

SCHEDULE

IADMS 24TH ANNUAL MEETING



Revised October 15, 2014
Program subject to change

THURSDAY, OCTOBER 16, 2014

Stadt-Casino – Grosser Festsaal

- 8:00 - 8:50 am** **REGISTRATION; Tea and Coffee**
- 8:50 - 9:10 am** **Opening Remarks**
Janet Karin, OAM, President, IADMS
Virginia Wilmerding, PhD, Chair, Program Committee and CEO of IADMS
Presentation – Student Research Award
(Sponsored by Harkness Center for Dance Injuries)
Special Guest: Dr Guy Morin, President of the Executive Council of Basel, Switzerland
- 9:10 - 10:00 am** **Opening Panel**
Richard Wherlock, Artistic Director of the Basel Ballet
Christian Spuck, Artistic Director of the Zürich Ballet
Kathleen McNurney, Artistic Director of the Luzern Ballet
Amanda Bennett, Artistic Director of the Prix-de-Lausanne and Director of the Ballet School of the Basel Theatre
Moderator: Peter Lewton-Brain, DO, Monaco
- 10:00 - 10:45 am** **Clinical Symposium:**
Technical errors and dance injuries: reviewing the clinical connections
Luana Poggini, MD, PhD, Accademia Nazionale di Danza, Rome, Italy
Moderator: David S Weiss, MD, New York, New York, USA
- 11:00 - 11:30 am** **REFRESHMENT BREAK**
- 11:30 am - 1:30 pm** **LECTURES** (concurrent with Movement Sessions, next page)

<u>Grosser Festsaal</u> Moderator: Roger Wolman, MD, London, UK	<u>Hans Huber Saal</u> Moderator: Gayanne Grossman, PT, Allentown, Pennsylvania, USA
<p>11:30 - 11:40 am A nutrition education program: a practical approach to improve the health of the adolescent dancer Christina Patsalidou, MFA, BSc, University of Nicosia, Nicosia, Cyprus</p> <p>11:45 - 11:55 am Prevalence of the Female Athlete Triad in college dance students Amy Avery, BFA, MS; Jane Baas, MA, MFA, Western Michigan University, Kalamazoo, Michigan, USA</p>	<p>11:30 - 11:40 am Prevention of ankle injuries: evaluation of dynamic stability of the dominant leg in female ballet dancers Olga Korbolewska, MSc; Marcin Plenzler, MSc; Robert Śmigielski, MD; Marcin Popieluch, MD; Carolina Medical Center; Michal Staniszewski, MD, University of Physical Education; Urszula Zdanowicz, MD; Małgorzata Kowalska, MSc, Carolina Medical Center, Warsaw, Poland</p> <p>11:45 - 11:55 am A foundation for developing a dance-specific ankle stability measure Esther A Chou, MEd, AT; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA</p>

Thursday, October 16, 2014 (continued)

<p>12:00 - 12:20 pm Proteins, fats and carbohydrates: exploring the evidence for what, why and when the healthy dancer should eat for optimum performance Jasmine Challis BSc RD, Reading, UK</p> <p>12:30 - 12:40 pm Optimum vitamin D supplementation dose regimen in winter for elite athletes to reduce injury risk Eric Julian Widdowson, MBBS, FFSEM, Circle Bath Hospital; Gavin Jennings, MBBS, FRCS, Royal United Hospital NHS Trust; Jameson Mola, Bath Rugby, Bath; Millicent Anne Stone, FRCP, MSc, Guys & St Thomas's Hospital, London, UK</p> <p>12:45 - 12:55 pm Caffeine and dance performance Shannon Sterne, MS, RDN, Case Western Reserve University, Ohio, USA</p> <p>1:00 - 1:20 pm Nutritional supplementation and the dancer Victor R Prisk, MD, Drexel University, Philadelphia, Pennsylvania, USA</p>	<p>12:00 - 12:20 pm Signs and symptoms of lower limb dysfunction in child dancers and non-dancers with joint hypermobility Leslie Nicholson, PhD, BAppSc (Physio); Verity Pacey, BAppSc(Physio); Roger Adams, PhD, University of Sydney; Louise Tofts, MBBS, FRACP, The Children's Hospital at Westmead; Craig Munns, PhD, MBBS, University of Sydney, Sydney, Australia</p> <p>12:30 - 12:40 pm Plié flexibility in dancers: differences between positions, measurement methods and limbs Lindsay Harmon-Matthews, PT, DPT; Mariah Nierman, DPT, AT; Nienke Willigenburg, PhD; Timothy Hewett, PhD; The Ohio State University's Wexner Medical Center and The Sports Health and Performance Institute, Columbus, Ohio, USA</p> <p>12:45 - 12:55 pm Integrating rotator discs into ballet classwork: collaboration of ballet professor, somatic expert, and medical team Catherine Horta-Hayden, MFA; Nancy Wanich-Romita, MFA, Towson University, Towson; Andrea N Lasner, MSPT, The Johns Hopkins Hospital, Baltimore, Maryland, USA</p> <p>1:00 - 1:10 pm The relationship between lower extremity strength and kinematics at the hip, knee and ankle during plié and relevé in professional dancers Valerie Williams, PT, DPT; Mallory Sell, MS, ATC; Heather Bansbach, BS, Timothy Sell, PT, PhD University of Pittsburgh, Pittsburgh, Pennsylvania, USA</p> <p>1:15 - 1:25 pm The influence of foot structure on injuries to the distal lower limb segment in ballet dancers Paulina Mira, MPhty, Opera Nova Ballet, Bydgoszcz, Poland; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA</p>
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11:30 am - 1:30 pm MOVEMENT SESSIONS (concurrent with Lectures, above)

<p><u>Theaterstrasse Turnhallen A</u> Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA</p>	<p><u>Theaterstrasse Turnhallen B</u> Moderator: Debra Crookshanks, PT, Sydney, Australia</p>
<p>11:30 - 12:15 pm Sensory Gymnastic for dancers Annemari Autere, BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France</p>	<p>11:30 - 12:15 pm Improvisation as training for contemporary dancers Agathe Dumont, PhD; Centre National de la Danse Contemporaine d'Angers; Mariam Faquir, Freelance dancer, Mariam Faquir, Paris, France</p>
<p>12:30 - 1:15 pm Integration of joint capsules in plié through the lens of Body-Mind Centering® Wendy Masterson, MFA, Interlochen Arts Academy, Interlochen, Michigan, USA</p>	<p>12:30 - 1:15 pm Exercises for quadratus femoris Paula H Baird Colt, APMA; Susan J Mayes, PT, The Australian Ballet, Melbourne, Australia</p>

Thursday, October 16, 2014 *(continued)*

1:30 - 3:30 pm

LUNCH

IADMS Committee Meetings (by invitation only)

Committee members, please pick up your bag lunch at the registration desk beginning at 1:15 pm.

- **Development – Turnhalle A**
- **Education – Grosser Festsaal**
- **Promotion - Hans Huber Saal**
- **Publication – Hans Huber Saal**
- **Research – Grosser Festsaal**
- **Student – Turnhalle B**

3:30 - 5:30 pm

LECTURES *(concurrent with Movement Sessions, next page)*

<u>Grosser Festsaal</u>	<u>Hans Huber Saal</u>
Moderator: Jeffrey Russell, PhD, Athens, Ohio, USA	Moderator: Matthew Wyon, PhD, Walsall, West Midlands, UK
<p>3:30 - 3:40 pm Maximizing Performance Program: development and implementation of an injury prevention theory program in a professional dance education Julia Jael Monning, BA, Codarts University of the Arts, Rotterdam; Derrick Brown, MSc, Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Nijmegen; Kim Dekker, MSc, Nederlands Institute for Neuro Science, Amsterdam; Stephanie Keizer, MA, Codarts University of the Arts, Rotterdam, The Netherlands</p> <p>3:45 - 3:55 pm A young dancer's guide: what every young dancer needs to know about injury prevention and rehabilitation Bobby Bernstein, Dancer, Pfalztheater Kaiserslautern, Germany, and Certified GYROTONIC® Instructor; Nancy Kadel, MD, Seattle Dance Medicine Clinic, Seattle, Washington, USA</p> <p>4:00 - 4:10 pm Balance in dance performance: a systematic review Frances Clarke, BA(Hons), MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p> <p>4:15 - 4:25 pm Relationships among lower body power measures and balance in female collegiate dancers Jatin P Ambegaonkar, PhD, ATC; Shane V Caswell PhD, ATC; Nelson Cortes, PhD, George Mason University, Fairfax, Virginia, USA</p>	<p>3:30 - 3:50 pm A comprehensive musculoskeletal profile of advanced female classical ballet dancers Maria Yee, BPhy (Hons); Rowena Toppenberg, MPhySt (Manips), BPhy (Hons), The University of Queensland, Brisbane, Australia</p> <p>4:00 - 4:10 pm Body composition, somatotype and aerobic capacity in dancesport, contemporary dance, and ballet Helena Liiv, University of Tartu, Tartu, Estonia; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Toivo Jürimäe; Jarek Mäestu; Jaak Jürimäe, University of Tartu, Tartu, Estonia</p> <p>4:15 - 4:25 pm Electromyographic comparison of demi plié at the barre, demi plié in centre, and sauté in first position Andrea Kozai, MSc, CSCS, Virtuoso Fitness, Pittsburgh, Pennsylvania, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p>

Thursday, October 16, 2014 (continued)

<p>4:30 - 4:40 pm Factors associated with knee kinematics and patellofemoral pain in adolescent ballet dancers Melinda Purnell, PT, BAppA; Claire Hiller, PhD, PT; Kathryn Refshauge, PhD, PT; Roger Adams, PhD, The University of Sydney, Sydney, Australia 4:45 - 4:55 pm</p> <p>Patellar instability in ballet dancers: a clinical case Małgorzata Kowalska, MSc; Robert Śmigielski, MD; Olga Korbolewska, MSc; Małgorzata Kowalczyk, MSc, Carolina Medical Center, Warsaw, Poland</p> <p>5:00 - 5:10 pm Evidence based on relationships between musculoskeletal discomfort rating scores and time-loss injuries among professional dancers Marijeanne Liederbach, PhD, PT; Alison Deleget, MS, ATC; Joshua Honrado, SATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p> <p>5:15 - 5:25 pm Occupation-orientated rehabilitation in dance: a 5-year analysis and evaluation of the medical care of professional dancers Elisabeth Exner-Grave MD; Ulrich Vieregge, MD; