <p><b>Irish dancers: can we impact on injury rates by addressing nutrition?</b>  <u>Jasmine Challis BSc RD<sup>1,3</sup>,</u>  <u>Roisin Cahalan PhD, BSc Physio<sup>2</sup></u>  <sup>1</sup><i>Freelance Dietitian, Reading, United Kingdom,</i>  <sup>2</sup><i>School of Allied Health, University of Limerick, Limerick, Ireland,</i> <sup>3</sup><i>Department of Life Sciences, University of Roehampton, London, United Kingdom</i></p> <p><b>Calcaneal heel stiffness, vitamin D and BMI – an observational study in young classical dancers</b>  <u>Suzanne Scott MA(Cantab) BSc(Hons)<sup>1</sup></u>, Joanna Bowtell PhD<sup>1</sup>, Anna Brodrick MSc<sup>2</sup>, Stephanie De'Ath MSc<sup>4</sup>, Fulford Jon PhD<sup>1</sup>, Peter Krustrup PhD<sup>3</sup>, Karen Knapp PhD<sup>1</sup>  <sup>1</sup><i>University of Exeter, Exeter, United Kingdom,</i> <sup>2</sup><i>Central School of Ballet, London, United Kingdom,</i> <sup>3</sup><i>SDU, Odense, Denmark,</i> <sup>4</sup><i>National Institute of Dance Medicine and Science, London, United Kingdom</i></p>	<p><b>Thinking beyond muscular core support: postural control through anatomical visualization of boney landmarks</b>  <u>Allegra Romita CMA, MA<sup>1,2</sup>,</u>  <u>Nancy Romita MFA, AmSAT<sup>3</sup></u>  <sup>1</sup><i>Teachers College Columbia University, New York, NY, United States,</i> <sup>2</sup><i>New York University, New York, NY, United States,</i> <sup>3</sup><i>Towson University, Towson, MD, United States</i></p>
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			<p><b>Nutrition strategies for dancers: hits and myths</b>  <u>Ann Brown PhD<sup>1</sup>, Meghan Brown PhD<sup>2</sup>, Jasmine Challis RD<sup>3,4</sup>, Val Schonberg MS, RD, CSSD<sup>5,6</sup></u>  <sup>1</sup>Human Performance Laboratory, Department of Movement Sciences, University of Idaho, Moscow, ID, United States, <sup>2</sup>School of Sport and Exercise, University of Gloucestershire, Gloucester, United Kingdom, <sup>3</sup>Freelance, London, United Kingdom, <sup>4</sup>Department of Life Sciences, University of Roehampton, London, United Kingdom, <sup>5</sup>EnlightenU Nutrition Counseling, Dunwoody, GA, United States, <sup>6</sup>Minnesota Dance Medicine Foundation, Minneapolis, MN, United States</p>	
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**10:30 - 11:00 am**  
**REFRESHMENT BREAK**  
Vision Foyer

Time	Studio Explore 1 11.00 am - 1.00 pm Moderator: Johanna Osmala PT Helsinki, Finland	Room Vision 1 11.00 am - 2.00 pm Moderator: Alexander McKinven MSc, MCSP London, UK	Room Vision 2-3 11.00 am - 2.00 pm Moderator: K. Michael Rowley PhD Los Angeles, CA, USA	Studio Explore 11.00 am – 1.00 pm Moderator: Jan Dunn MS Denver, CO, USA
11.00 - 12 noon	<p><b>Energetic re-patterning through movement and touch: a bodywork approach</b>  <u>Emanuela Iacopini, MSc, BSc</u>            Conservatoire de la Ville de Luxembourg, Dance Science Net, Luxembourg</p>	<p><b>IADMS 'Allegro' presentations</b>            (6 minutes each, 10 minutes for questions, via the IADMS app, at the end of the session)</p> <p><b>Ageing dancers – activities and pain: an international survey</b>  <u>Janine Bryant BFA, MA<sup>1,3</sup>, Jeffrey Russell PhD<sup>2</sup>, Alan Nevill PhD<sup>1</sup>, Matthew Wyon PhD<sup>1,3</sup></u>  <sup>1</sup>The University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup>Ohio University, Athens, OH, United States, <sup>3</sup>National Institute of Dance Medicine and Science, London, United Kingdom</p> <p><b>A 10-year retrospective study of contemporary dance students' standing active turnout</b>  <u>Anna May Williams MSc, Emma Redding PhD, Jessica Coleman MSc, Felicity Beach MSc, Edel Quin MSc, Lucie Clements PhD</u>            Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>Posture, functional movement and its relationship with injuries in university dancers</b>  <u>Isabel Artiques BSc MSc<sup>1,2</sup></u>  <sup>1</sup>IAB Health, Institute of the Arts Barcelona, Barcelona, Barcelona, Spain, <sup>2</sup>University College London, London, United Kingdom</p> <p><b>Prevalence of movement dysfunction using the selective functional movement screen (SFMA) in university dancers</b>  <u>Jena Hansen-Honeycutt DAT ATC, Jatin Ambegaonkar PHD ATC</u>            George Mason University, Fairfax, VA, United States</p> <p><b>Kinetic and kinematic evaluation of the counter movement jump as a screening tool for injury in professional ballet dancers</b>  <u>Austin Flood MSc, BSc<sup>1</sup>, Greg Retter<sup>1</sup>, Matt Springham<sup>2</sup>, Adam Mattusi MSc, BSc<sup>1</sup></u>  <sup>1</sup>The Royal Ballet Company, London, United Kingdom, <sup>2</sup>St.Mary's University, Twickenham, United Kingdom</p>	<p><b>Clinical management of posterior ankle impingement</b>  <u>Susan Mayes PhD, BAppSci(Physio)<sup>1,2</sup></u>  <sup>1</sup>The Australian Ballet, Southbank, Australia, <sup>2</sup>La Trobe University, Bundoora, Australia</p>

