Thursday, October 13, 2011

7:30 - 8:30 am  Registration; Tea and Coffee

8:30 - 8:45 am  Opening Remarks – South Ballroom
Tom Welsh, PhD, President, IADMS
Steven J. Chatfield, PhD, Executive Director, IADMS
Virginia Wilmerding, PhD, Chair, Annual Meeting Program Committee
Presentation – Student Research Award
(Sponsored by Harkness Center for Dance Injuries)

8:45 - 9:00 am  Welcome
Suzanne Farrell

9:00 - 9:15 am  Lifetime Service Award
William G. Hamilton, MD
Presented by Marika Molnar, PT, LAc

9:15 - 10:00 am  Moderator: Marika Molnar, PT, New York, New York, USA
Clinical Symposium:
Lateral Ankle sprains in dancers: diagnosis and treatment

10:00 - 10:30 am  REFRESHMENT BREAK

Concurrent Lectures (South Ballroom, North Ballroom) and Movement Sessions (Cavalier, Concourse):

South Ballroom – 10:30 am - 12:30 pm
Moderator: David S. Weiss, MD, New York, New York, USA

10:30 - 11:10 am  Clinical Symposium:
Posterior Ankle Impingement Syndrome: pathophysiology, diagnosis and surgical management
James Calder, MD, FRCS(Tr & Orth), Consultant Orthopaedic Surgeon, The Chelsea and Westminster Hospital, London, UK

11:30 - 11:40 am  Ankle syndesmosis injury
Claire Hiller, PhD; Amy Sman, BSc (Physio), University of Sydney, Sydney, NSW, Australia

11:45 am - 12:05 pm  Posterior ankle impingement in the dancer
Brad R. Moser, MD, The Minnesota Dance Medicine Foundation, Minnesota Orthopedic Sports Medicine Institute, Minneapolis, Minnesota, USA
(Session continued on next page)

North Ballroom – 10:30 am - 12:30 pm
Moderator: Janet Karin, OAM, Melbourne, Australia

10:30 - 11:00 am  Somatics as science in dance research and practice
Margaret Wilson, MS, PhD, Department of Theatre and Dance, University of Wyoming, Laramie, Wyoming; Edel Quin, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Glenna Batson, PT, ScD, Department of Physical Therapy, Winston-Salem State University, Winston-Salem, North Carolina, USA

11:15 - 11:45 am  Teaching university imagery-based dance science courses: three educators share their experiences
Teresa Heiland, PhD, Loyola Marymount University, Los Angeles, California; Lynnette Overby, PhD, University of Delaware, Newark, Delaware; Jan Dunn, MS, University of Colorado, Boulder, Colorado, USA
(Session continued on next page)
12:15 - 12:25 pm  
Surgical treatment of the accessory navicular (os tibiale externum) in dancers: a review of the literature and descriptive case series  
W.M. (Willemijn) Diemer, MD; A.B.M. (Boni) Rietveld, MD, BA (music), Medical Centre for Dancers & Musicians, The Hague, The Netherlands

12:00 - 12:20 pm  
Should teaching dance to children continue to be delivered kinesthetically?  
Dominic Cunliffe, BSc (Hons), PGCE, Southampton Solent University, Southampton; Rachel Rist, MA, Tring Park School for the Performing Arts, Tring, UK

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Cavalier – 10:30 am - 11:20 am  
Moderator: Matthew Wyon, PhD, Walsall, UK

Movement Session – Utilizing Body-Mind Centering® and Gyrotonics® to connect sight, spinal mobility, and expressiveness  
Wendy Masterson, MFA, SME, Interlochen Center for the Arts, Interlochen, Michigan, USA

Concourse – 11:30 am - 12:20 pm  
Moderator: Emma Redding, PhD, London, UK

Movement Session – The Pilates Method and dance technique: a ‘reformer’ for the art  
Gabriella Berkow, BA (Hons), Columbia University Teachers College, New York, New York, USA

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12:30 - 2:30 pm  
LUNCH BREAK (with IADMS Committee Meetings reserved time)

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Concurrent Lectures (South Ballroom, North Ballroom) and Movement Sessions (Cavalier, Concourse):

<table>
<thead>
<tr>
<th>South Ballroom – 2:30 pm - 4:30 pm</th>
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2:30 - 3:15 pm  
Clinical Symposium:  
Bone health for dancers  
Selina Shah, MD, FACP, Center for Sports Medicine, St. Francis Memorial Hospital, San Francisco and Walnut Creek, California, USA

2:30 - 2:50 pm  
A best practice data management model for collaborative research in dance medicine  
Marijeanne Liederbach, PhD, PT, NYU Hospital for Joint Diseases, Harkness Center for Dance Injuries, New York, New York; Marshall Hagins, PhD, PT, Long Island University Division of Physical Therapy, Brooklyn, New York; Jennifer Gamboa, DPT, PT, Body Dynamics, Inc., Arlington, Virginia; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA

3:00 - 3:10 pm  
Injury tracking in a dance conservatoire  
Terry Clark, PhD; Katherine Watkins, BSc (Hons), MCSP; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

3:15 - 3:25 pm  
A model for dance exposure data usage collected through an email-based exposure tracking system  
Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio; Robin Kish, MFA, Chapman University, Orange, California, USA

3:30 - 3:40 pm  
Screening protocols for dance-specific assessment  
Jennifer Deckert, MFA; Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming, USA

(Session continued on next page)
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>4:00 - 4:10 pm</td>
<td>Dietary intake of male elite and pre-professional dancers</td>
<td>Derrick D. Brown, MSc, University for the Arts, Rotterdam Dance Academy, Rotterdam, The Netherlands; Matthew Wyon, PhD, School of Sport, Performing Arts and Leisure, University of Wolverhampton, Walsall, UK</td>
</tr>
<tr>
<td>4:15 - 4:25 pm</td>
<td>Development and evaluation of an educational intervention program for pre-professional adolescent ballet dancers: nutrition for optimal performance</td>
<td>Ashley Doyle-Lucas, PhD, Ohio State University, Columbus, Ohio; Brenda Davy, RD, PhD, Virginia Polytechnic and State University, Blacksburg, Virginia, USA</td>
</tr>
<tr>
<td>3:45 - 3:55 pm</td>
<td>Fit to dance questionnaire for ballroom dancers</td>
<td>Teri Riding McCabe, MS, ATC; Matthew Wyon, PhD, School of Sport, Performing Arts and Leisure, University of Wolverhampton, Walsall, UK</td>
</tr>
<tr>
<td>4:00 - 4:20 pm</td>
<td>Injuries in African Dance Forms</td>
<td>Sonam Shah, BPHE; Lynda Mainwaring, PhD, University of Toronto, Ontario, Canada</td>
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<tr>
<td>4:30 - 5:00 pm</td>
<td>REFRESHMENT BREAK</td>
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<tr>
<td>South Ballroom – 5:00 – 6:00 pm</td>
<td>Care of the professional theatrical performer</td>
<td>David S. Weiss, MD, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases; Jennifer Green, PT, CFMT, PhysioArts; Mark Hunter-Hall, MPT, CSCS, Encore Physical Therapy, New York, New York, USA</td>
</tr>
<tr>
<td>North Ballroom – 5:00 – 6:00 pm</td>
<td>Technique class participation strategies for injured college dance students</td>
<td>Kathryn Daniels, MA, Cornish College of the Arts, Seattle, Washington, USA</td>
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<td>The use of Pilates and modern dance as therapeutic tools</td>
<td>Rebecca Hess, PhD; Christine Romani-Ruby, MPT, ATC, California University of Pennsylvania, California, Pennsylvania, USA</td>
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<td></td>
<td>Kinesthetic intervention for normative pelvic alignment in dancers</td>
<td>Shawna K. Smith, BS; Jane Baas, MFA, Western Michigan University; Carrie Janiski, DO, ATC, Kalamazoo Center for Medical Studies, Michigan State University, Kalamazoo, Michigan, USA</td>
</tr>
</tbody>
</table>

