THURSDAY, October 24, 2019

7.30 - 9.00 am  Registration; tea, coffee and light breakfast Opera Foyer

9.00 - 9.30 am  Opening remarks and welcome address Opera A & B
Peter Lavine, MD, President, IADMS
Karine Rathle, MSc, IADMS local host committee chair & President, Healthy Dancer Canada (HDC)
Alexander McKinven MSc MCSP, IADMS program committee chair
Leigh Ponniah, Director of Operations, IADMS
Presentation of the Student Research Award (Supported by Harkness Center for Dance Injuries)
Presentation of IADMS Dance Educator Award nominees
Presentation of IADMS Fellowship
Presentation of IADMS Honorary member

9.30 - 10.00 am  Building a bridge between the health & dance sectors
- towards an international benchmarking for ‘Dance for Health’
Clare Guss-West BHum, MA¹, David Leventhal BA²
¹The European Dance & Creative Wellness Foundation, Rotterdam, Netherlands,
²Mark Morris Dance Group/Dance for PD, New York, NY, United States
Moderator - Peter Lavine MD, Washington DC, USA

10.00 - 11.00 am  Creating an artiste – a panel discussion
Sylvie Fortin PhD¹, Caitlan Maggs², Peter Lewton-Brain DO, MA³,4, Angelique Wilkie MSc⁵, Lucie Boissinot
¹Université du Québec à Montréal, Montréal QC, Canada,
²Cirque du Soleil, Montréal, Quebec, QC, Canada,
³Rosella Hightower International Dance Center, Cannes-Mougins, France,
⁴Trinity Laban Conservatoire of Music and Dance, London, United Kingdom,
⁵Concordia University, Montréal, Quebec, QC, Canada
Moderator – Alexander McKinven, MSc, MACP, London, UK

11.00 - 11.30 am  REFRESHMENT BREAK Opera Foyer

¹Invited speaker. 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 ***45 minute session *60 minute plus. All symphonic/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. ²Student research support winners
<table>
<thead>
<tr>
<th>Time</th>
<th>Symposium 1 11.30 am - 1.30 pm</th>
<th>Opera A 11.30 am - 1.30 pm</th>
<th>Opera C 11.30 am - 1.30 pm</th>
<th>Symphonie 3 11.30 am - 1.30 pm</th>
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</thead>
<tbody>
<tr>
<td>Moderator</td>
<td>Nancy Kadel MD, Seattle, WA, USA</td>
<td>Matthew Grierson MD, Seattle, WA, USA</td>
<td>Debra Crookshanks Grad Dip Manip Ther, Sydney, Australia</td>
<td>Peter Lewton-Brain DO, Monte Carlo, Monaco</td>
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<tr>
<td>Topic</td>
<td>Screening for dancers: what can teachers do?</td>
<td>Contributions of qualitative research in dance medicine and science: what can it add?</td>
<td>Musculoskeletal injuries in pole dancers: a prospective surveillance study</td>
<td>Intentionality vs. neutrality: challenging the myth of the neutral pelvis</td>
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<tr>
<td>Speaker(s)</td>
<td>Sarah Kenny PhD, Erika Mayall PT</td>
<td>Jill Descoteaux PhD, AT, Elsa Urmston MSc, PGCAP, Liliana S. Araujo PhD, C.Psycho, Naon Lelebyre Sell MA, PhD, Angela Pickard PhD, Agathe Dumont PhD</td>
<td>Joanna Nicholas BSc(Hons), PhD, Gillian Weir BSc, PhD, Cyril Donnelly MSc, PhD, Ben Jackson BSc, PhD, James Dimmock Boom, PhD, Jacqueline Alderson BSc, PhD</td>
<td>Luc Vanier MFA, E Vanier MFA, E Vanier MFA</td>
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<tr>
<td><strong>1</strong>Healthy Dancer Canada: The Dance Health Alliance of Canada, Calgary, AB, Canada</td>
<td><strong>2</strong>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <strong>3</strong>Canterbury Christ Church University, Canterbury, United Kingdom</td>
<td><strong>1</strong>School of Human Sciences (Exercise &amp; Sport Science), University of Western Australia, Crawley, Australia, <strong>2</strong>University of Massachusetts, Department of Kinesiology, Amherst, MA, United States, <strong>3</strong>Auckland University of Technology, Sports Performance Research Institute New Zealand (SPRINZ), Auckland, New Zealand</td>
<td><strong>1</strong>University of Utah, Salt Lake City, UT, United States, <strong>2</strong>University of Florida, Gainesville, FL, United States</td>
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<td>Details</td>
<td>*School National de Danse Contemporaine, Angers, France, *Centre National des Arts du Cirque, Châlon-en-Champagne, France</td>
<td>*Efficacy of suspension training for vertical dance for strength and contributions to performance</td>
<td>Injury profiling of aerial dancers</td>
<td>Efficacy of suspension training for vertical dance for strength and contributions to performance</td>
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<td>Emily Prior-Willeard BSc(Hons), MSc, University College London, London, United Kingdom</td>
<td>Margaret Wilson MS, PhD, Boyi Dai MS, PhD, Jennifer Deckert MFA, University of Wyoming, Laramie, WY, United States</td>
<td>Emily Prior-Willeard BSc(Hons), MSc</td>
<td>Margaret Wilson MS, PhD, Boyi Dai MS, PhD, Jennifer Deckert MFA, University of Wyoming, Laramie, WY, United States</td>
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<td>Safety guidelines for implementing chest stand and contortion work into dance and acrobatics training</td>
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<td>Sarah Reis BKin, MEd, Tim Buckley BPhysio, GC Sports Physio, Acrobatic Arts – Acrobatic Examining Board, BC, Canada</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12:30 - 1:30 pm</td>
<td>Establishing a safe turn progression protocol for the injured dancer</td>
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<tr>
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<td>Jennifer Janowski PT, DScPT(^1), Kelli Schneider PT, DPT(^1), Melody Hrubes MD(^1), Rachel Wise PT, DPT(^1)</td>
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<tr>
<td></td>
<td>(^1)Athletico Physical Therapy, Chicago, IL, United States, (^2)Rothman Orthopaedics, New York, NY, United States</td>
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<td>IADMS ‘Allegro’ presentations (7 minutes each, 10 minutes for questions, via the IADMS app, at the end of the session)</td>
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<td>Periodization in practice: a descriptive analysis of periodized scheduling in a liberal arts dance environment</td>
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<td>Sarah DiPasquale DPT, Jason Ohlberg MFA</td>
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<td>Skidmore College, Saratoga Springs, NY, United States</td>
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<td>Stress and recovery in pre-professional ballet dancers: a longitudinal cohort study using the RESTQ-Sport 76 tool, over one academic year</td>
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<td>Amal Hassan, MBChB, MSc(^1), Manuela Angioi PhD(^1), Karen Sherif MSc(^2)</td>
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<td></td>
<td>(^1)Queen Mary University of London, London, United Kingdom, (^2)Royal Ballet School, London, United Kingdom</td>
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<td>Analysis of injury, illness and training load in professional contemporary dancers: a prospective cohort study</td>
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<td>Annie Jeffries, McInEx(^1), Lee Wallace PhD(^1), Aaron Cunts PhD(^1), Ashlea Mary Cohen M Physio(^2), Alan McCall PhD(^1,2), Franco Impellizzeri PhD(^1)</td>
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<td>(^1)Human Performance Research Centre, Faculty of Health, University of Technology Sydney, Australia, (^2)Sydney Dance Company, Sydney, Australia</td>
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<td>Injury rate calculations: comparison between units of exposure measure</td>
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<td>Marijanne Liederbach PhD, PT, Nick Dill BFA, MS, Lauren McIntyre ATC</td>
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<td>Harkness Center for Dance Injuries, NYU Langone Orthopedic Hospital, New York, NY, United States</td>
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<td>The show must go on: collaborative injury management in the circus arts</td>
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<td>Stephanie Greenspan BSEd, DPT(^1), Luc Fecteau BSPT, DPT(^2)</td>
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<td>(^1)Samuel Merritt University, Oakland, CA, United States, (^2)University of California San Francisco, San Francisco, CA, United States</td>
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<td>Injury patterns and rates in different disciplines within the circus arts: a pilot study</td>
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<td>Medical and recreational cannabis: rudimentary information, research findings and application for dancers and healthcare providers</td>
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<td>Katherine Ewalt MS, ATC</td>
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<td>PAARTS Wellness Studio, San Diego, CA, United States</td>
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<td>Chronic pain and self-medication practices and discourses of dancers about their daily health</td>
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<td>Agathe Dumont PhD(^1,2)</td>
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<td>(^1)Centre National de Danse Contemporaine, Angers, France, (^2)Centre National des Arts du Cirque, Châlon-en-Champagne, France</td>
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<td>Learning about fascia through movement</td>
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<td>May Kesler MS, MA</td>
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<td>Kesler Physical &amp; Massage Therapy, Chevy Chase, MD, United States</td>
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<tr>
<th>Time</th>
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<tr>
<td>1.30 – 3.30 pm</td>
<td>LUNCH BREAK</td>
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<td>IADMS committee meetings</td>
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<td>HDC annual general meeting</td>
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<td>Namely, Muscles, a performance</td>
<td>Symphony 1 (2.30 – 3.30 pm)</td>
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<tr>
<th>Time</th>
<th>Symphonie 1 3.30 – 5.30 pm</th>
<th>Opera A 3.30 – 5.30 pm</th>
<th>Opera C 3.30 – 5.30 pm</th>
<th>Symphonie 3 3.30 – 5.30 pm</th>
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</table>
| 3.30 - 4.30 pm | Strong Dancer Program: rational for bringing science into the studio and introducing an accessible format for remote users 
Dinah Hampson BA, BScPT¹,²,³ 
Geneviève Renaud MCiSc, PT²,⁴ 
¹University of Toronto, Toronto, ON, Canada, ²Pivotdancer, Toronto, ON, Canada, ³Pivot Sport Medicine Physiotherapy Orthopaedics, Toronto, ON, Canada, ⁴AMPED Sports Lab, Ottawa, ON, Canada | "Current management of structural hip 'pathology'" 
Cara Lewis² PT, PhD 
Boston University, Boston, MA, United States | "Stretching and range of movement for dancers: physiological underpinnings and literature evidence" 
Matthew Wyon PhD¹,², Nick Allen PhD²,³ 
¹Sport and Physical Activity Research Centre, Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Walsall, United Kingdom, ³Birmingham Royal Ballet, Birmingham, United Kingdom | "At the intersection of art and health: the impact of dance for people with Parkinson’s" 
David Leventhal BA 
Mark Morris Dance Group, Brooklyn, NY, United States |

4.30 - 5.30 pm | Integrating shoulder girdle, thorax and pelvis: tips for dance pedagogy? 
Hanna Pohjola PhD, PT 
University of Eastern Finland, Kuopio, Finland | Is the Dance Functional Outcome Survey (DFOS) feasible in adolescent dancers? 
Teresa Smith PT, DPT¹, Alyson Filipa PT, DPT², Shaw Bronner PT, PhD³,⁴, Mark Paterno PT, PhD², Samantha Riverton SPT³, Melissa Strzelinski PT, PhD²,³ 
¹KORT Physical Therapy, Louisville, KY, United States, ²Cincinnati Children’s Hospital Medical Center, Cincinnati, OH, United States, ³ADAM Center, Brooklyn, NY, United States, ⁴Alvin Ailey, New York, NY, United States, ¹Cleveland State University, Cleveland, OH, United States, ²Colorado Ballet, Denver, CO, United States, ³Strive 2 Thrive Physiotherapy, Ltd., Edwards, CO, United States | The relationship between hypermobility and proprioception among adolescent dancers 
Leanne Steel BA(Hons), MSc¹, Emma Redding MSc, PhD¹, Sanna Nordin-Bates PhD²,³, Imogen Aujla PhD³ 
¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²The Swedish School of Sport and Health Sciences, GIH, Stockholm, Sweden, ³University of Bedfordshire, Bedford, United Kingdom | Practical application of yoga on ballet training for post-secondary dance training and use of spirals 
Barbara Leese MA¹,²,³,⁴ 
¹York University, Toronto, ON, Canada, ²Sheridan College, Oakville, ON, Canada, ³Pivotdancer, Toronto, ON, Canada, ⁴The National Ballet of Canada, Toronto, ON, Canada |