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		<p><b>The effect of fatigue on plié depth and control</b> <u>Robyn Horsburgh BSc(Hons), MSc,</u> Matthew Wyon PhD <i>University of Wolverhampton, Walsall, United Kingdom</i></p> <p><b>Recovery during high intensity intermittent exercise in female vocational contemporary dance students</b> <u>Lauren Squires MSc, BSc<sup>1</sup>,</u> Sarah Needham-Beck PhD, MSc<sup>1,2</sup> <i><sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>University of Chichester, Chichester, United Kingdom</i></p> <p><b>Normative values of heart rate during the Dance Specific Aerobic Fitness Test in pre-professional contemporary dance students</b> <u>Annemiek Tiemens MSc<sup>1,2</sup>,</u> Rogier van Rijn PhD<sup>1,2</sup>, Janine Stubbe PhD<sup>1,2,3</sup> <i><sup>1</sup>Codarts University of the Arts, Rotterdam, Netherlands, <sup>2</sup>Performing Artist and Athlete Research Lab, Rotterdam, Netherlands, <sup>3</sup>Rotterdam Arts and Science Lab, Rotterdam, Netherlands</i></p> <p><b>Physical activity in elite adolescent dancers: a feasibility study</b> <u>Bronwyn L. Trevor B.App.Sci(Pthy) Hons,</u> Amy Jo Vassallo PhD, Elizabeth J. Nightingale PhD, Evangelos Pappas PhD, Claire E. Hiller PhD <i>Faculty of Health Sciences, The University of Sydney, NSW, Australia</i></p> <p><b>Dancers' experiences with memory and strategies used to improve upon it</b> <u>Lauren Copping BS<sup>1</sup>,</u> Lucie Clements MSc PhD<sup>1,2</sup>, Emma Redding MSc PhD<sup>1</sup> <i><sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>University of Chichester, Chichester, United Kingdom</i></p>	<p><b>Physical-performance test profiles in freshmen collegiate dancers: a multi-center prospective study</b> <u>Jatin Ambegaonkar PhD ATC<sup>1</sup>,</u> Jena Hansen-Honeycutt DAT ATC<sup>2</sup>, Amanda Donahue MS ATC<sup>3</sup>, Laura Santos MS ATC<sup>4</sup>, Victoria Fautroy BS AT<sup>1</sup>, Esther Nolton MEd ATC<sup>1</sup>, Jenna Lynn Evans MS ATC<sup>4</sup>, Nelson Cortes PhD<sup>1</sup>, Shane Caswell PhD ATC<sup>1</sup> <i><sup>1</sup>Sports Medicine Assessment Research and Testing (SMART) Laboratory, Manassas, VA, United States, <sup>2</sup>Department of Dance, George Mason University, Fairfax, VA, United States, <sup>3</sup>Dean College, Franklin, MA, United States, <sup>4</sup>University of North Carolina School of the Arts, Winston Salem, NC, United States</i></p>	
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<p>12 noon - 1.00 pm</p>	<p><b>Training the inverted dancer</b>  <u>Keely Glenn MFA</u>, Brenda        Critchfield MS, ATC        Brigham Young University, Provo,        UT, United States</p>	<p style="text-align: center;"><u>IADMS Duels</u></p> <p><b>Early specialization: risk vs reward</b>  <u>Asad Siddiqi DO, Julia lafrate DO</u>        Columbia University Medical Center, New York, NY,        United States</p> <p><b>Vitamin D – panacea?</b>  <u>Nicky Keay, MA (Cantab) MRCP<sup>1</sup>,</u>  <u>Tommi Vasankari PhD, MD<sup>2</sup></u>  <sup>1</sup>London, UK, <sup>2</sup>UKK Institute, Tampere, Finland</p> <p><b>Tradition: friend or enemy?</b>  <u>Fay Nenander, Jan Astrom</u>        Balettakademien, Stockholm, Sweden</p> <p><b>Hypermobility: gift or curse?