

SCHEDULE

IADMS 21ST ANNUAL MEETING



Thursday, October 13, 2011

Revised 9 October 2011
Program subject to change

THURSDAY

- 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
William G. Hamilton, MD, Clinical Professor of Orthopaedic Surgery, Columbia University College of Physicians & Surgeons, Orthopaedic Consultant, New York City Ballet, School of American Ballet, American Ballet Theatre, Jacqueline Kennedy Onassis School at American Ballet Theatre, New York, New York, USA
- 10:00 - 10:30 am** **REFRESHMENT BREAK**

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

<u>South Ballroom – 10:30 am - 12:30 pm</u>	<u>North Ballroom – 10:30 am - 12:30 pm</u>
Moderator: David S. Weiss, MD, New York, New York, USA	Moderator: Janet Karin, OAM, Melbourne, Australia
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	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
11:30 - 11:40 am Ankle syndesmosis injury Claire Hiller, PhD; Amy Sman, BSc (Physio), University of Sydney, Sydney, NSW, Australia	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
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)	(Session continued on next page)

THURSDAY

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

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

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

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

South Ballroom – 2:30 pm - 4:30 pm Moderator: Roger Wolman, MD, FRCP, London, UK	North Ballroom – 2:30 am -4:30 pm Moderator: Helen Laws, London, UK
<p>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</p>	<p>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</p>
<p>3:30 - 3:50 pm Nutrition screening of contemporary dance students – results and recommendations Jasmine Challis, BSc, RD (SENR), London, UK</p>	<p>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</p>
<p>(Session continued on next page)</p>	<p>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</p>
<p>(Session continued on next page)</p>	<p>3:30 - 3:40 pm Screening protocols for dance-specific assessment Jennifer Deckert, MFA; Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming, USA</p>

<p>4:00 - 4:10 pm Dietary intake of male elite and pre-professional dancers 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</p> <p>4:15 - 4:25 pm Development and evaluation of an educational intervention program for pre-professional adolescent ballet dancers: nutrition for optimal performance Ashley Doyle-Lucas, PhD, Ohio State University, Columbus, Ohio; Brenda Davy, RD, PhD, Virginia Polytechnic and State University, Blacksburg, Virginia, USA</p>	<p>3:45 - 3:55 pm Fit to dance questionnaire for ballroom dancers Teri Riding McCabe, MS, ATC; Matthew Wyon, PhD, School of Sport, Performing Arts and Leisure, University of Wolverhampton, Walsall, UK</p> <p>4:00 - 4:20 pm Injuries in African Dance Forms Sonam Shah, BPHE; Lynda Mainwaring, PhD, University of Toronto, Ontario, Canada</p>
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<p>Cavalier – 2:30 - 3:20 pm Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA</p>
<p>Movement Session – Spiraling and circling imagery to free the spine and limbs in Gyrokinesis® Eva Powers, BS, MA, Wayne State University, Detroit, Michigan, USA</p>

<p>Concourse – 3:30 - 4:20 pm Moderator: Marika Molnar, PT, New York, New York, USA</p>
<p>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</p>

4:30 - 5:00 pm REFRESHMENT BREAK

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

South Ballroom – 5:00 – 6:00 pm	North Ballroom – 5:00 – 6:00 pm
<p>5:00 - 5:50 pm Care of the professional theatrical performer 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</p>	<p>Moderator: Emma Redding, PhD, London, UK</p> <p>5:00 - 5:20 pm Technique class participation strategies for injured college dance students Kathryn Daniels, MA, Cornish College of the Arts, Seattle, Washington, USA</p> <p>5:30 - 5:40 pm The use of Pilates and modern dance as therapeutic tools Rebecca Hess, PhD; Christine Romani-Ruby, MPT, ATC, California University of Pennsylvania, California, Pennsylvania, USA</p> <p>5:45 - 5:55 pm Kinesthetic intervention for normative pelvic alignment in dancers 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</p>

THURSDAY

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.