**Cavalier – 2:30 - 3:20 pm**
Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA

**Movement Session – Spiraling and circling imagery to free the spine and limbs in Gyrokinesis®**
Eva Powers, BS, MA, Wayne State University, Detroit, Michigan, USA

**Concourse – 3:30 - 4:20 pm**
Moderator: Marika Molnar, PT, New York, New York, USA

**Movement Session – The use of a ‘stick’ to guide and enhance strengthening and proprioceptive awareness for the dancer: a movement session**
Rocky Bornstein, PT; Andrea Zujko, DPT, COMT, Westside Dance Physical Therapy, New York, New York, USA

4:30 - 5:00 pm REFRESHMENT BREAK
### Cavalier – 5:00 - 5:50pm
**Moderator:** Yiannis Koutedakis, PhD, Trikala, Greece

**Movement Session – Sacroiliac motion in dancers: hands-on appreciation**
Peter Lewton-Brain, DO, MA, Ecole Supérieure de Danse de Cannes Rosella Hightower, Cannes, France

### Concourse – 5:00 - 5:50pm
**Moderator:** Janet Karin, OAM, Melbourne, Australia

**Movement Session – Reducing counterproductive effort in ballet training through the integration of Qi Gong, coordinated breathing, and visualizations**
Clare West, B.Hum, MA, The Zurich Tanzhaus, Zurich, Switzerland

7:00 pm **WELCOME RECEPTION**  
Galaxy Ballroom, Sheraton National Hotel

NOTE: Time after each lecture presentation is reserved for audience discussion.

*Program subject to change.*
### Concurrent Lectures (North Ballroom 1, North Ballroom 3) and Movement Sessions (Cavalier, Concourse):

<table>
<thead>
<tr>
<th>North Ballroom 1 – 8:00 - 10:00 am</th>
<th>North Ballroom 3 – 8:00 - 10:00 am</th>
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<tbody>
<tr>
<td>Moderator: Nancy Kadel, MD, Seattle, Washington, USA</td>
<td>Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA</td>
</tr>
<tr>
<td><strong>8:00 - 8:20 am</strong> Magnetic resonance imaging applications for ankle anatomy and pathology in female ballet dancers</td>
<td><strong>8:00 - 8:10 am</strong> Balance training and its implications for risk of dance injury</td>
</tr>
<tr>
<td>Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California, USA; Ruth M. Shave, MBChB, FRCP, Russells Hall Hospital, Dudley, UK; Hiroshi Yoshioka, MD, PhD, University of California-Irvine, Irvine, California, USA</td>
<td>Megan Richardson, MS, ATC; Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA</td>
</tr>
<tr>
<td><strong>8:30 - 8:40 am</strong> Bedside ultrasound assessment of the posterior ankle in dancers</td>
<td><strong>8:15 - 8:25 am</strong> Utility of the Modified Star Excursion Balance Test for technical assessment</td>
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<tr>
<td>Bridget J. Quinn, MD; Pierre D'Hemecourt, MD; Lyle J. Micheli, MD, Division of Sports Medicine, Children's Hospital Boston, Boston, Massachusetts, USA</td>
<td>Margaret Wilson, PhD, MS, University of Wyoming, Laramie, Wyoming; Glenna Batson, PT, ScD, Department of Physical Therapy, Winston-Salem State University, Winston-Salem, North Carolina, USA</td>
</tr>
<tr>
<td><strong>8:45 - 8:55 am</strong> How do we test for balance in dance?</td>
<td><strong>8:30 - 8:40 am</strong> Performance on the Star Excursion Balance Test predicts functional turnout angle in pre-pubescent female dancers</td>
</tr>
<tr>
<td>Matthew Wyon, PhD; Ross Cloak, MPhil; Frances Clarke, MSc, University of Wolverhampton, Walsall, UK</td>
<td>Teresa Smith, PT, DPT; Alyson Filipa, PT, DPT; Mark Paterno, PhD, PT, Cincinnati Children's Hospital Medical Center; Kevin Ford, PhD, FACSM, Sports Medicine Biodynamics Center at Cincinnati Children's Hospital Medical Center, Cincinnati; Timothy Hewett, PhD, FACSM, Ohio State University, Columbus and Sports Medicine Biodynamics Center at Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio, USA</td>
</tr>
<tr>
<td><strong>9:00 - 9:10 am</strong> Tester agreement of visual assessment of lumbar spine extension with tendu derrière in university modern dance students</td>
<td><strong>8:45 - 8:55 am</strong> How do we test for balance in dance?</td>
</tr>
<tr>
<td>Lisa Donegan Shoaf, DPT, PhD; Judith Steel, MA, CMA, Virginia Commonwealth University, Richmond, Virginia, USA</td>
<td>Matthew Wyon, PhD; Ross Cloak, MPhil; Frances Clarke, MSc, University of Wolverhampton, Walsall, UK</td>
</tr>
<tr>
<td><strong>9:15 - 9:25 am</strong> The effect of whole body vibration on jump height and active range of movement in female dancers</td>
<td><strong>9:00 - 9:10 am</strong> Tester agreement of visual assessment of lumbar spine extension with tendu derrière in university modern dance students</td>
</tr>
<tr>
<td>Lucille C. Marshall, MSc, Trinity Laban Conservatoire of Music and Dance, London; Matthew Wyon, PhD, Research Centre for Sport Exercise and Performance, University of Wolverhampton, Walsall, UK</td>
<td>Lisa Donegan Shoaf, DPT, PhD; Judith Steel, MA, CMA, Virginia Commonwealth University, Richmond, Virginia, USA</td>
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<th>Speaker/Institution</th>
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<tbody>
<tr>
<td>9:30 - 9:40 am</td>
<td>The effect on arch height of two commercially available foot-stretch devices in a sample of university level dancers and a recreational male dancer: a longitudinal study</td>
<td>Helen Day, BSc (Hons), University of Wolverhampton, Walsall, UK</td>
</tr>
<tr>
<td>9:45 - 9:55 am</td>
<td>Hyperpronation in dancers: prevalence and relation to calcaneal angle</td>
<td>Rélané ME Nowacki, MD, Atrium Medical Center, Heerlen, The Netherlands; Mamie Air, MD, University of Washington, Seattle, Washington, USA; Boni Rietveld, MD, BA, Medical Centre for Dancers and Musicians, The Hague, The Netherlands</td>
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<tr>
<td>9:30 - 9:40 am</td>
<td>Effect of fatigue on balance in dancers with and without anterior cruciate ligament reconstruction</td>
<td>Marijeanne Liederbach, PhD, PT; Faye E. Dilgen, DPT, PT; Donald J. Rose, MD, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA</td>
</tr>
<tr>
<td>9:45 - 9:55 am</td>
<td>Fatigue effects on quadriceps/hamstring co-activation patterns in dancers performing drop landings</td>
<td>Kasey McEldowney, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Luke Hopper, PhD, University of Notre Dame, Fremantle, Western Australia, Australia; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</td>
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**Cavalier – 8:00 - 8:50 am**
Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA

**Movement Session – Applying the concepts of Yin yoga to stretching for dancers**
Jane Baas, MA, MFA, Western Michigan University, Kalamazoo, Michigan, USA

**Concourse – 8:00 - 8:50 am**
Moderator: Ruth Solomon, Professor Emerita, Santa Cruz, California, USA

**Movement Session – Touch: a powerful tool for dancers, choreographers and dance teachers**
Karine Rathle, MSc, Montreal, Quebec, Canada

**Cavalier – 9:00 - 9:50 am**
Moderator: Janet Karin, OAM, Melbourne, Australia

**Movement Session – Integrating sensory awareness into learning dance techniques: somatic approaches to best practices for preventing dance injuries**
Hannah Park, PhD, MFA, Laban/Bartenieff Institute of Movement Studies, New York, New York; Jamien Cvjetnicanin, BA, Vitality Bodywork and Movement Center, Seattle, Washington, USA

**Concourse – 9:00 - 9:50 am**
Moderator: Helen Laws, London, UK

**Movement Session – The dancer prepares: a performance-led approach and a new research methodology for dance science**
Athina Vahla, MA, Rhodes University, Grahamstown, South Africa; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance; Sarah Chin, MD, London; Neil Luck, MA, University of Hertfordshire, Hatfield; Frederico Reuben, PhD, London; Sonia Rafferty, BA (Hons), Trinity Laban Conservatoire of Music and Dance, London, UK

10:00 - 11:00 am **REFRESHMENT BREAK with POSTERS – Group 1**

**Concurrent Lectures (North Ballroom 1, North Ballroom 3) and Movement Sessions (Cavalier, Concourse):**

<table>
<thead>
<tr>
<th>North Ballroom 1 – 11:00 am - 1:00 pm</th>
<th>North Ballroom 3 – 11:00 am - 1:00 pm</th>
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<tbody>
<tr>
<td>Moderator: Selina Shah, MD, San Francisco, California, USA</td>
<td>Moderator: Emma Redding, PhD, London, UK</td>
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<tr>
<td>11:00 - 11:10 am One dancer’s rehabilitation from post-viral fatigue syndrome: the long journey back</td>
<td>11:00 - 11:10 am Kinematic analysis of the hip joint’s contribution to total turnout</td>
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<tr>
<td>Jane Paris, MA, Royal Ballet Company, London, UK</td>
<td>Amy E. Quanbeck, University of California, Irvine, Irvine, California; Sara C. Tonsager, BA, University of Minnesota Medical School, Minneapolis; Deborah S. Quanbeck, MD, Gillette Children's Specialty Healthcare, St. Paul, Minnesota; Jeffrey A. Russell, PhD, University of California Irvine, Irvine, California, USA</td>
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(Session continued on next page)
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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:15 - 11:25 am</td>
<td>Core stability and injuries: implications for dancers</td>
<td>Ashley M. Rickman, BA; Jatin Ambegaonkar, PhD, ATC; Nelson Cortes, PhD; Shane Caswell, PhD, ATC; Margaret T. Jones, PhD, CSCS; Amanda Caswell, PhD, ATC, George Mason University, Manassas, Virginia, USA</td>
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<tr>
<td>11:30 - 11:40 am</td>
<td>Entrapment of the saphenous nerve as a cause of medial knee pain in a young classical dancer: a case report</td>
<td>Debra Crookshanks, BAppScPty, GradDipManipTher, University of New South Wales, Sydney, Australia.</td>
</tr>
<tr>
<td>11:45 - 11:55 am</td>
<td>Peripheral nerve injuries in dancers: review and case report</td>
<td>Peter E. Lavine, MD, Sports &amp; Performing Arts Medicine, Washington, DC, USA</td>
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<tr>
<td>12:00 - 12:10 pm</td>
<td>Morphological characteristics of the scoliotic dancer</td>
<td>Nili Steinberg, PhD, The Zinman College of Physical Education and Sports Sciences at the Wingate Institute, Netanya; Israel Hershkovitz, PhD, Department of Anatomy and Anthropology, Sackler Faculty of Medicine, Tel-Aviv University; Aviva Zeev, MSc, The Zinman College of Physical Education and Sports Sciences at the Wingate Institute, Netanya; Itzhak Siev-Ner, MD, Orthopedic Rehabilitation Dept, Sheba Medical Center, Tel-Hashomer, Israel</td>
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<tr>
<td>12:15 - 12:25 pm</td>
<td>Lumbar radiculopathy in a dancer: diagnosis and management</td>
<td>Elizabeth Manejias, MD, Hospital for Special Surgery, New York, New York; Jason Hu, MD, Northwestern University, Chicago, Illinois, USA</td>
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### Additional Topics

**FRIDAY**

11:15 - 11:25 am
Application of three-dimensional gait analysis to describe the anatomic alignment of ballet dancers
Sara C. Tonsager, BA, University of Minnesota Medical School, Minneapolis, Minnesota; Amy E. Quanbeck, University of California Irvine, Irvine, California; Deborah S. Quanbeck, MD, Gillette Children's Specialty Healthcare, St. Paul, Minnesota; Jeffrey A. Russell, PhD, University of California Irvine, Irvine, California, USA

11:30 - 11:40 am
The relationship between long bone morphology, ballet training history, and turnout: an exploratory study
Kristen Sutton, MS; Jo Armour Smith, MManTh; Danielle Jarvis, MS; Kari Oki, BA; Szu-Ping Lee, PT; Kornelia Kulig, PhD, PT, University of Southern California, Los Angeles, California, USA