</b>  <u>Carolina Baeza-Velasco PhD, MSc<sup>1</sup>,</u>  <u>Annabelle Couillandre PhD, PT<sup>2</sup></u>  <sup>1</sup>University Paris Descartes, Sorbonne, Paris, France,  <sup>2</sup>Université Paris Ouest Nanterre La Défense, Paris,        France</p>	<p><b>Beighton Score inter- and intra-rater reliability: a systematic review</b>        Lauren Bockhorn BA<sup>2</sup>, <u>Angelina Vera MD<sup>1</sup></u>, Domenica        Delgado BA<sup>1</sup>, David Dong BS<sup>1</sup>, Kevin Varner MD<sup>1</sup>,        Joshua Harris MD<sup>1</sup>  <sup>1</sup>Houston Methodist Hospital, Houston, TX, United        States, <sup>2</sup>Texas A&amp;M College of Medicine, College        Station, TX, United States</p> <p><b>Hypermobility in breakers</b>  <u>Nefeli Tsiouti MA, MSc<sup>1</sup></u>, Theoharis        Constantinou MSc<sup>1,2</sup>, Keir Philip MbChb, BSc<sup>1,2</sup>,        Erin Sanchez MSc<sup>1,3</sup>, Eddie Toth PhD<sup>4</sup>,        Jeremie Houet MSc<sup>5</sup>, Bruce Paton PhD<sup>2</sup>  <sup>1</sup>Project Breakalign, London, United Kingdom,  <sup>2</sup>University College London, London, United Kingdom,  <sup>3</sup>One Dance UK, London, United Kingdom, <sup>4</sup>The        University of Sydney, Sydney, Australia, <sup>5</sup>Maastricht        University, Maastricht, Netherlands</p> <p><b>High prevalence of connective tissue gene variants in professional ballet influences hip motion</b>  <u>Angelina Vera MD</u>, Domenica Delgado BS, Bradley        Lambert PhD, Leif Peterson PhD, Kevin Varner MD,        Patrick McCulloch MD, Joshua Harris MD        Houston Methodist Hospital, Houston, TX, United        States</p> <p><b>Head impacts and concussions in theatre support personnel: an often forgotten group of artistic professionals in dance</b>  <u>Jeff Russell PhD, ATC</u>        Ohio University, School of Applied Health Sciences        and Wellness, Clinic for Science and Health in Artistic        Performance, Athens, OH, United States</p>	<p><b>Finding flow</b>  <u>Ann Cowlin MA</u>        Yale University, New Haven, CT,        United States</p>
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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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1.00 - 2.00 pm	x	<p style="text-align: center;"><b>Closing symposium</b></p> <p><b>Bone status in dancers: nurture or nature?</b>  <u>Professor Yiannis Koukedakis, MA, PhD<sup>1,2</sup></u>  <sup>1</sup>University of Thessaly, Greece, <sup>2</sup>University of Wolverhampton, Walsall, United Kingdom</p>	<p><b>Essential features of systematic literature reviews: applications to dance medicine and science current knowledge</b>  <u>Claire Hiller PhD<sup>1</sup>, Manuela Angioi PhD<sup>2</sup></u>,          Wendy Coates MD<sup>5</sup>, Tom Welsh PhD<sup>4</sup>,          Lynda Mainwaring PhD<sup>6</sup>,          Annabelle Couillandre PhD<sup>7</sup>, Danielle Jarvis PhD<sup>8</sup>,          Derrick Brown PhD<sup>9</sup>, Esther Nolton MEd<sup>3</sup>,          Mamie Air MD<sup>10</sup>, Mark Harwood MD<sup>11</sup>,          Selina Shah MD<sup>12</sup>, <u>Jatin Ambegaonkar PhD<sup>3</sup></u>  <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 Ovest 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</p>	x
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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 BFA<sup>1</sup>, Samantha E. Johnson MFA<sup>1</sup>, Charles Rosenkrans, Jr. PhD<sup>2</sup>