THURSDAY

Friday, October 14, 2011**Concurrent Lectures (North Ballroom 1, North Ballroom 3) and Movement Sessions (Cavalier, Concourse):**

<u>North Ballroom 1 – 8:00 - 10:00 am</u> Moderator: Nancy Kadel, MD, Seattle, Washington, USA	<u>North Ballroom 3 – 8:00 - 10:00 am</u> Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA
<p>8:00 - 8:20 am Magnetic resonance imaging applications for ankle anatomy and pathology in female ballet dancers Jeffrey A. Russell, PhD, ATC, University of California Irvine, Irvine, California, USA; Ruth M. Shave, MBChB, FRCR, Russells Hall Hospital, Dudley, UK; Hiroshi Yoshioka, MD, PhD, University of California-Irvine, Irvine, California, USA</p>	<p>8:00 - 8:10 am Balance training and its implications for risk of dance injury Megan Richardson, MS, ATC; Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA</p> <p>8:15 - 8:25 am Utility of the Modified Star Excursion Balance Test for technical assessment 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</p>
<p>8:30 - 8:40 am Bedside ultrasound assessment of the posterior ankle in dancers Bridget J. Quinn, MD; Pierre D'Hemecourt, MD; Lyle J. Micheli, MD, Division of Sports Medicine, Children's Hospital Boston, Boston, Massachusetts, USA</p>	<p>8:30 - 8:40 am Performance on the Star Excursion Balance Test predicts functional turnout angle in pre-pubescent female dancers 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</p>
<p>8:45 - 9:05 am Hindfoot and ankle pain in dancers Roger M. Hobden, MD, DO(Q); Benoit Aubin, MD, FRCP(C); Nathalie J. Bureau, MD, FRCP(C); Étienne Cardinal, MD, FRCP(C); Melanie Deslandes, MD, FRCP(C); Eric Desmarais, MD, FRCP(C); Thomas Moser, MD, FRCP(C), University of Montreal, Montreal, Quebec, Canada</p>	<p>8:45 - 8:55 am How do we test for balance in dance? Matthew Wyon, PhD; Ross Cloak, MPhil; Frances Clarke, MSc, University of Wolverhampton, Walsall, UK</p> <p>9:00 - 9:10 am Tester agreement of visual assessment of lumbar spine extension with tendu derrière in university modern dance students Lisa Donegan Shoaf, DPT, PhD; Judith Steel, MA, CMA, Virginia Commonwealth University, Richmond, Virginia, USA</p>
<p>9:15 - 9:25 am Etiology and management of hallux valgus and hallux limitus in dancers Lisa M. Schoene, DPM, ATC, Gurnee Podiatry & Sports Medicine Assoc., Gurnee, Illinois, USA</p> <p>(Session continued on next page)</p>	<p>9:15 - 9:25 am The effect of whole body vibration on jump height and active range of movement in female dancers 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</p> <p>(Session continued on next page)</p>

<p>9:30 - 9:40 am 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 Helen Day, BSc (Hons), University of Wolverhampton, Walsall, UK</p>	<p>9:30 - 9:40 am Effect of fatigue on balance in dancers with and without anterior cruciate ligament reconstruction 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</p>
<p>9:45 - 9:55 am Hyperpronation in dancers: prevalence and relation to calcaneal angle Rélana 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</p>	<p>9:45 - 9:55 am Fatigue effects on quadriceps/hamstring co-activation patterns in dancers performing drop landings 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</p>

<p><u>Cavalier – 8:00 - 8:50 am</u> Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA</p>
<p>Movement Session – Applying the concepts of Yin yoga to stretching for dancers Jane Baas, MA, MFA, Western Michigan University, Kalamazoo, Michigan, USA</p>
<p><u>Concourse – 8:00 - 8:50 am</u> Moderator: Ruth Solomon, Professor Emerita, Santa Cruz, California, USA</p>
<p>Movement Session – Touch: a powerful tool for dancers, choreographers and dance teachers Karine Rathle, MSc, Montreal, Quebec, Canada</p>

<p><u>Cavalier – 9:00 - 9:50 am</u> Moderator: Janet Karin, OAM, Melbourne, Australia</p>
<p>Movement Session – Integrating sensory awareness into learning dance techniques: somatic approaches to best practices for preventing dance injuries Hannah Park, PhD, MFA, Laban/Bartiniieff Institute of Movement Studies, New York, New York; Jamien Cvjetnicanin, BA, Vitality Bodywork and Movement Center, Seattle, Washington, USA</p>
<p><u>Concourse – 9:00 - 9:50 am</u> Moderator: Helen Laws, London, UK</p>
<p>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</p>