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**Injury epidemiology in collegiate dancers – a 2-year prospective study: the SHARE consortium**  
Victoria Fauntroy BS, ATC¹, Jena Hansen-Honeycutt DAT, ATC², Shane Caswell PhD, ATC², Nelson Cortes PhD¹, Jatin Ambegaonkar PhD, ATC¹  
¹Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, VA, United States, ²School of Dance, George Mason University, VA, United States

**Burden of musculoskeletal injuries in pre-professional ballet dancers: a 3-year prospective cohort study**  
Sarah Kenny PhD¹,²,³, Emily White⁴  
¹Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, ²Alberta Children’s Hospital Research Institute, University of Calgary, Calgary, AB, Canada, ³O’Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada, ⁴O’Brien Centre for the Bachelor of Health Sciences, Cumming School of Medicine, University of Calgary, Calgary, AB, Canada

**Dance and injury incidence pre and post implementation of 11+Dance injury prevention intervention**  
Nico Kolokythas MSc¹,², Yiannis Koutedakis PhD³, Shaun Galloway PhD², Matthew Wyon PhD², George Metsios PhD²  
¹Elmhurst Ballet School, Birmingham, United Kingdom, ²Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, ³University of Thessaly, Thessaly, Greece

**The lived experience of hypermobility in the professional dance environment**  
Wendy Timmons MSc, John Sproule PhD, Rosemary Mulholland PhD  
University of Edinburgh, Edinburgh, Scotland, United Kingdom

*Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders: an update on diagnostic criteria and treatment approaches*  
Amanda Greene DPT, BA¹, Howard Levy MD, PhD²  
¹Johns Hopkins Hospital, Baltimore, MD, United States, ²Division of General Internal Medicine & McKusick-Nathans Institute of Genetic Medicine, Johns Hopkins University School of Medicine, Baltimore, MD, United States

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Monitoring the health of dancers: lessons learned from the development of the Performing artist and Athlete Health Monitor (PAHM)
Janine Stubbe PhD1,2, Annemiek Tiemens PhD1,2, Stephanie Keizer-Hulsebosch MSc1,2, Rogier van Rijn PhD1,2
1Codarts, University of the Arts, Rotterdam, Netherlands, 2Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, 3Rotterdam Arts & Sciences Lab (RASL), Rotterdam, Netherlands

5.30 – 7.00 pm
POSTER PRESENTATIONS – Group S
Opera B
Moderator: Alexander McKinven MSc, MCSP, London, UK

7.30 pm
WELCOME RECEPTION
Supported by Tourism Montréal
Opera Foyer

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## SCHEDULE IADMS 29TH ANNUAL CONFERENCE

**FRIDAY, October 25, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Symphonie 1</th>
<th>Opera A</th>
<th>Opera C</th>
<th>Symphonie 3</th>
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<tbody>
<tr>
<td>8.00 - 9.00 am</td>
<td>Hanging assessment and corrective exercises for aerial artists</td>
<td>Directional preferences in pirouettes en dehors: a kinematical analysis</td>
<td><strong>The research process for students in dance medicine and science</strong></td>
<td>Be creative and move beyond pain</td>
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<td>Emily Schorb DPT¹,²,³,⁴, Lynnette Khoo-Summers DPT²</td>
<td>Hiu Tung Yu MSc, MFA¹, James Bronner PhD¹,²</td>
<td>Paige E. Rice MSc¹, Elizabeth F. Yutzey MFA²</td>
<td>Émilie Demers BSc¹, Simon Ampleman²</td>
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<td>¹Pure Motion Physical Therapy, PLLC, Seattle, WA, United States, ²Washington University in St. Louis School of Medicine, St. Louis, MO, United States, ³Acrobatic Conundrum, Seattle, WA, United States, ⁴SANCA Seattle, Seattle, WA, United States</td>
<td>¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²Kingston University, Surrey, United Kingdom</td>
<td>¹Edith Cowan University, Joondalup, WA, Australia, ²Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ³University of Bern, Bern, Switzerland, ⁴St. Luke’s University Health Network and Moravian College, Fountain Hill, PA, United States, ⁵Cincinnati Ballet, Cincinnati, OH, United States, ⁶Cirque du Soleil, Las Vegas, NV, United States</td>
<td>¹Centre Hospitalier de l'Université de Montréal (CHUM), Montréal, QC, Canada, ²AmplemanDanse, Montréal, QC, Canada</td>
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<td>9.00 - 10.00 am</td>
<td>Movement screening and the hip: the importance of task</td>
<td>The effects of an 8-week neuromuscular training program on jump performance and landing biomechanics in female adolescent recreational dancers: a controlled trial</td>
<td><strong>“Moving to move: an approach to the art of technique</strong></td>
<td>“At home” conditioning: daily work when you are a freelance dancer</td>
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<td>Cara Lewis³, PT, PhD Boston University, Boston, MA, USA</td>
<td>Karen Sudds MSc¹,²,³, Nico Kolokythas MSc¹, Philipp Maurus MSc², Sandro Nigg², Matthew Wynn PhD²</td>
<td>Angelique Wilkie⁴ MSc Concordia University, Montréal, Quebec, QC, Canada</td>
<td>Agathe Dumont PhD¹,²</td>
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<td>¹Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, ²University of Calgary, AB, Canada, ³Healthy Dancer Canada: The Dance Health Alliance of Canada, Calgary, AB, Canada</td>
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<td>¹Centre National de Danse Contemporaine, Angers, France, ²Centre National des Arts du Cirque, Châlon-en-Champagne, France</td>
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<th>Symphonie 1 10.30 am – 12.30 pm</th>
<th>Opera A 10.30 am – 12.30 pm</th>
<th>Ovation 10.15 am – 12.30 pm</th>
<th>Opera C 10.30 am – 12.30 pm</th>
<th>Symphonie 3 10.30 am – 12.30 pm</th>
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<tr>
<td>10.30 am</td>
<td>Making foot intrinsic work</td>
<td>Managing concussion symptoms</td>
<td>10.15am start</td>
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<td>functional</td>
<td>myths, science, consensus</td>
<td>ADFT’s World Café</td>
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<td></td>
<td>Alyssa McPherson MS, ATC,</td>
<td>and practical strategies</td>
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<td></td>
<td>Marissa Ramos BS, ATC,</td>
<td>Lynda Mainwaring PhD, C.Psych</td>
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<td>Kelley Wiese BS, ATC</td>
<td>Marika Molnar PT Lac</td>
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<td></td>
<td>Indiana University, Bloomington, IN, United States</td>
<td>Kaleigh Ferdinand-Pennock MSc, MSS</td>
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| 11:30    | Building anatomical fluency through creative practices  
Megan Brunsvold, Mercedes BFA, MFA  
California State University, Sacramento, CA, United States  
Sacramento, California State University, MFA  
Megan Brunsvold  
MBA, MFA  
Mercedes BFA, MFA  
Texas A and M University, College Station, TX, United States  
MBA, MFA  
Texas A and M University, College Station, TX, United States  
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Texas A and M University, College Station, TX, United States  
MBA, MFA  
Texas A and M University, College Station, TX, United States  
MBA, MFA  
Texas A and M University, College Station, TX, United States |  
| 12:30 pm | Integrating dance-specific demands into a post-concussion return-to-dance protocol  
Melody Hrubes, MD  
Jennifer Janowski, PT, DScPT  
Kelli Schneider, PT, DPT  
Rachel Wise, PT, DPT  
Rothen Orthopaedics, New York, NY, United States  
Athletico, Chicago, IL, United States  
**Student and young professional networking workshop**  
Elizabeth Yutzy, MFA  
Paige Elizabeth Rice, MSc  
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  
Edith Cowan University, Joondalup, Australia  
Assessing lumbopelvic stability in dancers: functional tests compared to ultrasound measurements  
Justine Benoit-Piau, PT  
Melanie Morin, PT, PhD  
Sylvie Fortin, PhD  
Christine Gupillot, OT, PhD  
Nathaly Gaudreault, PT, PhD  
Université de Sherbrooke, Sherbrooke, QC, Canada  
Université du Quebec à Montréal, Montréal, QC, Canada  
University of Alberta, Edmonton, AB, Canada  
Utilizing strategies from motor learning to enhance verbal cueing for dancers  
Lisa Donegan Shoaf, DPT, PhD  
Judith Steel, MA, CMA  
Mary Baldwin University, Fishersville, VA, United States  
Virginia Commonwealth University, Richmond, VA, United States  
2 |
## SCHEDULE
### IADMS 29TH ANNUAL CONFERENCE

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<th>12.30 – 2.30 pm</th>
<th>LUNCH BREAK</th>
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**DANCE EDUCATORS ROUNDTABLES** (supported by Gaynor Minden)

**DANCE FOR HEALTH NETWORKING EVENT**

**STUDENT NETWORKING EVENT** (supported by Shenandoah University)

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**Computerized dynamic posturography for assessment of fatigue- and concussion-related balance deficits in dancers**
Margaret Wilson MS, PhD\(^1\), Jennifer Deckert MFA\(^1\), Jeffrey Russell PhD, AT\(^2\), Boyi Dai MS, PhD\(^1\), Qin Zhu MS, PhD\(^1\), Guido Pagnacco PhD\(^1\), Elena Oggero PhD

1. University of Wyoming, Laramie, WY, United States. 2. Ohio University, Athens, OH, United States.

*“An overview of the research on dancers’ balance ability: implications for future methodological approaches***
Frances Clarke MSc, BA(Hons)\(^1\)^, Yiannis Koutedakis PhD\(^3\)^, Margaret Wilson PhD\(^5\), Matthew Wyon PhD\(^2\)^, 1. Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, 2. National Institute of Dance Medicine and Science, Birmingham, United Kingdom, 3. Department of Sport and Exercise Sciences, University of Thessaly, Trikala, Greece, 4. Sport and Physical Activity Research Centre and School of Performing Arts, University of Wolverhampton, Walsall, United Kingdom, 5. Department of Theatre and Dance, University of Wyoming, WY, United States.

**The validity of inertial measurement units in three-dimensional lower body analysis of classical ballet movements***
Rachel Ward PhD, Meg Letton BextPhys, Jeanette Thom BSc(Hons), PhD
University of New South Wales, Sydney, Australia

*“Technology in dance: reflecting on a data-driven rehab***
Adam Mattiussi MSc, BSc\(^1\)^, 1. The Royal Opera House, London, United Kingdom, 2. St Mary’s University, Twickenham, Surrey, United Kingdom.

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| 2.30 – 3.30 pm | **Surface EMG 101: clinical applications of surface electromyography (sEMG) in dancers**<sup>1</sup> | Matthew Grierson MD<sup>1</sup>, Nancy Kadel MD<sup>1</sup>, Kathleen Davenport MD<sup>2</sup>, Leigh Schanfein MS<sup>3</sup>  
<sup>1</sup>Seattle Clinic for Performing Artists at Seattle Spine and Sports Medicine, Seattle, WA, United States,  
<sup>2</sup>Memorial Healthcare System, Hollywood, FL, United States,  
<sup>3</sup>Barnard College, New York, NY, United States | United States, Hollywood, FL, United States, Seattle, WA, United States, at Seattle Spine and Sports Medicine, Seattle, WA, United States, Portland, OR, United States, Seattle, WA, United States |
| 3.30 – 4.30 pm | **Movement and medicine: a novel, dance-based approach to provider education**<sup>2</sup> | Nina Shevzov-Zebrun BA<sup>1</sup>, Elizabeth Barchi MD<sup>2</sup>,  
Katie Grogan DMH, MA<sup>3</sup>  
<sup>1</sup>NYU School of Medicine, New York, NY, United States,  
<sup>2</sup>NYU Langone Health, Harkness Center for Dance Injuries, New York, NY, United States,  
<sup>3</sup>University of Jordan, Amman, Jordan | New York, NY, United States, New York, NY, United States, United Arab Emirates |
| 5.30 – 6.30 pm | **The Dance and Community Effects Research (DanCER) project and the Australia community in Sydney, Australia**<sup>3</sup> | Kathryn Dovesy BHSc, MHSc<sup>1</sup>, Della Maneze MD, PhD<sup>2</sup>, Helen Parker BSc, PhD<sup>1</sup>, Lee-Fay Low BSc, PhD<sup>1</sup>,  
Alicia Fong Yan BaceSc, PhD<sup>1</sup>  
<sup>1</sup>The University of Sydney, Sydney, Australia,  
<sup>2</sup>South Western Sydney Health Promotion Service, Campbelltown, Australia | Sydney, Australia, Sydney, Australia, Sydney, Australia |
| 6.30 – 7.30 pm | **Move Dance Feel: exploring dance and wellbeing with women affected by cancer**<sup>4</sup> | Emily Jenkins PGDip, MA  
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom | United Kingdom, United Kingdom, United Kingdom |
| 2.30 – 3.30 pm | **Journal of Dance Medicine & Science – editorial review**<sup>5</sup> | Ruth Solomon BA, CMA<sup>1</sup>,  
John Solomon PhD<sup>2</sup>,  
*Journal of Dance Medicine & Science, Santa Cruz, Soquel, CA, United States,  
Society of Dance Medicine & Science, Santa Cruz, Soquel, CA, United States* | New York, NY, United States, Santa Cruz, Soquel, CA, United States, United States, United States |
| 3.30 – 4.30 pm | **IADMS Standard Measures Consensus Initiative**<sup>6</sup> | Marijanne Liederbach PhD, PT<sup>1</sup>,  
Jennifer Gamboa DPT, OCS<sup>2</sup>, Marshall Hagins PhD, PT<sup>1</sup>,  
Tom Welsh PhD<sup>1</sup>  
<sup>1</sup>Harkness Center for Dance Injuries, 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 | New York, NY, United States, New York, NY, United States, United States, United States |
| 5.30 – 6.30 pm | **Dancers’ perceptions of strength and conditioning training**<sup>7</sup> | Melanie Kerr MSc, BA(Hons),  
Imogen Aujla MSc, PhD  
<sup>1</sup>University of Bedfordshire, Bedford, Bedfordshire, United Kingdom,  
<sup>2</sup>University of Bedfordshire, Bedford, Bedfordshire, United Kingdom | United Kingdom, United Kingdom, United Kingdom |
| 6.30 – 7.30 pm | **Pre-class neuromuscular warm-up for prevention and self-management of sacroiliac joint dysfunction and anterior hip impingement**<sup>8</sup> | Sally Donaubauer DPT<sup>1</sup>, Natalie Imrisek MSPT<sup>2</sup>,  
Megan Richardson Lac, ATC<sup>3</sup>  
<sup>1</sup>Chicago, IL, Forest Park, IL, United States,  
<sup>2</sup>Framework Physical Therapy & Dance Medicine, Los Angeles, CA, United States,  
<sup>3</sup>Harkness Center for Dance Injuries, New York, NY, United States | United States, United States, United States |

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<td>3.30</td>
<td>Bridging the gap between season start and performances: the development of a pre-season preparation workout for professional ballet dancers</td>
<td>Angélique Keller MSc, MAS Fit4performingarts, Zürich, Switzerland</td>
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<td>3.30</td>
<td>Sing while you stride: combining movement with song</td>
<td>Elinor Harrison BA, PhD Washington University in St. Louis, St. Louis, MO, United States</td>
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<td>3.30</td>
<td>The effects of dance on the turning characteristics of Parkinson's during the timed up and go test</td>
<td>Aline Haas PhD,2, Marlene Brito Fortes BA,2, Fruzsina Nagy BSc,2,4, Tina Smith PhD,2, Leonardo Alexandre Peyrê-Tartaruga PhD,1, Yiannis Koutedakis PhD,2,3, Matthew Wyon PhD,2</td>
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<td>3.30</td>
<td>Movement for multiple sclerosis: a multi-site partnership for practice and research</td>
<td>Elizabeth Johnson BFA, MFA,1, Brooke Borgert BS, MS,1, Catherine Cassidy MSc,1, Bethany Whiteside MSc, DPhi,2, Tirisham Gyang MD,1, Gay Hanna MA,1, Lisa Sinclair MSc,1, Morgan Kulesza MA,2, Julia Langley MA,1, Erika Mitchell DNP, FNP-BC,1, Deborah Riley CMA,1, Jill Sonke MA,2, Tiffany Stott MSc,2</td>
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<td>3.30</td>
<td>Further features of systematic literature reviews and applications to dance medicine &amp; science current knowledge: quality assessment and meta-analysis</td>
<td>Manuela Angioi PhD,1, Claire Hiller PhD,2, Aline Haas PhD,3, Danielle N. Jarvis PhD,3, Esther Nolton Med,3, Tom Welsh PhD,2, Dirk Hartog PT,2, Soledad Ecsegoyen MD,1, Lynda Mainwaring PhD,6, Derrick Brown MSc(Hons),1,2</td>
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<td>3.45</td>
<td>2020 vision: stress less, create more resiliency and self-care Lynda Mainwaring* PhD, C.Psych University of Toronto, Toronto, ON, Canada</td>
<td>Lynda Mainwaring PhD, University of Toronto, Toronto, ON, Canada</td>
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| 4:30 - 5:30 pm | Integrating dance injury prevention, fitness and recovery with The Ellové Technique®<sup>1</sup> Amy Werner DPT, BSc<sup>2</sup>, Laura Haney<sup>2</sup>  
<sup>1</sup>New Heights Physical Therapy Plus, Portland, OR, United States, <sup>2</sup>The Ellové Technique®, Portland, OR, United States |
| | I like to move it! A systematic review and meta-analysis on the effect of dance-based mind-motor activities to prevent falls in healthy older adults  
Michèle Matte MSc ETH, MPH<sup>1</sup>, Patricia Chocano MD, PhD<sup>1</sup>, Melanie Fischbacher MSc ETH<sup>1</sup>, Ursina Meyer PhD<sup>1</sup>, Lauren Abderhalden PhD<sup>1</sup>, Heike A. Bischoff-Ferrari MD, DrPH<sup>1</sup>,2,3  
<sup>1</sup>Centre on Aging and Mobility, University Hospital Zurich, Waid City Hospital, and University of Zurich, Zurich, Switzerland, <sup>2</sup>Department of Geriatrics, University Hospital Zurich, Zurich, Switzerland, <sup>3</sup>University Clinic for Acute Geriatric Care, Waid City Hospital, Zurich, Switzerland,  
<sup>1</sup>Menzies Health Institute, Griffith University, Gold Coast, Australia |
| | Move for your mind: prevention of cognitive decline and falls with Dalcroze eurhythmics and a simple home exercise program for seniors with subjective cognitive decline (SCD) – the study protocol and theoretical aspects  
Michèle Matte MSc, ETH<sup>1</sup>, Melanie Fischbacher MSc ETH<sup>1</sup>, Heike A. Bischoff-Ferrari MD, DrPH<sup>1</sup>,2,3  
<sup>1</sup>Centre on Aging and Mobility, University Hospital Zurich, Waid City Hospital, and University of Zurich, Zurich, Switzerland, <sup>2</sup>Department of Geriatrics, University Hospital Zurich, Zurich, Switzerland, <sup>3</sup>University Clinic for Acute Geriatric Care, Waid City Hospital, Zurich, Switzerland,  
<sup>1</sup>Menzies Health Institute, Griffith University, Gold Coast, Australia |
| | Creative dance, well-being, and older adults: an arts-informed photo elicitation study  
Ellis Martin-Wylie BKin, Emma Redding MSc, PhD, Elsa Urmston MSc, PGCAP  
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom |
| | The effects of a 10-week ballet intervention for over 50s on physical function and balance  
Meg Letton BExPhys, Jeanette Thom BSc(Hons) PhD, Rachel Ward PhD  
University of New South Wales, Sydney, Australia |
| | *Comparing information yield in two families of experimental design  
Tom Welsh PhD<sup>1</sup>, K. Michael Rowley PhD<sup>2</sup>  
<sup>1</sup>Florida State University, Tallahassee, FL, United States, <sup>2</sup>Brown University, Providence, RI, United States |
| | *Publication and level of evidence trends in dance medicine and dance science: a bibliometric review of a decade of research from 2007 to 2017  
Derrick Brown MSc(Hons)<sup>1</sup>, Jatin Ambegaonkar PhD, ATC<sup>2</sup>, Sangeet Sheth<sup>2</sup>, Sarah Coogan MS<sup>2</sup>  
<sup>1</sup>National Centre Performing Arts, Arnhem, Netherlands, <sup>2</sup>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States |

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<sup>2</sup>Student research support winners
5.30 – 7.30 pm
Opera C
Film showing of
Les chatouilles
followed by panel discussion on
‘Safeguarding in dance’

Nancy Kadel MD¹, Bonnie Robson MD, FRCPC², Carlo Bagutti MD³, Maggie Morris MA, BA(Hons)⁴
¹Seattle Clinic for Performing Artists at Seattle Spine and Sports Medicine, Seattle, WA, United States,
²Wisconsin Integrative Pain Specialists, Weston, WI, United States,
³Unité de medicine du sport, VidyMed, Lausanne, Switzerland
⁴Safe in Dance International, Honiton, United Kingdom
(supported by Rudolf Nureyev Foundation)

8.00 – 9.30 pm
RUBBERBANDance performance
Studio Théâtre Alfred-Laliberté

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<th>Time</th>
<th>Session 1: Symphonie 1 8.00 – 9.00 am</th>
<th>Session 2: Opera A 8.00 – 9.00 am</th>
<th>Session 3: Opera C 8.00 – 10.00 am</th>
<th>Session 4: Symphonie 3 8.00 – 9.00 am</th>
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<tr>
<td>8.00 – 9.00 am</td>
<td>- Utilization of lower extremity functional tests to determine readiness for return to dance following injury Laura Moyer MS, LAT, Jan Mussallem MSPT University of Wisconsin Hospital and Clinics, Madison, WI, United States <strong>Down under’ the dancer’s foot</strong> Susan Mayes* PhD, BAppSci(Physio)1, 2 1The Australian Ballet, Southbank, Australia, 2La Trobe University, Bundoora, Australia</td>
<td>- Can we shape, yet preserve, the heritage and traditions of a ballet class in a world of learning differences? Astrid Sherman*, Antonio Ocanas MSc, MD2 1Pro Arte Centre, North Vancouver, BC, Canada, 2North Shore ADHD and Addictions Clinic, North Vancouver, BC, Canada</td>
<td>- The nervous system: a missing link in flexibility training? Erika Mayall MPT, HBSc(Kin) Allegro Performance + Wellness, Vancouver, BC, Canada, Healthy Dancer Canada: The Dance Health Alliance of Canada, Toronto, ON, Canada</td>
<td>- The Cirque experience Paul McGinley* MSc, MCSP1, Evert Verhagen* PhD, FCESS2 1Performance Medicine Department, Cirque du Soleil, Montréal, QC, Canada, 2Research Advisory Group, Cirque du Soleil, Montréal, QC, Canada, 3Amsterdam UMC, Amsterdam, Netherlands <strong>The Cirque experience</strong></td>
</tr>
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<tr>
<th>Time</th>
<th>Symphonie 1</th>
<th>Opera A</th>
<th>Opera C</th>
<th>Symphonie 3</th>
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<tr>
<td>Moderator</td>
<td>Debra Crookshanks</td>
<td>Peter Lavine MD</td>
<td>Jo-Anne La Flèche MPsy, MA</td>
<td>Andrea Kozai MSc, CSCS</td>
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<td>GradDipManipTher.</td>
<td>Washington DC, USA</td>
<td>Montreal, QC, Canada</td>
<td>Pittsburgh, PA, USA</td>
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</tbody>
</table>