<sup>1</sup>University of Arkansas, Little Rock, AR, United States, <sup>2</sup>University 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<sup>1,2</sup>

<sup>1</sup>Royal Academy of Dance, London, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

#### **Musculoskeletal injury profile in elite vocational ballet training: a one year cohort study**

Hannah Fox<sup>1</sup>, Manuela Angioi PhD, MSc<sup>1</sup>, Karen Sheriff MSc<sup>2</sup>

<sup>1</sup>Queen Mary University of London, London, UK, London, United Kingdom, <sup>2</sup>Royal 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<sup>1</sup>, Clodagh Toomey PT, PhD<sup>2</sup>, Carolyn Emery PT, PhD<sup>1</sup>

<sup>1</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, <sup>2</sup>School of Allied Health, University of Limerick, Limerick, Ireland

#### **Concurrent validation of internal training load measures in pre-professional ballet dancers**

Valeriya Volkova BSc(Hons)<sup>1</sup>, Amanda Black PhD<sup>1,2</sup>, Sarah Kenny PhD<sup>1,2</sup>

<sup>1</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, Canada, <sup>2</sup>Alberta 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.<sup>1,2</sup>, Lucy Clements PhD<sup>2</sup>, Liliana Araújo PhD<sup>2</sup>

<sup>1</sup>Texas A&M University, College Station, Texas, United States, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

#### **The emotional expression and impressions of dance steps for street dance**

Rie Kojima PhD<sup>1</sup>, Noriyuki Kida PhD<sup>2</sup>, Teruo Nomura PhD<sup>2</sup>

<sup>1</sup>Osaka University, Osaka, Japan, <sup>2</sup>Kyoto Institute of Technology, Kyoto, Japan

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### **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<sup>1,2</sup>  
*<sup>1</sup>Megan Richardson Wellness, New York, NY, United States, <sup>2</sup>Harkness 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**

Clara Fischer MS, BEd<sup>1,3</sup>, Roberto Poton MS, BSc<sup>1,2</sup>  
*<sup>1</sup>Health Sciences School Research Group for Systematic Reviews (IBMR/Laureate International Universities), Rio de Janeiro, Brazil, <sup>2</sup>State University of Londrina, Londrina, Brazil, <sup>3</sup>Corpos 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)<sup>1,2</sup>, Jill Cook PhD, BAppSci(Physio)<sup>2</sup>  
*<sup>1</sup>The Australian Ballet, Southbank, Australia, <sup>2</sup>La 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*

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### **Effects of mat Pilates in the range of young ballerinas' turnout**

Aline Haas PhD, Isabel Giovaninni Komerowski MSc, Camila Dall'Agnoll 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 Kenny<sup>1,2,3</sup>, Lauren Kearns MFA<sup>1,2</sup>, Caroline Ketcham PhD<sup>1,3</sup>, Eric Hall PhD, FACSM<sup>1,3</sup>  
<sup>1</sup>*Elon University, Elon, NC, United States*, <sup>2</sup>*Elon University Department of Performing Arts, Elon, NC, United States*, <sup>3</sup>*Elon 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 MS<sup>1,2</sup>, Kevin Zwetsloot PhD<sup>2</sup>, Sophia Nimphius PhD<sup>1</sup>  
<sup>1</sup>*Edith Cowan University, Perth, Australia*, <sup>2</sup>*Appalachian State University, Boone, NC, United States*

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### **Poster Presentations - Group S**

Saturday, October 27, 8.00 - 9.00am  
Room Vision 1

#### **Shepherd's fracture: often overlooked?**

Mandy Zhang MB Bch<sup>1</sup>, Boni Rietveld MD, PhD<sup>2</sup>

<sup>1</sup>Changi General Hospital, Singapore, Singapore, <sup>2</sup>Medical 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 Hasslan-Bischoff MSC<sup>1</sup>, Jane Paris MA<sup>2</sup>

<sup>1</sup>The Norwegian National Ballet, Oslo, Norway, <sup>2</sup>The Royal Ballet Company, London, United Kingdom