11:45 - 11:55 am
Ground reaction forces during zapateado in Mexican folkloric and Spanish dance
Soledad Echegoyen, MD, Instituto Nacional de Bellas Artes; Takeshi Aoyama, MD; Cristina Rodríguez, MD, Universidad Nacional Autónoma de Mexico, Mexico City, Mexico

12:00 - 12:10 pm
Investigating measures of intensity in dance: relationships of ratings of perceived exertion and heart rate to oxygen uptake
Sarah Beck, MSc, BSc (Hons); Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

12:15 - 12:25 pm
Upper-body muscular power differs between university-level female modern dancers and soccer players
Jatin Ambegaonkar, PhD, ATC; Margaret Jones, PhD, CSCS; Ashley Rickman, BA; Nelson Cortes, PhD; Shane Caswell, PhD, ATC; Amanda Caswell, PhD, ATC, George Mason University, Manassas, Virginia, USA

12:30 - 12:40 pm
Development of a pressure and accelerometry insole system for tap shoes
Alison M. Ozaki; Peyton Paulick, PhD Student; Mark Bachman, PhD; Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California, USA

12:45 - 12:55 pm
The coefficient of friction of the pointe shoe and implications for current manufacturing processes
Glenna Clifton, BA, Harvard University, Cambridge, Massachusetts, USA
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<tr>
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<tbody>
<tr>
<td>11:00 - 11:50 am</td>
<td><strong>Movement Session – Dancing from the wings</strong></td>
<td>Cavalier</td>
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<tr>
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<td>Moderator: Jarmo Ahonen, PT, Helsinki, Finland</td>
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<tr>
<td>12:00 - 12:50 pm</td>
<td><strong>Movement Session – Developing optimal muscle control to establish symmetry in the dancer</strong></td>
<td>Concourse</td>
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<td>Moderator: Moira McCormack, PT, London, UK</td>
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<tr>
<td>1:00 - 2:00 pm</td>
<td><strong>IADMS Business Meeting</strong></td>
<td>North Ballroom 1</td>
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<td>All IADMS Members are urged to attend</td>
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<tr>
<td>2:15 pm</td>
<td><strong>Afternoon tours and social events; meet in hotel lobby for directions</strong></td>
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**NOTE:** Time after each lecture presentation is reserved for audience discussion.

Program subject to change.
**Saturday, October 15, 2011**

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<th>Time</th>
<th>Location</th>
<th>Moderator</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>8:00 - 8:50 am</td>
<td>Cavalier – 8:00 - 8:50 am</td>
<td>Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA</td>
<td>Jo Ann Staugaard-Jones, MA, New York University, New York, New York, USA</td>
</tr>
<tr>
<td>8:00 - 8:50 am</td>
<td>Concourse – 8:00 - 8:50 am</td>
<td>Moderator: Matthew Wyon, PhD, Walsall, UK</td>
<td>Lynda Mainwaring, PhD, C. Psych, University of Toronto, Toronto, Ontario, Canada; Lana Ashton, BSc (Hons), Sp.Psych, Private Practice, Bristol, UK</td>
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**Concurrent Lectures (North Ballroom 1, North Ballroom 3) and Movement Sessions (Cavalier, Concourse):**

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<tr>
<td>8:30 - 10:00 am</td>
<td>North Ballroom 1 – 8:30 - 10:00 am</td>
<td>Moderator: Jeff Russell, PhD, Irvine, California, USA</td>
<td>Matthew Diamond, MD, PhD, New York University School of Medicine, New York, New York, USA</td>
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<tr>
<td>8:30 - 10:00 am</td>
<td>North Ballroom 3 – 8:30 - 10:00 am</td>
<td>Moderator: Helen Laws, London UK</td>
<td>Jan Dunn, MS; Sarah Graham, MS, PT, Denver Dance Medicine Associates, Denver; Julia Wilkinson Manley, Ballet Nouveau Colorado, Broomfield, Colorado, USA</td>
</tr>
<tr>
<td>8:30 - 8:40 am</td>
<td>Outreach dance medicine services: a working model</td>
<td></td>
<td>Jan Dunn, MS; Sarah Graham, MS, PT, Denver Dance Medicine Associates, Denver; Julia Wilkinson Manley, Ballet Nouveau Colorado, Broomfield, Colorado, USA</td>
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<tr>
<td>8:45 - 8:55 am</td>
<td>Wellness for dancers: a model course curriculum for college/university dancers</td>
<td></td>
<td>Marita Cardinal, EdD, Western Oregon University, Monmouth, Oregon, USA</td>
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<tr>
<td>9:00 - 9:10 am</td>
<td>Healthy dancer assessment: redefining the annual physical examination to better meet the needs of dancers</td>
<td></td>
<td>Judith R. Peterson, MD, Sanford School of Medicine of the University of South Dakota, Sioux Falls, South Dakota, USA</td>
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<tr>
<td>9:15 - 9:25 am</td>
<td>Collaborative services for professional dancers: a holistic approach to care</td>
<td></td>
<td>Ruth Bittorf, RN, Artist Health Centre, Toronto Western Hospital; Ginette Hamel, BSc, PT, National Ballet of Canada, Toronto, Canada</td>
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<td>9:30 - 9:50 am</td>
<td>The development of a start-up screen through a multi-site collaborative project</td>
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<td>Karen Potter, MFA, Case Western Reserve University, Cleveland, Ohio; Gary Galbraith, MFA, DancerWellnessProject, New York, New York; Carrie Janiski, DO, Michigan State University, Kalamazoo Center for Medical Studies, Kalamazoo, Michigan; Sean Gallagher, PT, Performing Arts Physical Therapy, New York, New York; Jane Baas, MFA, Western Michigan University, Kalamazoo, Michigan; Gayanne Grossman, PT, Muhlenberg College, Allentown, Pennsylvania, USA</td>
</tr>
<tr>
<td>9:00 - 9:20 am</td>
<td>Visceral osteopathy and performance enhancement in dancers</td>
<td>Peter Lewton-Brain, DO, MA, Ecole Supérieure de Danse de Cannes Rosella Hightower, Cannes, France</td>
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<tr>
<td>9:30 - 9:50 am</td>
<td>Optimal health and wellbeing of the dancer patient: an osteopathic approach</td>
<td>Lillie Rosenthal, DO, New York, New York, USA</td>
<td></td>
</tr>
</tbody>
</table>
### Cavalier – 9:00 - 9:50 am
Moderator: Ruth Solomon, Santa Cruz, California, USA