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

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

<p><u>North Ballroom 1 – 11:00 am - 1:00 pm</u> Moderator: Selina Shah, MD, San Francisco, California, USA</p>	<p><u>North Ballroom 3 – 11:00 am - 1:00 pm</u> Moderator: Emma Redding, PhD, London, UK</p>
<p>11:00 - 11:10 am One dancer's rehabilitation from post-viral fatigue syndrome: the long journey back Jane Paris, MA, Royal Ballet Company, London, UK</p> <p>(Session continued on next page)</p>	<p>11:00 - 11:10 am Kinematic analysis of the hip joint's contribution to total turnout 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</p>

FRIDAY

11:15 - 11:25 am

Core stability and injuries: implications for dancers

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

11:30 - 11:40 am

Entrapment of the saphenous nerve as a cause of medial knee pain in a young classical dancer: a case report

Debra Crookshanks, BAppScPty, GradDipManipTher, University of New South Wales, Sydney, Australia.

11:45 - 11:55 am

Peripheral nerve injuries in dancers: review and case report

Peter E. Lavine, MD, Sports & Performing Arts Medicine, Washington, DC, USA

12:00 - 12:10 pm

Morphological characteristics of the scoliotic dancer

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

12:15 - 12:50 pm

Lumbar radiculopathy in a dancer: diagnosis and management

Elizabeth Manejias, MD, Hospital for Special Surgery, New York, New York; Jason Hu, MD, Northwestern University, Chicago, Illinois, USA

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

Cavalier – 11:00 - 11:50 am Moderator: Jarmo Ahonen, PT, Helsinki, Finland
Movement Session – Dancing from the wings Jennifer M. Stacey, MS, Peak Performance Pilates, San Francisco, California, USA

Cavalier – 12:00 - 12:50 pm Moderator: Moira McCormack, PT, London, UK
Movement Session – Developing optimal muscle control to establish symmetry in the dancer Michael J. Mullin, ATC, LAT, OA Centers for Orthopaedics, Portland, Maine, USA
Concourse – 12:00 - 12:50 pm Moderator: Peter Lewton-Brain, DO, MA, Monaco
Movement Session – Diagnosis and treatment of common foot, ankle and lower leg dysfunction in dancers: an osteopathic approach Carrie Janiski, DO, ATC, Michigan State University Kalamazoo Center for Medical Studies, Kalamazoo, Michigan, USA

1:00 - 2:00 pm **IADMS Business Meeting**
North Ballroom 1
 All IADMS Members are urged to attend

2:15 pm **Afternoon tours and social events; meet in hotel lobby for directions**

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

Program subject to change.

FRIDAY

Saturday, October 15, 2011

Cavalier – 8:00 - 8:50 am Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA
Movement Session – Meditation techniques for dancers Jo Ann Staugaard-Jones, MA, New York University, New York, New York, USA
Concourse – 8:00 - 8:50 am Moderator: Matthew Wyon, PhD, Walsall, UK
Movement Session – Recovery and prevention in motion: performance psychology in action Lynda Mainwaring, PhD, C. Psych, University of Toronto, Toronto, Ontario, Canada; Lana Ashton, BSc (Hons), Sp.Psych, Private Practice, Bristol, UK

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

North Ballroom 1 – 8:30 - 10:00 am Moderator: Jeff Russell, PhD, Irvine, California, USA	North Ballroom 3 – 8:30 - 10:00 am Moderator: Helen Laws, London UK
8:30 - 8:50 am Dance of the embryo: creating a scientifically accurate description of human development using the language of dance Matthew Diamond, MD, PhD, New York University School of Medicine, New York, New York, USA	8:30 - 8:40 am Outreach dance medicine services: a working model Jan Dunn, MS; Sarah Graham, MS, PT, Denver Dance Medicine Associates, Denver; Julia Wilkinson Manley, Ballet Nouveau Colorado, Broomfield, Colorado, USA
9:00 - 9:20 am Visceral osteopathy and performance enhancement in dancers Peter Lewton-Brain, DO, MA, Ecole Supérieure de Danse de Cannes Rosella Hightower, Cannes, France	8:45 - 8:55 am Wellness for dancers: a model course curriculum for college/university dancers Marita Cardinal, EdD, Western Oregon University, Monmouth, Oregon, USA
9:30 - 9:50 am Optimal health and wellbeing of the dancer patient: an osteopathic approach Lillie Rosenthal, DO, New York, New York, USA	9:00 - 9:10 am Healthy dancer assessment: redefining the annual physical examination to better meet the needs of dancers Judith R. Peterson, MD, Sanford School of Medicine of the University of South Dakota, Sioux Falls, South Dakota, USA
	9:15 - 9:25 am Collaborative services for professional dancers: a holistic approach to care Ruth Bittorf, RN, Artist Health Centre, Toronto Western Hospital; Ginette Hamel, BSc, PT, National Ballet of Canada, Toronto, Canada
	9:30 - 9:50 am The development of a start-up screen through a multi-site collaborative project 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

SATURDAY

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 Nettle-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

10:00 - 10:30 am REFRESHMENT BREAK
Journal of Dance Medicine & Science MEETING - North Ballroom 1

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

North Ballroom 1 – 10:30 am - 12:30 pm Moderator: Ruth Solomon, Santa Cruz, California, USA	North Ballroom 3 – 10:30 am - 12:30 pm Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA
10:30 - 11:00 am Clinical Symposium: Diagnosis and treatment of hip conditions in dancers Peter E. Lavine, MD, INOVA Mount Vernon Hospital and Massachusetts Avenue Surgery Center, Washington, DC, USA	10:30 - 10:50 am The inner world of dancers: an exploration of eating disorders and professional dancers Jeanne Even, LCSW, Institute for Psychoanalytic Training and Research, New York, New York, USA
11:15 - 11:35 am Hip pain in a hypermobile professional ballerina 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	11:00 - 11:20 am Creativity as a dance science topic: methodological challenges and applied potential 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
11:45 am - 12:05 pm Playing at the periphery: exercises to improve proprioception and stability of the hypermobile joint Meta Chessin, MPT, BFA, Virginia Mason Sports Medicine Clinic, Seattle, Washington, USA	11:30 - 11:50 am Carabosse's curse: the dangers of being gifted Janet Karin, OAM; Gene Moyle, DPsych, MPsych, Australian Ballet School, Melbourne, Australia
12:15 - 12:25 pm Examination of the correlation between hypermobility and injury patterns in professional ballet dancers 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	12:00 - 12:20 pm Teaching tomorrow's stars: common problems associated with exceptional talent Linda H. Hamilton, PhD, New York City Ballet, New York, New York, USA

SATURDAY

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):

North Ballroom 1 – 2:30 - 4:00 pm Moderator: Virginia Wilmerding, PhD, Albuquerque, New Mexico, USA	North Ballroom 3 – 2:30 - 4:00 pm Moderator: : Tom Welsh, PhD, Tallahassee, Florida, USA
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 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 3:30 - 3:50 pm Factors associated with patellofemoral pain and dynamic lower limb alignment in female adolescent dancers Melinda Purnell, BAppSc (PT Hons), BAppA (Dance); Claire Hiller, PhD, PT; Roger Adams, PhD; Jean Nightingale, PhD; Kathryn Refshauge, PhD, PT, The University of Sydney, New South Wales, Australia	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 3:00 - 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

SATURDAY

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.

SATURDAY

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 McDermit, 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; Hızir Kurtel, MD, Department of Physiology, School of Medicine; Gullu Turan, MSc Candidate, Department of Physical Education and Sports, Institute of Health Sciences, Marmara University; Ayrin 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

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

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**
William G. Hamilton, MD, Clinical Professor of Orthopaedic Surgery, Columbia University College of Physicians & Surgeons, Orthopaedic Consultant, New York City Ballet, School of American Ballet, American Ballet Theatre, Jacqueline Kennedy Onassis School at American Ballet Theatre
- 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;
Moirra McCormack, MSc, PT, The Royal Ballet Company, London, UK;
Bonnie Robson, MD, DPsych, FRCPC, 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