#### **Weekly aquatic exercise and its potential for prevention and rehabilitation applications in collegiate dancers**

Leigh Schanfein MS<sup>1</sup>, Kathleen Davenport MD<sup>2</sup>

<sup>1</sup>Barnard College, New York, NY, United States, <sup>2</sup>Miami 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 PT<sup>1</sup>, Roger Wolman PhD, MD<sup>2,3</sup>, Matthew Wyon PhD<sup>1,2</sup>, Eric Bakker PhD<sup>4</sup>

<sup>1</sup>University of Wolverhampton Research Centre for Sport, Exercise and Performance Institute for Sport and Human Sciences, Walsall, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom, <sup>3</sup>Department of Rheumatology and Sport and Exercise Medicine, Royal National Orthopaedic Hospital, Stanmore, United Kingdom, <sup>4</sup>Academic 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 Stuart<sup>1</sup>, Sue Mayes PhD<sup>1,2</sup>

<sup>1</sup>Department of Physiotherapy, School of Allied Health, La Trobe University, Bundoora, Victoria, Australia, <sup>2</sup>The Australian Ballet, Southbank, Victoria, Australia

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### **Patellofemoral pain in young dancers: clinical and functional assessment**

Gal Zakine BEd<sup>1</sup>, Itzhak Seiv-ner MD<sup>2</sup>, Shay Tenenbaum MD<sup>2</sup>, Aviva Ze'ev MSc<sup>1</sup>, Nili Steinberg PhD<sup>1</sup>

<sup>1</sup>The Wingate College of Physical Education and Sports Science, Netanya, Israel, <sup>2</sup>The Orthopedic Rehabilitation Department, Sheba Medical Center, Tel HaShomer, Israel

### **Common injuries in Japanese adolescent dancers**

Yurina Tsubaki<sup>1</sup>, Yukio Urabe RPT, PhD<sup>2</sup>, Eri Fuji RPT, MSc<sup>3</sup>, Naoki Tonegawa RPT<sup>2</sup>, Honoka Ishihara<sup>1</sup>, Noriaki Maeda RPT, PhD<sup>2</sup>

<sup>1</sup>Program of Health Sciences, School of Medicine, Hiroshima University, Hiroshima city, Japan, <sup>2</sup>Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima City, Japan, <sup>3</sup>Ohseto Rehabilitation and Orthopedic Hospital, Hiroshima City, Japan

### **Quantifying performance and injury risk management in competitive ballroom dancers: the Rumba walk**

Alise Borne<sup>1,2</sup>, Kade Worton<sup>1</sup>, Kelly Schultz<sup>1</sup>, Eric Babb<sup>1</sup>, Tyler Standifird MS, PhD<sup>1</sup>, Michael Johnson BS<sup>2</sup>

<sup>1</sup>Utah Valley University, Orem, UT, United States, <sup>2</sup>Dance Majic, Orem, UT, United States

### **Injury surveillance in Highland dancers at two indoor Military Tattoos**

Shona Papalia PhD<sup>1</sup>, Siobhan Papalia MSc<sup>1</sup>, Shelley Keating PhD<sup>2</sup>

<sup>1</sup>Western Sydney University, Campbelltown, Australia, <sup>2</sup>The 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 Kudva<sup>1</sup>, Manuela Angioi MSc, PhD<sup>1</sup>, Karen Sheriff MSc<sup>2</sup>

<sup>1</sup>Queen Mary University of London, London, United Kingdom, <sup>2</sup>Royal 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 MSc<sup>1,2,3</sup>, Rogier van Rijn PhD<sup>1,3</sup>, Geert Savelsbergh Professor<sup>2,5,6</sup>, Raoul Oudejans PhD<sup>2,5,6</sup>, Janine Stubbe PhD<sup>1,3,4</sup>

<sup>1</sup>Codarts University of the Arts, Rotterdam, Netherlands, <sup>2</sup>Department of Human Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Netherlands, <sup>3</sup>Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, <sup>4</sup>Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands, <sup>5</sup>Institute of Brain and Behavior, Amsterdam, Netherlands, <sup>6</sup>Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences, Netherlands

### **Professional dancers' experiences of working despite injury**

Ina Sletsjoe MSc

Royal Swedish Ballet, Stockholm, Sweden

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**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<sup>1</sup>, Jatin Ambegaonkar PhD<sup>2</sup>

<sup>1</sup>Human Performance Laboratory, Department of Movement Sciences, University of Idaho, Moscow, ID, United States, <sup>2</sup>Sports Medicine Assessment, Research and Testing Laboratory, Athletic Training Education Program, George Mason University, Fairfax, VA, United States