**Movement Session – Arms as a reflection of the whole: using the spiral as an organizing system**
Rebecca Nettl-Fiol, MA, M.AmSAT, University of Illinois, Urbana-Champaign, Illinois; Luc Vanier, MFA, M.AmSAT, University of Wisconsin, Milwaukee, Wisconsin, USA

### Concourse – 9:00 - 9:50 am
Moderator: Emma Redding, PhD, London, UK

**Movement Session – Learning to see and feel efficient dance alignment**
Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA

<table>
<thead>
<tr>
<th>10:00 - 10:30 am</th>
<th>REFRESHMENT BREAK</th>
</tr>
</thead>
</table>

**Journal of Dance Medicine & Science MEETING - North Ballroom 1**

Concurrent Lectures (North Ballroom 1, North Ballroom 3) and Movement Sessions (Cavalier, Concourse):

<table>
<thead>
<tr>
<th>North Ballroom 1 – 10:30 am - 12:30 pm</th>
<th>North Ballroom 3 – 10:30 am - 12:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Ruth Solomon, Santa Cruz, California, USA</td>
<td>Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA</td>
</tr>
<tr>
<td>10:30 - 11:00 am</td>
<td>10:30 - 10:50 am</td>
</tr>
<tr>
<td><strong>Clinical Symposium:</strong></td>
<td>The inner world of dancers: an exploration of eating disorders and professional dancers</td>
</tr>
<tr>
<td>Diagnosis and treatment of hip conditions in dancers</td>
<td>Jeanne Even, LCSW, Institute for Psychoanalytic Training and Research, New York, New York, USA</td>
</tr>
<tr>
<td>Peter E. Lavine, MD, INOVA Mount Vernon Hospital and Massachusetts Avenue Surgery Center, Washington, DC, USA</td>
<td>11:00 - 11:20 am</td>
</tr>
<tr>
<td>Hip pain in a hypermobile professional ballerina</td>
<td>Creativity as a dance science topic: methodological challenges and applied potential</td>
</tr>
<tr>
<td>Bridget J. Quinn, MD, Division of Sports Medicine, Children’s Hospital Boston; Heather Southwick, MSPT, Boston Ballet; Lyle Micheli, MD; Pierre D’Hemecourt, Division of Sports Medicine, Children’s Hospital Boston, Boston, Massachusetts, USA</td>
<td>Sanna M. Nordin-Bates, PhD, CPsychol, Trinity Laban Conservatoire of Music and Dance, London; Kerry Chappell, PhD, Graduate School of Education, University of Exeter, Exeter; Tina Krasevec, MSc; Michelle Miulli, MSc; Debbie Watson, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK</td>
</tr>
<tr>
<td>11:15 - 11:35 am</td>
<td>11:30 - 11:50 am</td>
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<tr>
<td>Playing at the periphery: exercises to improve proprioception and stability of the hypermobile joint</td>
<td>Carabosse’s curse: the dangers of being gifted</td>
</tr>
<tr>
<td>Meta Chessin, MPT, BFA, Virginia Mason Sports Medicine Clinic, Seattle, Washington, USA</td>
<td>Janet Karin, OAM; Gene Moyle, DPsych, MPsych, Australian Ballet School, Melbourne, Australia</td>
</tr>
<tr>
<td>11:45 am - 12:05 pm</td>
<td>12:00 - 12:20 pm</td>
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<tr>
<td>Examination of the correlation between hypermobility and injury patterns in professional ballet dancers</td>
<td>Teaching tomorrow's stars: common problems associated with exceptional talent</td>
</tr>
<tr>
<td>Heather Southwick, MSPT, Boston Ballet; Lyle Micheli, MD; Bridget J. Quinn, MD, Division of Sports Medicine, Children's Hospital Boston; Katherine Hartsell, SPTA, Boston, Massachusetts, USA</td>
<td>Linda H. Hamilton, PhD, New York City Ballet, New York, New York, USA</td>
</tr>
<tr>
<td>12:15 - 12:25 pm</td>
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### Cavalier – 10:30 - 11:20 am
Moderator: Tom Welsh, PhD, Tallahassee, Florida, USA

**Movement Session – From science to art: experiential anatomy to improvisation and choreography**
Pamela Geber Handman, MFA, University of Utah, Salt Lake City, Utah, USA

### Concourse – 10:30 - 11:20 am
Moderator: Marika Molnar, PT, New York, New York, USA

**Movement Session – The upper body ‘disconnect’: revisiting the role of the scapula in whole body integration**
Judith Steel, MA, CMA; Lisa Donegan Shoaf, DPT, PhD, Virginia Commonwealth University, Richmond, Virginia, USA
**Cavalier – 11:30 am - 12:20 pm**  
Moderator: Moira McCormack, PT, London, UK  
**Movement Session – Rhythmic entrainment of movement and music as an intervention to enrich the quality of functional motor performance**  
Steven J. Chatfield, PhD; Christian B. Cherry, MM, University of Oregon, Eugene, Oregon, USA

**Concourse – 11:30 am - 12:20 pm**  
Moderator: Matthew Wyon, PhD, Walsall, UK  
**Movement Session – Evidenced-based dynamic warm-up for dancers of all ages**  
Alison Deleget, MS, ATC; Leigh Heflin, MSc, NYU Hospital for Joint Diseases, Harkness Center for Dance Injuries, New York, New York, USA

**12:30 - 2:30 pm**  
**LUNCH BREAK (with Roundtables)**

**Concurrent Lectures (North Ballroom 1, North Ballroom 3) and Movement Sessions (Cavalier, Concourse):**

<table>
<thead>
<tr>
<th>North Ballroom 1 – 2:30 - 4:00 pm</th>
<th>North Ballroom 3 – 2:30 - 4:00 pm</th>
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<tbody>
<tr>
<td>Moderator: Virginia Wilmerding, PhD, Albuquerque, New Mexico, USA</td>
<td>Moderator: Tom Welsh, PhD, Tallahassee, Florida, USA</td>
</tr>
</tbody>
</table>
| **2:30 - 3:00 pm**  
**Clinical Symposium:**  
**Injuries in the young dancer**  
Itzhak Siev-Ner, MD, Department of Orthopaedic Rehabilitation, Sheba Medical Center, Tel-Hashomer, Israel  
Performing Arts Medicine Center, Tel-Aviv; Nili Steinberg, PhD, Zinman College for Physical Education and Sports Sciences, Wingate Institute, Netanya, Israel | **2:30 - 2:50 pm**  
**Attentional abilities and physiological responses to attentional demands in dancers and non-dancers**  
Danielle N. Jarvis, MS, ATC, University of Southern California, Los Angeles; Paula Thomson, PsyD; S. Victoria Jaque, PhD, California State University Northridge, Northridge, California, USA |
| **3:15 - 3:25 pm**  
**Rehabilitation of an adolescent dancer with snapping hip syndrome and patellofemoral pain**  
Leigh A. Roberts, DPT, OCS, L A R Physical Therapy, Columbia, Maryland; Lisa Donegan-Shoaf, DPT, PhD, Virginia Commonwealth University, Richmond, Virginia, USA | **3:00 - 3:50 pm**  
**Research directions for 2011 and beyond: explorations in dance medicine, science, and education**  
Lynda Mainwaring, PhD, C.Psych, University of Toronto, Ontario, Canada; Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California; Jatin P. Ambegaonkar, PhD, ATC, George Mason University, Manassas, Virginia, USA; Annabelle Couillandre, PhD, University of Paris, Paris, France; Selina Shah, MD, FACP, Center for Sports Medicine, St. Francis Memorial Hospital, San Francisco and Walnut Creek, California; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK |
| **3:30 - 3:50 pm**  
**Factors associated with patellofemoral pain and dynamic lower limb alignment in female adolescent dancers**  
Melinda Purnell, BAappSc (PT Hons), BAappA (Dance); Claire Hiller, PhD, PT; Roger Adams, PhD; Jean Nightingale, PhD; Kathryn Refshauge, PhD, PT, The University of Sydney, New South Wales, Australia |  |

**Cavalier – 2:30 - 3:20 pm**  
Moderator: Moira McCormack, PT, London, UK  
**Movement Session – A safe and efficient warm-up: some basic principles in preparing the body to dance**  
Ruth Solomon, Professor Emerita, University of California Santa Cruz, Santa Cruz, California, USA

**Concourse – 2:30 - 3:20 pm**  
Moderator: Nancy Kadel, MD, Seattle, Washington, USA  
**Movement Session – Exploring the periphery: exercises to improve proprioception and stability of hypermobile joints**  
Meta Chessin, MPT, BFA, Virginia Mason Sports Medicine Clinic, Seattle, Washington, USA

**4:00 - 5:00 pm**  
**REFRESHMENT BREAK with POSTERS – Group 2**

(Continued on next page)
North Ballroom 1 – 5:00 - 6:00 pm

5:00 - 5:45 pm  
Moderator: David S. Weiss, MD, New York, New York, USA

Clinical Symposium:
Anterior cruciate ligament injuries in dancers: current concepts and controversies
Duncan Meuffels, MD, Department of Orthopaedic Surgery, Erasmus MC, University Medical Centre Rotterdam, Rotterdam, The Netherlands

6:00 pm  
Concluding Remarks

NOTE: Time after each lecture presentation is reserved for audience discussion.

Program subject to change.
Poster Presentations

Group 1: Displayed Thursday and Friday
Authors at poster for Discussion Friday, 10:00 - 11:00 am

The effects of supplemental training on a dancers’ aerobic capacity and aesthetics
Brittany Arnold, University of Wyoming, Laramie, Wyoming, USA

Making pointe count: development of a dance wellness curriculum for high school credit
Marika Baxter, MSPT; Hope Davis, MS, ATC; Mariah Nierman, DPT, ATC, Ohio State University Medical Center, Columbus, Ohio, USA

Influence of an educational intervention on hydration knowledge, attitudes, and behaviors of collegiate dancers
Jenna Berkheimer, MS; Jenice Rankins, EdD; Tom Welsh, PhD; Jodee Dorsey, PhD, Florida State University, Tallahassee, Florida, USA

Asian mind-body practices in tertiary dance education
Caren Carino, PhD, Nanyang Academy of Fine Arts, Singapore

Lumbar lordosis in female collegiate gymnasts and dancers
Amanda Caswell, PhD, ATC; Jatin Ambegaonkar, PhD, ATC, George Mason University, Manassas Virginia; Kristin Kenworthy, MS, ATC, CPRS Physical Therapy, Harrisburg, Pennsylvania; Shane Caswell, PhD, ATC, George Mason University, Manassas, Virginia, USA

Implications of the Alexander Technique in dance training
Raquel Cavalcanti, AmSat certified, MA, New York University, New York, New York, USA

The effects of lateral preference on balance ability in an undergraduate dance population
Frances Clarke, BA (Hons), MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK, The Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham, UK

The significance of cross-training for dancers
Patricia I. Commer, DPT; Joyce Warren, DPT, Center for Sports Medicine, Saint Francis Memorial Hospital, Walnut Creek, California, USA

Negative reinforcement and the pursuit of perfection
Elyse Frelinger, Chapman University, Orange, California, USA

The effect of ballet landing technique on ground reaction force and muscle activation
Eri Fujii, BA, PT; Yukio Urabe, PhD, PT; Yuki Yamanaka, PhD, PT; Hiroshi Shinohara, MS, PT; Junpei Sasadai, BA, PT; Satoshi Takai, BA, PT; Yuki Sakurai, BA, PT, Hiroshima University, Hiroshima, Japan

A method of dance screening data collection via video conferencing
Gary Galbraith, MFA, Dancer Wellness Project, New York, New York, USA

Breathing control and oxygen saturation in collegiate intermediate to advanced female dancers
Katherine L. Heckenbach, University of Nebraska at Omaha, Omaha, Nebraska; Julie E. Taylor, PhD, Southern Utah University, Cedar City, Utah, USA

Restrictions of US intercollegiate athletic training departments on caring for university dance students
Katie Iacono, MSc, MFA, Trinity Laban Conservatoire of Music and Dance, London, UK

Comparison of plantar flexion assessment using four different techniques
Evan D. Johnston; Shannan F. Slagle; Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California, USA

Application of basic principles of biomechanics to dancers using accessible language and examples
Kumiyo Kai, BS; Jeffrey A Russell, PhD, ATC, University of California Irvine, Irvine, California, USA

The relationship between fitness measures and foundational dance skills in collegiate dancers
Bridget Kelly, BA; Caroline Ketcham, PhD, Elon University, Elon, North Carolina, USA
In the span of two months, two pre-professional ballet students are stricken with auto-immune disease
Susan Kinney, PT, BS, The Boston Conservatory, Walnut Hill School for the Arts; Yasuko Tokunaga, BFA, The Boston Conservatory, Boston, Massachusetts, USA

Potential for noise induced hearing loss in dancers
Robin Kish, MS, MFA, Chapman University, Orange, California, USA

Lower limb injuries in Singapore dancers, normative data of Pro.Balance™ results in the dance community
Karen Koh, B.HthSc (PT), Singapore General Hospital, Allied Health Division (Research Unit); Ang Wei Tech, PhD, Nanyang Technological University, Singapore

Effects of twelve weeks of ballet training on anthropometric variables in Japanese sedentary middle-aged women
Yuko Komuro, BA; Yasuyuki Yoshida, PhD; Mayumi Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Development of a dynamometer anchoring system for collection of maximal voluntary isometric contractions in biomechanics research on dancers
Donna Krasnow, MS, York University, Toronto, Ontario, Canada; Jatin P. Ambegaonkar, PhD, ATC, George Mason University, Manassas, Virginia; Shane Stecyk, PhD, ATC, California State University Northridge, Northridge, California; M. Virginia Wilmerding, PhD, University of New Mexico, Albuquerque, New Mexico, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Yiannis Koutedakis, PhD, Thessaly University, Trikala, Greece

Dance teaching certifications: why teachers choose specific certification programs or none at all
Jordan Krinke, BFA, Chapman University, Orange, California, USA

The effect of ballet slippers on plantar pressure parameters during a vertical ballet jump in male dance students
Lucas Lundgren, BSc (Hons), MSCh; Ianto De Vries, BSc (Hons), MSCh; Cassandra Ecclestone, BSc (Hons), MSCh; Hannah Fordham, BSc (Hons), MSCh, University of East London, London, UK

Biomechanical analysis among dance students in drop landings
Ai Matsuura; Yasuyuki Yoshida, PhD; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Loss of jump height caused by muscle fatigue
Barbara May, PhD, MBA; James Shippen, PhD, MIMechE, Coventry University, Coventry, UK

The exploitation of non-union dancers in the commercial entertainment industry
Ben McDermitt, BFA, Chapman University, Orange, California, USA

Metatarsal epiphyseal stress fractures in a young dancer: a case study
Bridget J. Quinn, MD, Division of Sports Medicine, Children's Hospital Boston and Beth Israel Deaconess Medical Center, Boston, Massachusetts, USA

Achilles tendonitis in ballerinas: misdiagnosis, prevention and precipitating factors
Christine Romani-Ruby, MPT, ATC, California University of Pennsylvania, California, Pennsylvania, USA
**Poster Presentations**

**Group 2: Displayed Saturday and Sunday**

**Authors at poster for discussion Saturday, 4:00 - 5:00 pm**

**Metabolic demands of a dance activity for a dancer with spinal cord injury using three mobility devices**
Larry J. Mengelkoch, PhD, PT; M. Jason Highsmith, DPT, CP, School of Physical Therapy & Rehabilitation Sciences; Kathryn DeLaurentis, PhD, Department of Mechanical Engineering; Merry Lynn Morris, MFA, School of Theater & Dance, University of South Florida, Tampa, Florida, USA

**Action-perception coordination ability during fast whole-body rhythmic movement: a study of street dancers and non-dancers**
Akito Miura, MS; Kazutoshi Kudo, PhD; Kimitaka Nakazawa, PhD, Department of Life Sciences, Graduate School of Arts and Sciences, The University of Tokyo, Tokyo, Japan

**Educating collegiate dancers regarding the benefits of effective warm-up and cool-down: changing the dance culture**
Monica Mordaunt, BFA, Chapman University, Orange, California, USA

**Body composition and injuries in professional ballet dancers from a theatre-based company and an international touring company**
Chloë Naalchigar, MSc, BSc (Hons), Royal Academy of Dance; Lygeri Dimitriou, PhD, London Sport Institute at Middlesex University; Moira McCormack, PT, Royal Ballet Company; Jackie Pelly, MCSP Dip RGRT, English National Ballet, London; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

**Comparison of landing biomechanics between male and female professional dancers**
Karl F. Orishimo, MS, NISMAT, Lenox Hill Hospital, New York; Ian J. Kremenic, MEng; Evangelos Pappas, PhD, PT; Marshall Hagins, PhD, PT, Long Island University Division of Physical Therapy, Brooklyn; Marijeanne Liederbach, PhD, PT, NYU Hospital for Joint Diseases, Harkness Center for Dance Injuries, New York, New York, USA

**A prospective study of dancers' physical capacity and pain**
Susanna Piculell, Student PT; Johannes Cavallin, Student PT; Eva Ramel, PhD, RPT, Lund University, Lund, Sweden

**Investigating the effects of applied somatic principles on perceived stage presence**
Karine Rathle, MSc; Edel Quin, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

**A review of current research on joint injuries in dancers**
K. Michael Rowley, University of Delaware, Newark, Delaware, USA

**Physical therapy rehabilitation strategies for dancers: a qualitative study**
Megin Sabo, PT, DPT, University of Mary, Bismarck, North Dakota, USA

**Factors related to patellofemoral pain in female dancers and non-dancers**
Monica R. Sanders, MFA; Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California USA

**The relationship between subjective evaluation and motion characteristics in street dance performance**
Nahoko Sato, MS, PT, Nagoya University, Nagoya, Aichi; Shigeyuki Imura, PhD, PT, Ibaraki Prefectural University of Health Science, Ami, Ibaraki; Hiroyuki Nunome, PhD; Yasuo Ikegami, PhD, Nagoya University, Nagoya, Aichi, Japan

**Self-esteem toolbox workshop**
Anita Shack, DC, FATA; Ruth Bittorf, RN, Artist Health Centre, Toronto Western Hospital, Toronto, Ontario, Canada

**The modification of singular value decomposition characteristics due to fatigue during repetitive vertical jumps**
James Shippen, PhD, MIMechE; Barbara May, PhD, MBA, Coventry University, Coventry, UK

**Dehydration and performance: possible implications for a dancer's hydration status**
Annika Spampinato, MSc, Sandpoint, Idaho, USA

**Taking a stand: building a stronger, healthier adolescent dancer: a proposed model**
Andrea Stracciolini, MD, Division of Sports Medicine, Children’s Hospital Boston, Boston; Michael Owen; Susan Kinney, PT, Walnut Hill School for the Arts, Natick; Cynthia Stein, MD; Ellen Geminiani, MD; Bridget J. Quinn, MD, Division of
Sports Medicine, Children’s Hospital Boston, Boston; Rosalind Gendreau, RN; Tara McCrystal, PT, Walnut Hill School for the Arts, Natick, Massachusetts, USA

The isokinetic strength profiles of quadriceps and hamstring muscles of contemporary dancers in relation to their level of experience
Demet Tekin, MSc, PT, Department of Physiotherapy and Rehabilitation, School of Health Sciences, Istanbul Bilgi University; Ani Agopyan, PhD, Department of Trainer Education, School of Physical Education and Sports; Mehmet Unal, MD, Ministry of Department of Youth, and Sport; Hizir Kurtel, MD, Department of Physiology, School of Medicine; Gullu Turan, MSc Candidate, Department of Physical Education and Sports, Institute of Health Sciences, Marmara University; Ayirin Ersoz, MA, PhD Candidate, Department of Music and Performing Arts, Dance Program Faculty of Arts and Design, Yildiz Technical University, Istanbul, Turkey

Are certified athletic trainers integrated into university and city college dance programs?
Bridget Thomson, BS, ATC; Robin Kish, MS, MFA, Chapman University, Orange, California, USA

Visual and motor integration skills in dance: a comparison between hypermobile and non-hypermobile adolescent dancers
Wendy Timmons, B Phil (Hons); Holly Bryon Staples, MSc, University of Edinburgh; John de Courcy, MSc, University of Edinburgh, Edinburgh, Scotland

Merging art and science to develop inclusive modern dance curricula for wheelchair users
Mark T. Tomasic, MFA; Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California, USA

Overuse of the quadriceps might be reflected in gripping of the gluts in restricting the function of the hamstrings
Winnie Darani Tsao, Paradigm Wellness and Attitude Performing Arts Studio, Singapore

The effects of visual and verbal feedback on jumping performance
Margaret Wilson, PhD, MS; Jennifer L. Deckert, MFA, University of Wyoming, Laramie, Wyoming, USA

The effect of difference dance shoes on dynamic postural stability during landing
Matthew Wyon, PhD; Ross Cloak, MPhil; Josephine Lucas, MSc; Frances Clarke, MSc; David Williams, MSc, University of Wolverhampton, Walsall, UK

Dance skill differences in kinematic and kinetic analysis during grand-jeté
Yasuyuki Yoshida, PhD; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Comparison of postural stability between dancers and non-dancers as a prelude to identifying helpful balance training strategies
Tiffany S. Yu, BS; Laura M. Obler, BS, BA; Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California, USA

Quantifying forefoot geometry and pressure distribution during pointe shoe use
Antonia Zaferiou, BE; Jill McNitt-Gray, PhD, University of Southern California, Los Angeles, California; David Wootton, PhD, The Cooper Union for the Advancement of Science and Art, New York, New York, USA
## Sunday, October 16, 2011

### A Day for Teachers

#### Supplementary Training: Fitness for the Dancing Body

**South Ballroom**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>8:00 - 8:30 am</td>
<td>Welcome</td>
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<td></td>
<td>Registration and refreshments</td>
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<tr>
<td>8:30 - 8:45 am</td>
<td>Opening Remarks</td>
<td>Janet Karin, OAM, The Australian Ballet School, Melbourne, Australia</td>
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<tr>
<td>8:45 - 9:30 am</td>
<td>Muscular strength and dance training</td>
<td>Johanna Osmala, PT; Jarmo Ahonen, PT, Finnish National Ballet, Helsinki, Finland</td>
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<tr>
<td>9:30 - 10:15 am</td>
<td>Flexibility and dance training</td>
<td>Moira McCormack, MSc, PT, The Royal Ballet Company, London, UK</td>
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<tr>
<td>10:15 - 10:45 am</td>
<td>Refreshment Break</td>
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<tr>
<td>10:45 - 11:30 am</td>
<td>Aerobic training and the dancer</td>
<td>Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</td>
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<tr>
<td>11:45 am - 12:45 pm</td>
<td>Concurrent movement sessions:</td>
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</tr>
<tr>
<td></td>
<td>1. Muscular strength and dance training (Concourse Rooms)</td>
<td>Johanna Osmala, PT; Jarmo Ahonen, PT, Finnish National Ballet, Helsinki, Finland</td>
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<td>2. <strong>Fitness yoga for the dancer (Cavalier Rooms)</strong></td>
<td>Charlotte Tomlinson, MSc, PGCE, Leicester College and Fit4Dance, Leicester, UK</td>
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<td>3. Balancing bodies with Pilates (South Ballroom)</td>
<td>Kimberly Karpany, MA, MFA, Kent State University, Kent, Ohio, USA</td>
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<tr>
<td>12:45 - 1:45 pm</td>
<td>Buffet Lunch (for all delegates)</td>
<td>Stars Ballroom</td>
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<tr>
<td>1:45 - 2:30 pm</td>
<td>Neuromotor aspects of conditioning for dancers: what role does the brain play?</td>
<td>Janet Karin, OAM, The Australian Ballet School, Melbourne, Australia</td>
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<tr>
<td>2:45 - 3:45 pm</td>
<td>Concurrent movement sessions:</td>
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<td></td>
<td>4. Challenging and improving the sensorimotor systems (Concourse Rooms)</td>
<td>Megan Richardson, MS, ATC, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA</td>
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<td>5. <strong>Bartenieff Fundamentals</strong> SM applied to dance: an introduction (Cavalier Rooms)**</td>
<td>Anne Burnidge, MFA, CLMA, University at Buffalo, Buffalo, New York, USA</td>
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<td>6. Introduction to the fundamental movement patterns and principles of Gyrokinesis** (South Ballroom)**</td>
<td>Nancie Lepore, BEd, Montréal, Québec, Canada</td>
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<tr>
<td>3:50 - 4:00 pm</td>
<td>Closing Remarks</td>
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*Program subject to change*
Sunday, October 16, 2011

Musculoskeletal Medicine Day
North Ballroom

7:30 - 8:15 am  Welcome
Registration and Refreshments

8:15 - 8:30 am  Opening Remarks
Marika Molnar, PT, LAc and David S. Weiss, MD

8:30 - 10:30 am  Moderator: David S. Weiss, MD, New York, New York, USA
8:30 - 9:15 am  Posterior tibial tendon injuries in dancers

9:30 - 10:15 am  Rehabilitation of foot and ankle injuries in dancers: focus on posterior tibial tendon injuries
Marika Molnar, PT, LAc, Westside Dance Physical Therapy, Director of Physical Therapy, New York City Ballet and School of American Ballet, New York, New York, USA

10:30 - 11:00 am  Refreshment Break

11 am - Noon  Panel: Care of the young dancer (case discussion)
Moderator: David S. Weiss, MD, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, NYU Langone Medical Center, New York, New York, USA; Katherine Ewalt, MS, ATC, PAARTS Wellness Studio, San Diego Ballet, San Diego, California, USA; Nancy Kadel, MD, Chair, Dance USA Taskforce on Dancer Health, Group Health and Virginia Mason Hospital, Seattle, WA, USA; Janet Karin, OAM, Australian Ballet School, Melbourne, Australia; Moira McCormack, MSc, PT, The Royal Ballet Company, London, UK; Bonnie Robson, MD, DPSych, FRCP, Pivot Sports Medicine and Orthopedics, Toronto, Ontario, Quinte Ballet School of Canada, Belleville, Ontario, Canada

12:00 - 1:00 pm  Buffet Lunch (for all delegates) - Stars Ballroom

1:00 - 3:00 pm  Moderator: Marika Molnar, PT, LAc, New York, New York, USA
1:00 - 1:45 pm  Spine injuries in dancers
Lyle J. Micheli, MD, Division of Sports Medicine, Children's Hospital Boston, Boston, Massachusetts, USA

2:00 - 2:45 pm  Treating lumbopelvic disorders in dancers
Jennifer Gamboa, DPT, PT, Body Dynamics, Inc., Arlington, Virginia, USA

3:00 - 3:15 pm  Closing Remarks

Program subject to change