**Heightening relevé performance: myofascial, joint mobilization and exercise techniques to restore full relevé after ankle injury**
Amanda Greene DPT, BA, Andrea Lasner DPT
Johns Hopkins Hospital, Baltimore, MD, United States

**AJG Howse Memorial Lecture**

**Management of the lumbar spine**
Lyle J. Micheli MD
Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States

**Custom and psychological well-being: exploring the ‘inner’ experience of recreational dancers**
Karen Cann MA, PhD
Canna Projects Ltd, Glasgow, Scotland, United Kingdom

**Trauma exposure, anxiety, and injury: a comparison study between dancers and athletes**
Paula Thomson PsyD, Victoria Jaque PhD
California State University, Northridge, Studio City, United States

**Port de bras solutions for fixated upper back and shoulders through the Mitzvah technique**
Susan Green BSc(Hons)1, Sarah Kenny PhD2
1Mitzvah Technique Centre, Toronto, ON, Canada, 2Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada

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<th>Authors/Institutions</th>
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<tbody>
<tr>
<td>11.30 am -</td>
<td>Lowering anxiety levels in the hypermobile dancer: a regulatory</td>
<td>Julie Ruiz&lt;sup&gt;1&lt;/sup&gt;</td>
</tr>
<tr>
<td>12.30 pm</td>
<td>breathing practice to improve vagal tone</td>
<td>&lt;sup&gt;1&lt;/sup&gt;The Lotus House Movement Studio, Redondo Beach, CA, United States</td>
</tr>
<tr>
<td></td>
<td><strong>The sacroiliac joint: bridge to the movement highway</strong></td>
<td>Robert Turner DPT OCS&lt;sup&gt;1,2&lt;/sup&gt;, Elizabeth Manejias MD&lt;sup&gt;2&lt;/sup&gt;, Jarmo Ahonen PT&lt;sup&gt;2&lt;/sup&gt;</td>
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<td></td>
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<td>&lt;sup&gt;1&lt;/sup&gt;Movement CoLab New York, NY, United States, &lt;sup&gt;2&lt;/sup&gt;Hospital for Special Surgery, New York, NY, United States</td>
</tr>
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<td></td>
<td>The reinvention of the dancer identity: psychotherapeutic techniques and integrated care</td>
<td>Jill Descoteaux PhD, AT&lt;sup&gt;1&lt;/sup&gt;, Samantha Catania MEd, LPC&lt;sup&gt;2&lt;/sup&gt;</td>
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<td>&lt;sup&gt;1&lt;/sup&gt;Cirque du Soleil, Las Vegas, NV, United States, &lt;sup&gt;2&lt;/sup&gt;Hopewell Health Centers, Athens, OH, United States</td>
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<td>Health within dance pre-professional training in France: a sociological perspective of difficulties and benefits</td>
<td>Camille Casale MS</td>
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<td>Panthéon Sorbonne University, Paris, France, CNRS, Paris, France, Institut ACTE, Paris, France, IDHES, Paris, France</td>
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<td></td>
<td>Health promotion among dance students in higher education: a qualitative investigation of experiences and perceptions of health and wellbeing</td>
<td>Anastasia Paschali BA(Hons), MSc, Liliana S. Araujo CpsychoI, PhD</td>
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<td>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<td></td>
<td>Performing artist and athlete health monitor – experiences and expectations of professional dancers towards an online dance-health surveillance system</td>
<td>Stephanie Keizer-Hulsebosch MA&lt;sup&gt;1,2&lt;/sup&gt;, Daphne Karreman PhD&lt;sup&gt;1,2&lt;/sup&gt;, Janine Stubbe PhD&lt;sup&gt;1,2,3&lt;/sup&gt;</td>
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<td>&lt;sup&gt;1&lt;/sup&gt;Codarts, Rotterdam, Netherlands, &lt;sup&gt;2&lt;/sup&gt;Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, &lt;sup&gt;3&lt;/sup&gt;Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands</td>
</tr>
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<td></td>
<td>Mechanics of partnering in contact improvisation</td>
<td>Glenn Morgan MFA, MSc, Catherine Saenz PhD, RD, Krystina Nelson BS, CPT</td>
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<td></td>
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<td>Jacksonville University, Jacksonville, FL, United States</td>
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<sup>1</sup>Invited speaker. 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 ***45 minute session *60 minute plus. All symphonic/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. <sup>3</sup>Student research support winners.
### SCHEDULE

**IADMS 29TH ANNUAL CONFERENCE**

12.30 – 2.30 pm LUNCH BREAK

**MEDICAL DOCTORS NETWORKING EVENT**

**ROUNDTABLES** (lunch ticket required)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Moderator</th>
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<tbody>
<tr>
<td>Breathing</td>
<td>J.DeMars</td>
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<tr>
<td>Concussion</td>
<td>P.McGinley</td>
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<tr>
<td>Fascia</td>
<td>D.Crookshanks</td>
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<td>Foot and ankle</td>
<td>S.Mayes</td>
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<tr>
<td>Hypermobility</td>
<td>W.Timmons</td>
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<td>Identity</td>
<td>P.Lewton-Brain</td>
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<td>Long term dancer development</td>
<td>M.Wyon</td>
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<tr>
<td>Neuroscience</td>
<td>H.Poikonnen</td>
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<tr>
<td>Nutrition, recovery and RED-S</td>
<td>J.Ambegaonkar</td>
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<tr>
<td>Technology</td>
<td>K.M.Rowley</td>
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<tr>
<td>Return to dance</td>
<td>M.McCormack</td>
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<tr>
<td>Somatic practises</td>
<td>G.Grossman</td>
</tr>
<tr>
<td>Research translation</td>
<td>E.Verhagen</td>
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</tbody>
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# SCHEDULE
## IADMS 29th Annual Conference

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
<th>Institution/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.30 - 3.30 pm</td>
<td>You dance in turn-out, but live in parallel; a strengthening &amp; conditioning class for dancers</td>
<td>Paddy Jarit MS, PT¹,²,³</td>
<td>Sport &amp; Orthopaedic Physical Therapy by Paddy Jarit, Fairfield, CT, United States, Physical Therapy for Women, P.C. Trumbull, CT, United States, Rockwell Dance Center, Trumbull, CT, United States</td>
</tr>
<tr>
<td></td>
<td><strong>The dancer’s cervical spine</strong></td>
<td>Judith Peterson^ MD</td>
<td>Sanford School of Medicine of the University of South Dakota, Vermillion, SD, United States</td>
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<tr>
<td></td>
<td><strong>Our living thoracic spine; beyond bones and muscles</strong></td>
<td>Warwick Long M.Ph.Ed, DO¹²</td>
<td>Espace212, Montréal, Quebec, QC, Canada</td>
</tr>
<tr>
<td>2.30 – 5.00 pm</td>
<td>Opera A</td>
<td><strong>Multisensory instruction addresses learning diversity and enhances dance skill learning and performance</strong></td>
<td>Andrea Downie MA¹,²,³,⁴,⁵,⁶</td>
</tr>
<tr>
<td></td>
<td><strong>The dancer’s cervical spine</strong></td>
<td>Judith Peterson^ MD</td>
<td>Healthy Dancer Canada: The Dance Health Alliance of Canada, Toronto, ON, Canada, Safe in Dance International, Yarcombe, United Kingdom, School of Creative and Performing Arts, Dance Division, University of Calgary, Calgary, AB, Canada, Canadian Contemporary Dance Theatre, Toronto, ON, Canada, EnhanceDance, Toronto, ON, Canada, Royal Academy of Dance, Toronto, ON, Canada</td>
</tr>
<tr>
<td>2.30 – 4.30 pm</td>
<td>Opera C</td>
<td>Beyond attentional focus: drawing threads between scientific research and eastern movement practice for enhanced performance</td>
<td>Clare Guus-West Bhum, MA¹,²</td>
</tr>
<tr>
<td></td>
<td><strong>Our living thoracic spine; beyond bones and muscles</strong></td>
<td>Warwick Long M.Ph.Ed, DO¹²</td>
<td>The European Network for Opera, Music &amp; Dance Education, Brussels, Belgium, The European Dance &amp; Creative Wellness Foundation, Rotterdam, Netherlands</td>
</tr>
<tr>
<td>2.30 – 4.30 pm</td>
<td>Opera C</td>
<td>Beyond attentional focus: drawing threads between scientific research and eastern movement practice for enhanced performance</td>
<td>Clare Guus-West Bhum, MA¹,²</td>
</tr>
<tr>
<td>2.30 – 3.30 pm</td>
<td>Symphonie 1</td>
<td>Enhanced balance by letting the bodyweight rest on the middle of the heel bone</td>
<td>Anneli Järvi, Compagnie Ariel, Villefranche sur Mer, France</td>
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## SCHEDULE

### IADMS 29th Annual Conference

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<th>Time</th>
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<tbody>
<tr>
<td>3.30 - 5.00 pm</td>
<td><strong>External iron supplementation-kettlebell training for dancers</strong>&lt;br&gt;Jacob Manley DPT, MS¹, Michele Pye PhD², Rose Schmieg DHSc²&lt;br&gt;¹PRO Physical Therapy, Winchester, VA, United States, ²Shenandoah University, Winchester, VA, United States</td>
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<td></td>
<td><strong>Understanding the dancer with scoliosis</strong>&lt;br&gt;Suzanne Koucheryavy BS¹,²&lt;br&gt;¹Body Dynamics Inc, Falls Church, VA, United States, ²Pilates Thek, Inc, Alexandria, VA, United States</td>
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<td><strong>Spine interventions for the young in-season athlete</strong>&lt;br&gt;Mohan Radhakrishna MD&lt;br&gt;¹Physical Medicine and Rehabilitation, MUHC Pain Centre, McGill University, Montréal, Quebec, QC, Canada</td>
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<td><strong>40 years of experience in treating the causes of physical and emotional trauma in dancers</strong>&lt;br&gt;Philippe Druelle DO³&lt;br&gt;³Liége College of Ostéopathes, Liége, Belgium</td>
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<td></td>
<td><strong>The role of vision, audition and attention in entropy variations of upper-body accelerations during unplanned movement in dance</strong>&lt;br&gt;Derrick Brown MSc(Hons), Jurjen Bosga PhD², Ruud G.J. Meulenbroek PhD¹&lt;br&gt;¹Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Donders Centre for Cognition, Nijmegen, Netherlands, ²Praktijk Bosga-Stork, Doom, Netherlands</td>
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<td><strong>Brain research of dance: preparation, analysis and application</strong>&lt;br&gt;Hanna Poikonen PhD, MSc&lt;br&gt;University Health Care Research Center, Faculty of Medicine and Health, Örebro University, Sweden</td>
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### SUNDAY, October 27, 2019

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Speaker(s)</th>
</tr>
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<tbody>
<tr>
<td>7.30 am</td>
<td><strong>The language of eating disorders: are you helping or harming?</strong></td>
<td>Opera A&amp;B</td>
<td>Monika Saigal RD, CEDRD-S¹,², Dawn Smith, Theodore MA, MFT¹</td>
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<tr>
<td>9.00 am</td>
<td><strong>Dance for Health: a ten-year program of work</strong></td>
<td>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
<td>Emma Redding MSc, PhD, Veronica Jobbins BA, MA, Rebecca Standliffe PhD</td>
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<td><strong>EnhanceDance: holistic multisensory movement</strong></td>
<td>EnhanceDance, Toronto, ON, Canada</td>
<td>Andrea Downie MA¹,²,³,⁴,⁵,⁶</td>
</tr>
<tr>
<td>8.00 am</td>
<td><strong>Current concepts in the conservative management of anterior hip pain</strong></td>
<td>Opera C</td>
<td>Suzanne Semanson DPT¹, Mark Hall MPT, CSCS¹, Andrea Zujko PT, DPT¹, Carol Holyoke MSPT, CMA³, Julia Daugherty MSPT, CMPT¹, Morgan Alexander DPT⁵</td>
</tr>
<tr>
<td>10.00 am</td>
<td><strong>Panel lecture demonstration: current concepts in the conservative treatment of anterior hip pain among dancers</strong></td>
<td>Opera C</td>
<td>Suzanne Semanson DPT¹, Mark Hall MPT, CSCS¹, Andrea Zujko PT, DPT¹, Carol Holyoke MSPT, CMA³, Julia Daugherty MSPT, CMPT¹, Morgan Alexander DPT⁵</td>
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<td>Managing scoliosis in dance with dance specific Pilates exercises, the Schroth method and Scolio-Pilates®</td>
<td>Symphonie 3</td>
<td>Susanne Higgins BSc¹, Suzanne Koucheravy BS⁷, Lisa Clarkson DPT, OCS², Jenna Calo DPT, OCS²</td>
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<td>9.00 am</td>
<td>The science of movement enhanced by the principles of the 5 element theory from traditional Chinese medicine (invited speaker)</td>
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<tr>
<td>10.00 am</td>
<td>The Dancer’s Toolkit, Brooklyn, NY, United States</td>
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<tr>
<td>11.00 am</td>
<td>The Michell Center for Sports Injury Prevention, Children’s Hospital, Waltham, MA, United States</td>
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<tr>
<td>12.00 pm</td>
<td>An innovative approach to refining contemporary dance training within a conservatoire</td>
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<tr>
<td>1.00 pm</td>
<td>Examining functional and anatomical turnout for dance wellness screening</td>
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<tr>
<td>2.00 pm</td>
<td>Hip joint cartilage defects in professional ballet dancers: a 5-year longitudinal study</td>
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<tr>
<td>3.00 pm</td>
<td>Methods of manual therapy used to improve the femoro-acetabular joint after hip arthroscopy</td>
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<tr>
<td>4.00 pm</td>
<td>Two-year follow-up of patellofemoral pain in young female dancers: can young dancers skip this injury?</td>
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SCHEDULE
IADMS 29TH ANNUAL CONFERENCE

10.00 - 11.00 am
Incorporation of sensory integration techniques for injury rehabilitation and prevention
Kevin Brown Med, ATC
Kentucky Orthopedic Rehab Team, Louisville, KY, United States
Louisville Ballet, Louisville, KY, United States

11.00 am

11.00 am

IADMS Duels

Statistical significance vs clinical significance?
Andrea Kozai MSc, CSCS1,2 & Dawn Muci DPT, ATC3
1Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States
2Healthy Lifestyle Institute, University of Pittsburgh, Pittsburgh, PA, United States
3Performing Arts Special Interest Group, Orthopaedic section, American Physical Therapy Association, WI, United States

IADMS Duels

Quantitative MRI analysis of the talocrural and talonavicular joints in ballet dancers and healthy non-dancers
Kelli Sharp DPT1,2,3, Jeffery Russell PhD, ATC2, Hon J Yu PhD4, Toshimi Tando MD4, Saya Horiuchi MD4, Hiroshi Yoshioka MD4
1UC Irvine Claire Trevor School of the Arts, Department of Dance, Irvine, CA, United States
2UC Irvine Department of Physical Medicine and Rehabilitation, Irvine, CA, United States
3UC Irvine, School of Medicine, Sue and Bill Gross Stem Cell Research Center, Irvine, CA, United States
4UC Irvine, School of Medicine, Department of Radiology, Irvine, CA, United States
5Division of Athletic Training, School of Applied Health Sciences and Wellness Ohio University, Athens, OH, United States

A retrospective study to investigate the management of posterior ankle impingement in a NHS orthopaedic hospital
Caroline Jubb MSCP, MSCh2, Roger Wolman MD1,2
1Royal National Orthopaedic Hospital NHS Trust, London, United Kingdom
2University of California, San Francisco, United States

Ankle sprain in a dancer – operate?
Susan Mayes PT, PhD2 & Julie Daugherty MSPT, CMPT2
1La Trobe Sport and Exercise Medicine Research Centre, Bundoora, Australia
2The Australian Ballet, Southbank, Australia

Dance science or sport science?
Matthew Wyon PhD1,2 & Emma Redding MSc, PhD3
1Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom
2National Institute of Dance Medicine and Science, Walsall, United Kingdom
3Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

Maximizing the adaptability of the head by enhancing kinematics of the upper spine
Renee Robinson1, Irene Dowd2 BA1
1The Juilliard School, New York, NY, United States

Technology – good or evil?
Sylvie Fortin PhD1, Marisa Hentis, PT, DPT2 & Duane Scotti DPT, PhD3
1Université du Québec à Montréal, Montréal QC, Canada
2Performing Arts Special Interest Group, Orthopaedic section, American Physical Therapy Association, WI, United States

11.00 – 11.30 am
REFRESHMENT BREAK
Opera Foyer

1Invited speaker. 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 ***45 minute session *60 minute plus. All symphonic/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except – denotes 25 minutes with 5 minutes of questions. 5Student research support winners
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<tr>
<td>11.30 am</td>
<td>Pain in the neck: instrument assisted soft tissue mobilization for managing cervical woes Carina Nasrallah BA, MS, Leanne Wonesh BS, MS Houston Methodist Orthopedics &amp; Sports Medicine, Houston, TX, United States</td>
<td>*From Tamara Karsavina to Akram Khan: fifty years of dance and dance medicine and science Fay Nenander Balettakademien, Stockholm, Sweden</td>
<td>Dietary habits, nutrition knowledge and supplement use among breakers Miroslav Sekula MSc1,2, Nefeli Tsiouti MA, MSc2,3, Louise Martin PhD1, Mikaelia Michaelidou BSc3 1University of Worcester, Worcester, United Kingdom, 2Project Breakalgin, Nicosia, Cyprus, 3European University Cyprus, Nicosia, Cyprus</td>
<td>*Pelvic floor stiffness in pelvic floor dysfunction of dancers vs. non-dancers Brooke Winder DPT, OCS1, Tina Wang MD1, Andrea Cordova-Caddes DPT, OCS1, Kazuyoshi Gamada PhD, PT1 1Dance Department, California State University, Long Beach, CA, United States, 2Physical Medicine &amp; Rehabilitation, Loma Linda University School of Medicine, Loma Linda, CA, United States, 3Dance Department, Scripps College, Claremont, CA, United States, 4Department of Integrated Rehabilitation, Hiroshima International University, Higashihiroshima, Japan</td>
</tr>
<tr>
<td>12.30 pm</td>
<td>*Evaluating health care services in the professional dance company setting: a past, present and future review Heather Southwick MSPT1, Nancy Kadel MD2 1Boston Ballet, Boston, MA, United States, 2Seattle Spine and Sports Medicine, Seattle, WA, United States</td>
<td>*Evaluating health care services in the professional dance company setting: a past, present and future review Heather Southwick MSPT1, Nancy Kadel MD2 1Boston Ballet, Boston, MA, United States, 2Seattle Spine and Sports Medicine, Seattle, WA, United States</td>
<td>Relationship between energy availability, dietary macronutrients on bone mineral density in male and female vocational ballet dancers Juncal Roman MSc1,2, Myriam Leuenberger BSc, MSc2, Marina D Naranjo BSc, MSc2, Romain Haym MSc3, Lygeri Dimitriou PhD3 1English National Ballet School, London, United Kingdom, 2Middlesex University, London, United Kingdom, BMI London Independent Hospital, London, United Kingdom</td>
<td>*Do you pee before you perform? The pelvic floor function in performance Nathaniel Dolquist BA1, Dinah Hampson BA, BScPT1 1Freelance Performer, New York, NY, United States, 2Pivotdancer, Toronto, ON, Canada</td>
</tr>
<tr>
<td>11.30 am – 12.30 pm</td>
<td>Moderator: Karine Rathle MSc Montréal, QC, Canada</td>
<td>Moderator: Matthew Wyon PhD Walsall, UK</td>
<td>Moderator: Andrea Kozai, MSc, CSCS Pittsburgh, PA, USA</td>
<td>Moderator: K. Michael Rowley PhD Los Angeles, CA, USA</td>
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1Invited speaker. 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 ***45 minute session *60 minute plus. All symphonie/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. Student research support winners
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</thead>
</table>
| 12.30 – 1.30 pm | Scientific sessions                                                   | Lower extremity bone mineral density and associated factors in female pre-professional dancers  
Meghan Critchley BFA, MSc\(^1\), Clodagh Toomey PhD, PT\(^1,2\), Stacey Lobos BSc\(^3\), Luz Palacios-Derflingher PhD\(^1,2,4\), Sarah Kenny PhD\(^1,2,5\)  
\(^1\)Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada  
\(^2\)Alberta Children’s Hospital Research Institute, Calgary, AB, Canada \(^3\)Human Performance Laboratory, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada  
\(^4\)Department of Community Health Sciences, Cumming School of Medicine, University of Calgary, Calgary, AB, Canada  
\(^5\)O’Brien Institute for Public Health, Calgary, AB, Canada  
Sustainable diets and the dancer: minimizing the environmental impact of meeting nutritional requirements for dance  
Jasmine Challis BSc, MRes  
Freelance RD, Reading, London, United Kingdom  
Closing symposium  
**Breathing and the performance athlete  
Jessica DeMars BSc, PT  
Breathewell Physio, Calgary, AB, Canada |  
| 1.30 – 2.00 pm | Closing Remarks  
Opera A&B  
Peter Lavine, MD, President, IADMS  
Exhibitor raffle prize  
Highest scored presentation on app  
Presentation of IADMS Dance Educator Award  
Presentation of the Posters Award (Supported by Harlequin Floors)  
Presentation of IADMS Infographic Award (Supported by Seattle Spine and Sports Medicine)  
IADMS President handover ceremony |  
|               | x                                                                     | x                 |

\(^1\)Invited speaker. 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 ***45 minute session *60 minute plus. All symphonie/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions.  
\(^2\)Student research support winners
Weight-for-height ratio in adolescent dancers: an audit
Nico Kolokythas MSc1,2, Matthew Wyon PhD2, Yiannis Koutedakis PhD2,3, Shaun Galloway PhD2, Nicky Keay PhD4,5, George Metsios PhD2
1Elmhurst Ballet School, Birmingham, United Kingdom, 2Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, 3University of Thessaly, Thessaly, Greece, 4Department of Sport and Exercise Sciences, University of Durham, Durham, United Kingdom, 5NHS RED-S Clinic Royal National Orthopedic Hospital, London, United Kingdom

Nutrition periodization in dancers
Jatin Ambegaonkar PhD, ATC1, Ann Brown PhD2
1Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, 2Human Performance Laboratory, Department of Movement Sciences, University of Idaho, Moscow, ID, United States

Changes in physical-performance-tests across collegiate careers in dancers: the SHARE consortium
Jatin Ambegaonkar PhD, ATC1, Catherine Cavanagh BS, ATC1, Jena Hansen-Honeycutt DAT, ATC2, Victoria Fauntroy BS, ATC1, Esther Nolton MEd, ATC1, Nelson Cortes PhD1, Shrutti Ambegaonkar PT, DPT1, Shane Caswell PhD, ATC1
1Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, 2Department of Dance, George Mason University, Fairfax, VA, United States, 3Orthocare Physical Therapy Center, Fairfax, VA, United States

Music to our ears: are dancers at risk for high sound exposure?
Haley Busenbarrick BS, Kathleen Davenport MD
Memorial Sports Medicine Center, Hollywood, CA, United States

The impact of health promotion and education programs in university dancers
Isabel Artigues BSc, MSC
IAB Health, Institute of the Arts Barcelona, Barcelona, Spain

Wellness is coming! Peer to peer wellness information
Grace Wilkins, Randi Lenard, Margaret Wilson MS, PhD, Jennifer Deckert, MFA
University of Wyoming, Laramie, WY, United States

Mindful meditation effects on stress levels in collegiate dancers
Brenda Butcher BFA, MFA, Valerie Hale, PhD
University of Utah, Salt Lake City, UT, United States

Partnered myofascial and acupressure point release to restore physical and energetic harmony
Lisa Draskovich-Long BFA, MFA
California State University Fullerton, Fullerton, CA, United States
Moving dancers toward mental wellness: dance/movement therapy, therapeutic-bodywork and embodied dance for mental health support
Janette Dishuk MA, R-DMT 1,2, Allison Pasano MFA, CRM 2
1Synergy Arts & Wellness, LLC, Woodland Park, NJ, United States, 2Bergen Community College, Paramus, NJ, United States, 3Iona College, New Rochelle, NY, United States, 4Manhattanville College, Purchase, NY, United States

What don’t we know about dancers?
Ellie Kusner MSc 1,2,3, Marissa Schaeffer PT, DPT 3
1Hofstra University, The Juilliard School, Hempstead, New York, NY, United States, 2The Juilliard School, New York, NY, United States, 3Freelance, New York, NY, United States

An investigation of the learning styles of dancers with specific learning difficulties and their experiences in higher education vocational training
Jessica Morgan Alexandra Lowe MSc, BA(Hons), Liliana S. Araújo PhD, C.Psychol, Elsa Urmston MSc, PGCAP
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

The effect of integrative contemporary dance on functional mobility in adults with developmental disabilities
Sarah DiPasquale DPT, Aliza Franz
Skidmore College, Saratoga Springs, NY, United States

Examining the effects of an integrative dance intervention in adults living with intellectual disability
Emma Chen 1, Mary Roberts PhD 1, Sarah DiPasquale DPT 1
1Department of Health, Kinesiology and Applied Physiology, Concordia University, Montréal, QC, Canada, 2Department of Dance, Skidmore College, Saratoga Springs, NY, United States

Effects of dance intervention during pregnancy on fetal and neonatal development
Beatrix Bánkény Perjés MA 1, Gábor Mátrai MD 2, Bernadett Nagy MD, PhD 2, Daniella Erdel MSc 3, Viktória Prémusz MSc 1, József Bódis MD, PhD 2
1Faculty of Health Sciences, Doctoral School of Health Sciences, University of Pécs, Pécs, Hungary, 2Department of Obstetrics and Gynaecology, Clinical Centre, University of Pécs, Pécs, Hungary, 3Department of Medical Genetics, Clinical Centre, University of Pécs, Pécs, Hungary

Why do we dance? Stories of dance and healing
Danielle Burton MD 1,2, Robyn Gibert DPT 2
1University of Colorado School of Medicine, Aurora, CO, United States, 2Tufts Medical Center, Boston, MA, United States

How dance can be a complement for care and rehabilitation
Åsa N. Aström 1, Georg Drakos 2
1Ballettakademien, Stockholm, Sweden, 2Danderyd Hospital, Stockholm, Sweden

Take the lead with ballroom dance techniques as a balance intervention: a case report
Jonathan Mackin SPT, Annette Karim DPT, PhD
Azusa Pacific University, Azusa, CA, United States

Health-Related Quality of Life (HQORL) of older women who tap dance as compared to age-matched non-dancers
Annette Karim DPT, PhD
Azusa Pacific University, Azusa, CA, United States

Posters are numbered and ordered by theme and presenter
Group S available to view until Friday 2.30. Group M available to view from Friday 4.30
P = Professional S = Student R = Research E = Education C = Case studies W=Withdrawn © Student research support winners
Effects of 10-months dance program on physical ability in elderly Japanese females
Mayumi Kuno-Mizumura PhD, Yui Kawano MS, Riko Mizushima MS, Yuriko Hattori BA, Marie Kanamori BA, Akari Suzuki BA, Misaki Yoshida MS
Ochanomizu University, Tokyo, Japan

5Dance for mental health and mental health for dancers: an individual and population UK initiative
Anastasia Paschali BA(Hons), MSc1, Nicoletta P. Lekka MSc, PhD2
1King’s College London, London, United Kingdom, 2Sport and Exercise Special Interest Group of the Royal College of Psychiatrists, London, United Kingdom

Cultural dance for mental and physical health
Kyaien Conner PhD, Juanita Patterson-Price MS
University of South Florida, Tampa, FL, United States

Creation, validation, and reliability of dance fundamental movement skills assessment and teaching tool
Juanita Patterson-Price MS1, Andrea Pass BA2, Gregory Gutieres PhD3
1University of South Florida, Tampa, FL, United States, 2Footprints Dance Project, Calgary, AB, Canada

The cognitive appraisal of skilled performative movement
Michelle Lerner BS
Temple University, Philadelphia, PA, United States

Exploration of the creative process
Alexandra Pooley MSc1,2, Lilianna S. Araújo PhD, C Psychol1, Lucie Clements PhD, MSc1,3
1Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, 2Texas A&M University, College Station, TX, United States, 3University of Chichester, Chichester, United Kingdom

A new way to change dance motor patterns: the Allyane process
Colombié Jean Baptiste MPT, CSCS
Malandain Ballet Biarritz, Kinexpert, Biarritz, France

Integrating the Mitzvah technique into dance technique class to help reduce fatigue and dance injuries
Susan Green BSc(Hons)
Mitzvah Technique Centre, Toronto, ON, Canada

Technique modification to improve balance, strength, and stability for a professional dancer
Taylor Augustine, SPT1, Katherine Long, DPT, OCS1,2
1Cleveland State University, Cleveland, OH, United States, 2MetroHealth, Cleveland, OH, United States

Effectiveness of ankle strengthening using Pilates reformer vs. balance board to improve balance in dancers
Christine Bergeron MFA, Carisa Armstrong MFA, Danielle Schraer BS
Texas A&M University, College Station, TX, United States
Exercise load and muscle activity of five classical ballet strengthening exercises performed with a ‘Swiss Ball’
Georgios Machtsiras PhD, MSc\(^1\), Wendy Timmons MS, BSc\(^1\), Mark Pace MSc, BSc\(^2\), Bill Taylor MSc, SRP\(^3\), Anna Maria Risso MSc, BSc\(^2\)
\(^1\)The University of Edinburgh, Edinburgh, Scotland, United Kingdom, \(^2\)Queen Margaret University, Edinburgh, Scotland, United Kingdom, \(^3\)Taylor Physiotherapy, Edinburgh, Scotland, United Kingdom

Discussing the development of a pre-season preparation workout for professional ballet dancers
Angélique Keller MSc, MAS
Fit4performingarts, Zürich, Switzerland

The effects of supplementary fitness training on muscle power for vocational and professional dancers – a systematic review and meta-analysis
Clara Fischer MS, Bed\(^1\),2,3,4, Andersen Fagundes RMT\(^1\), Roberto Poton PhD\(^1\)
\(^1\)Health Sciences School Research and Study Group, Centro Universitário IBMR/Laureate International Universities, Rio de Janeiro, Brazil, \(^2\)Corpos Aptos Gestos Livres, Rio de Janeiro, Brazil, \(^3\)Estúdio Igashi, Rio de Janeiro, Brazil, \(^4\)Ateliê Corporal, Rio de Janeiro, Brazil

Profiles of vocational dance students: body composition, flexibility, muscular power and endurance
Hannah Jussli MSc, BA(Hons)\(^1\), Emma Redding MSc, PhD\(^1\), Lucie Clements PhD, MSc\(^1\)
\(^1\)Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, \(^2\)University of Chichester, Chichester, United Kingdom

The relationship between perceptual and neuromuscular fatigue in pre-professional classical ballet dancers
Matthew Lamarque BSc\(^2\),\(^3\), Matt Springham MSc, BSc\(^1\), Charles Pedlar PhD, MSc\(^1\), Karen Sheriff MSc, BSc\(^2\)
\(^1\)St Mary’s University Twickenham, Surrey, United Kingdom, \(^2\)Royal Ballet School, London, United Kingdom

Control of center of mass and center of pressure with fatigue in dancers
Savrina Goldenberg BSc\(^1\), Matthew Wyon PhD\(^2\)
\(^1\)Dalhousie University, Halifax, NS, Canada, \(^2\)University of Wolverhampton, Walsall, United Kingdom

The effects of fatigue on center of mass displacement during sauté jumps
Malisse Swanson AA, Danielle Jarvis PhD, ATC
California State University, Northridge, CA, United States

Fatigue-related leap landing knee injuries in dancers
Megan Holton ATC, Mark Timmons PhD, ATC, Kumika Toma PhD, Steven Leigh PhD
Marshall University, Huntington, WV, United States

Professional dancers shock absorption mechanism differs from non-dancers during landings
Ana M. Azevedo PT\(^1\),2, Raul Oliveira PT, PhD\(^1\), Joao R. Vaz PT, PhD\(^1\), Nelson Cortes PhD\(^2\)
\(^1\)Faculty of Human Kinetics, Lisbon, Portugal, \(^2\)George Mason University, Fairfax, VA, United States, \(^3\)Universidade Europeia, Lisbon, Portugal

Differences in force production between barefoot and pointe shoe jump landings
Emily Sandow DPT, OCS, Sarah Edery-Atlas DPT, OCS, Marjeanne Liederbach PhD, PT, Faye Dilgen DPT
Harkness Center for Dance Injuries, New York University, Langone Orthopedic Hospital, New York, NY, United States
Relationship between postural stability and aesthetic characteristics of the relevé en pointe in ballet
Akari Suzuki BA1, Yui Kawano MS1, Cheng-Feng Lin2, Mayumi Kuno-Mizumura PhD1
1Ochanomizu University, Bunkyo-ku, Tokyo, Japan, 2National Cheng Kung University, Tainan City, Taiwan, China

Effect of relative metatarsal length on single leg balance stability in ballet dancers
Juliet Peck BS1,2
1St. George’s, University of London, London, United Kingdom, 2Swedish Covenant Hospital, Chicago, IL, United States

The differences of COM displacement during 31 retire relevé based on the experience of classical ballet
Yurina Tsukahara PT, Yukio Urabe PT, PhD, Junpei Sasadai PT, PhD, Noriaki Maeda PT, PhD
Department of Sports Rehabilitation, Graduate School of Biomedical & Health Sciences, Hiroshima University, Hiroshima, Japan

Using postural stability to evaluate community-based participatory research initiatives in a collegiate dance department
Hannah Weighart BS1, Sarah DiPasquale PT, DPT1, Mary Roberts PhD2
1Skidmore College, Saratoga Springs, NY, United States, 2Concordia University, Montréal, QC, Canada

Examining postural stability in novice collegiate dancers participating in ballet and contemporary dance technique classes
Hannah Weighart BS1, Mary Roberts PhD2, Sarah DiPasquale PT, DPT1
1Skidmore College, Saratoga Springs, NY, United States, 2Concordia University, Montréal, QC, Canada

Examining neuromuscular activation of the vastus medialis oblique and vastus lateralis during foundational dance movements
Noelle Morrow BS, Hannah Weighart BS, Sarah DiPasquale DPT, Stephen Ives PhD
Skidmore College, Saratoga Springs, NY, United States

Comparison of physical activity between dance and traditional physical education classes in middle school girls: the Supporting Healthy Arts Research (SHARE) consortium
Bryndan Lindsey MS, ATC1, Monica Guerra BS1, Carol Pierce Med2, Shane Caswell PhD, ATC1, Nelson Cortes PhD1, Jatin Ambegaonkar PhD ATC1
1George Mason University, Manassas, VA, United States, 2Parkside Middle School (Prince William County Public Schools), Manassas, VA, United States

Physical health aspects of dance in national curriculums
Kumiyo Kai MFA
Nihon Fukushi University, Mihama, Japan

Physical activity in Kathak dance
Sangeet Sheth1,2 Victoria Fauntroy BS, ATC2, Jatin Ambegaonkar PhD, ATC1
1Centre College, Danville, KY, United States, 2George Mason University, Fairfax, VA, United States

Physical fitness in different dance modalities
Jamila Silva, Lilian Figueiredo, Leandro Borges MD, Elaine Hatanaka PhD
Institute of Physical Activity and Sport Sciences, Cruzeiro do Sul University, São Paulo, Brazil
Cardiorespiratory fitness evaluation of a predefined sequence of hip-hop social dance
Cláudia Machado Prates BA¹, Francine Rodrigues Pinto BSc¹, Marco Aurélio Rodrigues MSc¹, Nefeli Tsiotı MSc², Alex de Oliveira Fagundes MSc¹, Thais Reichert MSc¹, Matthew Wyon PhD², Izabela Lucchèse Gavioli MSc¹, Aline Nogueira Haas PhD¹
¹Federal University of Rio Grande do Sul, Porto Alegre, Brazil, ²European University Cyprus, Nicósia, Cyprus

Physiological impact of the fitness gram vs. a Pilates based abdominal curl
Christine Bergeron BA, MFA
Texas A&M University, College Station, TX, United States

Investigating the psychological and physiological outcomes from recreational pole dancing classes: a non-randomised pilot study
Joanna Nicholas BSc(Hons), PhD¹ James Dimmock BCom, PhD¹, Jacqueline Alderson BSc, PhD², Cyril Donnelly MSc, PhD¹, Ben Jackson BSc, PhD¹
¹School of Human Sciences (Exercise & Sport Science), University of Western Australia, Crawley, Australia, ²Auckland University of Technology, Sports Performance Research Institute New Zealand (SPRINZ), Auckland, New Zealand
Poster Presentations - Group M
Saturday, October 26, 4.30 - 6.00 pm
Opera B

Physical and mental health problems: a prospective study among professional ballet dancers
Rogier van Rijn PhD1,2, Stephanie Keizer-Hulsebosch MSc1,2, Janine Stubbe PhD1,2,3
1Codarts University of the Arts, Rotterdam, Netherlands, 2Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, 3Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands

Are recovery-stress states of Cape Town South Africa professional ballet dancers en point?
Jana S. De Wet BHSc, Eileen K. Africa PhD, Ranel E. Venter PhD
Department of Sport Science, Faculty of Medicine and Health Sciences, Stellenbosch University, Stellenbosch, South Africa

The reinvention of the dancer identity: psychotherapeutic techniques and integrated care
Jill Descoteaux PhD, AT1, Samantha Catania MEd, LPC2
1Cirque du Soleil, Las Vegas, NV, United States, 2Hopewell Health Centers, Athens, OH, United States

Dancer’s perspectives on the impact of injury on their performance ability: multiple case studies analysis
Amanda Vinson BFA, BSME1, Margaret Wilson PhD, MS1,2, Jennifer Deckert MFA, BFA3
1University of Wyoming, Laramie, WY, United States, 2Texas Woman’s University, Denton, TX, United States, 3University of Utah, Salt Lake City, UT, United States

Self-reported injuries and treatments in collegiate dancers
L. Daniel Latt MD, PhD, Samuel Steven Krause BS, Katelyn Terese Paulsen, Lyndsay Ann Kandi BS
University of Arizona, Tucson, AZ, United States

The familiarity, interest, and utilization of complementary healthcare treatments among dancers presenting to an academic medical center
Rosalinda C. Carizares DPT, Victoria Banner Vice SPT, Daniel Schmitt PhD, Ashley Lea SPT, Daniela Ortiz SPT, Mikela, Nylander-French SPT, Carolyn E. Keeler DO
Duke University Medical Center, Durham, NC, United States

A comprehensive dancer wellness program: improving access to health & wellness care for the collegiate dancer
Maria Benedetto DPT, Jennifer Morely BA, MFA, Sarah Wenger DPT
Department of Physical Therapy & Rehabilitation Sciences & Department of Performing Arts, Drexel University, Philadelphia PA, United States

Power and grace: improving your performance with sports medicine; a community education project in practice
Catherine Vargo PT, DPT
UPMC Centers for Rehab Services, Pittsburgh, PA, United States

Utilization of a pre-participation dance screening to identify pre-existing conditions and promote healthy participation in dance in a division III collegiate dancer
Kelly Hoots MSAT1,2, Ashley Gray MSAT1,2, David Wilkenfeld EdD1
1Moravian College, Bethlehem, PA, United States, 2St. Luke’s University Health Network, Bethlehem, PA, United States

Analyzing causes of movement pattern dysfunctions using the selective functional movement assessment in university dancers
Olivia Link1, Jena Hansen-Honevutt DAT, ATC1,2, Jatin Ambegaonkar PhD, ATC2, Esther Nolton MEd, ATC2
1George Mason University, School of Dance, Fairfax, VA, United States, 2George Mason University, Fairfax, VA, United States
Using video analysis in dance injury prevention
Colombié Jean Baptiste MPT, CSCS, Juret Aurelie MD
Malandain Ballet Biarritz, Kinexpert, Biarritz, France

Posture, functional movement and its relationship with injuries in university dancers
Isabel Artigues BSc, MSc
Institute of the Arts Barcelona, Barcelona, Spain

Aerobic fitness and lower-extremity injuries: a longitudinal study of 131 first-year contemporary dance students
Annemiek Tiemens MSc,2, Rogier van Rijn PhD1,2, Janine Stubbe PhD1,2,3
1Codarts University of the Arts, Rotterdam, Netherlands, 2Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, 3Rotterdam Arts and Sciences Lab (RASL), Rotterdam, Netherlands

The epidemiological study of injuries in pre-professional ballet dancers
Min Jin Kim MS1,2, Sae Yong Lee PhD1,2
1Yonsei University, Seoul, Korea, Republic of (South), 2Yonsei Institute of Sports Science and Exercise Medicine (YISSEM), Seoul, Korea, Republic of (South)

Comparing musculoskeletal injury profiles between pre-professional and professional ballet dancers: a systematic review
Angela Cao, Manuela Angioi PhD, Shabir Khan
Queen Mary University of London, London, United Kingdom

Injury prevalence at the San Martin Theatre contemporary ballet
Federico Lopez Trotta PT1,2, Oscar Ronzio PT1, Lucas Paschetta PT1
1Maimonides University, Buenos Aires, Argentina, 2San Martin Theater, Buenos Aires, Argentina

Dance medicine in Hungary: a survey of the United for Artists Foundation professional dancers’ physical status and the specialized PREhabilitation health care system
Kristof Kerekes BA, MA1,2
1Unified for Artists Foundation, Budapest, Hungary, 2KK Moves Health Center, Budapest, Hungary

A case study of a professional ballet dancer through the eyes of a clinician with four perspectives: the physical therapist, Pilates instructor, Gyrotonic® trainer and dancer
Kerri Williams PT, DPT1, Heather Southwick PT, MSPT1, Bridget Quinn MD2
1Boston Ballet, Boston, MA, United States, 2Boston Children’s Hospital, Boston, MA, United States

Spinal compression fracture L1-L3: diagnosis, rehabilitation and return to exercise
Sara Puchowska PhD
The Academy of Performing Arts in Prague Music and Dance Faculty, Prague, Czech Republic

The dancer with scoliosis: insights and strategies for a lifetime
Suzanne Koucheravy BS1,2
1Body Dynamics Inc, Fall Church, VA, United States, 2Pilates Thek, Arlington VA, United States

Posters are numbered and ordered by theme and presenter
Group S available to view until Friday 2.30, Group M available to view from Friday 4.30
P = Professional S = Student R = Research E = Education C = Case studies W = Withdrawn S = Student research support winners
SCHEDULE
IADMS 29TH ANNUAL CONFERENCE

Bend it, twist it, assess it: a review of medical screening for the performer’s spine
Jessica Waters DPT, OCS
Cleveland Clinic, Cleveland, OH, United States

Rehabilitation of diastasis recti abdominus in a postpartum elite female dancer: a case report
Vanessa Muncrief PT, DPT
Ballet Austin, Baylor Scott & White Institute for Rehabilitation, Austin, TX, United States

Hormone relaxin levels in the serum of professional ballet dancers is a poor biomarker
Peter Howard MD1, Guillermo Bauza BS2, Francesca Taraballi PhD2, Ennio Tasciotti PhD2, Joshua Harris MD1
1Department of Orthopedics & Sports Medicine, The Houston Methodist Hospital, Houston, TX, United States; 2Center for Musculoskeletal Regeneration, Houston Methodist Research Institute, Houston, TX, United States

Physiological health parameters among elite ballet dancers
Michael Cain MD1, Tyler Heimdal BS2, Joshua Harris MD1, Steven Petak MD3, Bradley Lambert PhD1, Patrick McCulloch MD1
1Department of Orthopedics & Sports Medicine, The Houston Methodist Hospital, Houston, TX, United States; 2Texas A&M College of Medicine, College Station, TX, United States; 3Department of Endocrinology, The Methodist Hospital, Houston, TX, United States

A narrative review of stress fractures in professional ballet
Vijay Jotwani MD, Lindsay Barter MS, Angelina Vera MD, Carina Nasrallah MS, ATC, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD
Department of Orthopedics & Sports Medicine, The Houston Methodist Hospital, Houston, TX, United States

The effects of shock absorption in dance shoes on jump height in championship Highland dancers
Robyn Horsburgh BSc, MSc, Matthew Wyon PhD
Institute of Sport, University of Wolverhampton, Walsall, United Kingdom

One-year injury history and risk factors among female Highland dancers
Hayley McDougall2, Amanda Black CAT(C)1,2, Sarah Kenny PhD1,2
1Faculty of Arts and Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada; 2Sport Injury Prevention Research Centre, University of Calgary, Calgary, AB, Canada

Differences in kinematics in a folkloric jump wearing a feathered head piece
Alitzel Canseco BA, Soledad Echegoyen MD, MEd
Escuela Nacional de Danza, Mexico City, Mexico

Static and dynamic balance, variability of eye movements and musculoskeletal injuries in folkloric dancers
Diana Maria del Pilar Gil-Cifuentes PT-Mg, Karim Martina Alvis-Gomez PT, PhD
1Universidad Nacional de Colombia, Bogota, Colombia

Normative criteria for baseline screening in adolescent competitive dancers
Duane Scotti PhD, DPT1,2, Richard Feinn PhD1, Katharina Greco DPT1, Kelsey Hart DPT1, Carolyn O’Leary DPT1, Erica Peters DPT1
1Quinnipiac University, Hamden, CT, United States; 2Spark Physical Therapy, Wallingford, CT, United States
SCHEDULE
IADMS 29TH ANNUAL CONFERENCE

Oct 20 2019
Program subject to change

An underrepresented dancer: the colorguard performer
Alyssa McPherson MS, ATC1, Zachary Dangel MS, ATC1, Melissa Hatheway Lewis BME2, Carrie Docherty PhD, ATC1
1Indiana University Bloomington, Bloomington, IN, United States, 2University of North Texas Health Science Center, Fort Worth, TX, United States

Physical therapy management of a young competitive Irish dancer with ankle pain, instability and metatarsal fracture by correcting her movement impairments
Lynnette Khoo-Summers DPT
Washington University School of Medicine Program in Physical Therapy, St Louis, MO, United States

Radial shockwave therapy: regaining ankle plantar flexion following moderate ankle sprain in professional ballet dancers
Desiree Urs worth PT, DPT1,2,3 Thomas Novella DPM2,4,5,6, Marika Molnar PT, LAc1,2,3
1Westside Dance Physical Therapy, NY, United States, 2New York City Ballet, NY, United States, 3School of American Ballet, NY, United States, 4New York College of Podiatric Medicine, NY, United States, 5Department of Orthopaedics, Mt Sinai Hospital, NY, United States, 6Department of Medicine, Hospital for Special Surgery, NY, United States

Conservative management of os trigonum in a pre-professional ballet dancer with a motor control & learning emphasis: a case report
Maria Benedetto DPT, Sara Tomaszewski DPT
Drexel University, Philadelphia, PA, United States

The diagnosis and treatment of adolescent dancers with fibularis (peroneus) tertius dysfunction limiting plantar flexion range of motion: a case report
Victoria Hove SPT1, Amanda Blackmon PT, DPT1,2,3, Emma Faulkner PT, DPT1,2,3,4
1Mercer University, Atlanta, GA, United States, 2Emory University, Atlanta, GA, United States, 3Atlanta Ballet, Atlanta, GA, United States, 4Atlanta Dance Medicine, Atlanta, GA, United States

Mechanisms of ACL tears and dancers: what’s the difference?
Abigail Misenheimer SPT, ATC / L1,2,4, Amanda Blackmon PT, DPT1,2,3,4, Emma Faulkner PT, DPT1,2,3,4
1Emory University, Atlanta, GA, United States, 2Atlanta Ballet, Atlanta, GA, United States, 3Mercer University, Atlanta, GA, United States, 4Atlanta Dance Medicine, Atlanta, GA, United States

Presentation and treatment of idiopathic benign paroxysmal positional vertigo in collegiate dancers
Koreen Boydstun BS, BA1, Jena Hansen-Honeycutt DAT, ATC1,2,3, Jatin Ambegaonkar PhD, ATC1, Russell Baker PhD, DAT1
1University of Idaho, Moscow, ID, United States, 2School of Dance, George Mason University, Fairfax, VA, United States, 3George Mason University, Fairfax, VA, United States

A contralateral exercise used to restore hip extension in university dancers: a case series
Jena Hansen-Honeycutt DAT ATC1, Jatin Ambegaonkar PhD, ATC2
1George Mason University, School of Dance, Fairfax, VA, United States, 2George Mason University, Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, Fairfax, VA, United States

Anatomic factors affecting turnout
Angelia Vera MD, David Dong BS, Bradley Lambert PhD, Joshua Harris MD, Kevin Varner MD, Patrick McCulloch MD
Department of Orthopedics & Sports Medicine, Houston Methodist Hospital, Houston, TX, United States

The relationship between hip external rotation angle at turnout position and muscle tightness of lower extremity in 7-18 years old female ballet dancers
Yuriko Hattori, Mayumi Kuno-Mizumura PhD
Ochanomizu University, Tokyo, Japan

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P = Professional S = Student R = Research E = Education C = Case studies W=Withdrawn 5 = Student research support winners
Deep hip external rotator muscle size in ballet dancers compared to non-dancing athletes, and associations to pain
Sophie Emery B.Phty, M.Phty1, Jill Cook B.Phty, PhD2, Susan Mayes B.Phty, PhD1,2
1The Australian Ballet, Southbank, Australia, 2La Trobe Sports and Exercise Medicine Research Centre, La Trobe University, Bundoora, Australia

Rehabilitation protocol for professional ballet dancers after hip arthroscopy: a case study
Jakub Placzki MSc1, Paulina Mira MSc2,3, Michał Dwiewa MD1, Krzysztof Placzki MSc1, Jakub Molasy MSc1, Magdalena Syrek MSc1
1Carolina Medical Center, Warsaw, Poland, 2MIRA Studio Terapi, Warsaw, Poland, 3Polski Balet Narodowy, Warsaw, Poland

Dive in: the benefits of aquatic exercise for the training and rehabilitation of dancers
Katie Rodrock MS, ATC
Cleveland Clinic, Cleveland, OH, United States

Differential diagnosis of an adolescent dancer with shoulder pain and the impact of dance on recovery
Meredith Dake PT, DPT, Erin Hayden DPT, OCS
Children’s Hospital Colorado, Denver, CO, United States

How stress contributed to the rehabilitation of an adolescent dancer with Amplified Musculoskeletal Pain Syndrome
Leigh Roberts DPT, OCS
Johns Hopkins Rehabilitation Network, Odenton, MD, United States

Using dance creation as a catalyst to induce a change in patients experiencing chronic pain
Émilie Demers BSc
Centre Hospitalier de l’Université de Montréal, Montréal, QC, Canada

The potential of dance art in the recovery of stroke: a case study
Hanna Pohjola PhD, PT
University of Eastern Finland, Kuopio, Finland

The impact of a dance therapy program on participant’s mobility after stroke: a single-case study
Brigitte Lachance BA, BSc1,2, Sylvie Fortin PhD3, Nathalie Bier PhD1,5, Bonnie Swaine PhD1,2,6
1University of Montréal, Montréal, QC, Canada, 2Center for Interdisciplinary Research in Rehabilitation, Montréal, QC, Canada, 3Centre Intégré Universitaire de Santé et de Services Sociaux du Centre Sud de l’île de Montréal, Montréal, QC, Canada, 4Université du Québec à Montréal, Montréal, QC, Canada, 5Institut Universitaire de Gériatrie Montréal, Montréal, QC, Canada, 6Institut Universitaire en Réadaptation Délétion Physique, Montréal, Montréal, QC, Canada

Improvisational movement for people with early-stage Alzheimer’s disease and their carepartners: a pilot study
Christina Soriano BA, MFA1, Rebecca Barnstaple DESS, MA2, Christina Hugenschnidt PhD3
1Wake Forest University, Winston-Salem, NC, United States, 2York University, Toronto, ON, Canada, 3Wake Forest School of Medicine, Midland, ON, Canada

Effects of dance and walking program on functional mobility and spatiotemporal gait parameters in people with Parkinson’s
Aline Nogueira Haas PhD1, Marcela dos Santos Delabary MSc1, Rebeca Gimenes Donida BA1, Mariana Wolffenbutter BA1, Eiren Passos Monteiro MSc2, Leonardo Alexandre Peyré-Tartaruga PhD1
1Federal University of Rio Grande do Sul, Porto Alegre, Brazil, 2Federal University of Health Sciences of Porto Alegre, Porto Alegre, Brazil

Posters are numbered and ordered by theme and presenter
Program subject to change
The development of ballet exercises with PNF for a Parkinson's Disease patient: a case report
Christina Del Carmen BA, Annette Karim DPT, PhD
Azusa Pacific University, Anaheim, CA, United States

Targeted dance class for cerebral palsy: a case study
Citlali Lopez-Ortiz PhD, MA1,2, Danielle Lencioni BS1, Nicole Alberto BS1
1University of Illinois at Urbana-Champaign, Urbana, IL, United States, 2Joffrey Academy of Dance, Official School of the Joffrey Ballet, Chicago, IL, United States

Intersection of dance and science: over-ground gait outcomes of a ballet-based intervention in children with cerebral palsy
Kelli Sharp DPT1,6,7, Kimberly Lakes PhD3, Rachel Sunico BS5, Marybeth Grant-Beuttler PhD2, Shlomit Aizik PhD4
1Claire Trevor School of the Arts, Department of Dance, University of California, Irvine, CA, United States, 2Crean School of Health and Behavioral Science, Chapman University, Orange, CA, United States, 3Department of Psychiatry & Neuroscience, University of California, Riverside, CA, United States, 4Pediatric Exercise Research Center, School of Medicine, University of California, Irvine, CA, United States, 5School of Medicine, University of California, Irvine, CA, United States, 6School of Medicine, University of California, Irvine, CA, United States, 7Sue and Bill Gross Stem Cell Center, School of Medicine, University of California, Irvine, CA, United States
Friday, October 25, 2019

A DAY FOR TEACHERS (ADFT)
Bridging the Gaps: from Theory to Practice
Co-hosted by Healthy Dancer Canada (HDC) and the IADMS Dance Educators’ Committee

8.30 - 9.00 am
Registration; tea, coffee and light breakfast

9.00 am
Opening remarks
Karine Rathle MSc, HDC president

9.00 - 10.00 am
Moving to move: an approach to the art of technique
Angelique Wilkie MSc

10.00 - 10.15 am
Refreshments break

10.15 - 11.30 am
‘World Café’ (1) Can vegans dance? (2) Balance board - friend or foe? (3) The stretching debate (4) How much is too much?

11.30 am - 12.30 pm
Building anatomical fluency through creative practices
Megan Brunsvold Mercedes BFA, MFA
Utilizing strategies from motor learning to enhance verbal cueing for dancers
Lisa Donegan Shoaf DPT, PhD & Judith Steel MA, CMA

12.30 - 2.30 pm
Lunch with Dance Educators Roundtable discussions (*lunch ticket to be bought)

2.30 - 3.30 pm
Dancers’ perceptions of strength and conditioning training
Melanie Kerr MSc, BA(Hons) & Imogen Auji MSc, PhD

Injury associated with dance education: a systematic review
Meghan Critchley MSc

The effect of the Flipped Classroom Model on altering knowledge and behavior in collegiate dancers
Margaret Willoughby MS & Mary Petrizzi MS

Gender separation in training: right or wrong?
Elizabeth Yutzey MFA & Emma Redding MSc, PhD

3.30 - 3.45 pm
Refreshments break

3.45 - 5.00 pm
2020 vision: stress less, create more resiliency and self-care
Lynda Mainwaring PhD, C.Psych

5.00 - 5.30 pm
Review, reflection and actions from the day
Dance educators’ committee chair, IADMS
SATURDAY, October 26, 2019

A DAY FOR MEDICS (ADFM)

8:30 am  Registration; tea, coffee and light breakfast

9.00 am  Opening remarks  Peter Lavine MD, President, IADMS

9.00 am  The Cirque experience  Paul McGinley MSc, MCSP & Evert Verhagen PhD, FECSS

10.00 am  Refreshment break

10.30 am  AJG Howse Memorial Lecture
Management of the lumbar spine  Lyle Micheli MD

11.30 am  The sacroiliac joint: bridge to the movement highway  Robert Turner PT, OCS, Elizabeth Manejias MD & Jarmo Ahonen PT

12.30 pm  Lunch with Medical Doctors’ networking event (additional ticket required)

2.30 pm  The dancer’s cervical spine  Judith Peterson MD

3.00 pm  Our living thoracic spine; beyond bones and muscles  Warwick Long M.Ph.Ed, DO

3.30 pm  Understanding the dancer with scoliosis  Suzanne Koucheravy BS

3.45 pm  Spinal interventions for the young, in season athlete  Mohan Radhakrishna MD

4.30 pm  40 years of experience in treating the causes of physical and emotional trauma in dancers  Philippe Druelle DO

5.00 pm  Closing remarks  Lauren Elson MD, Program committee, IADMS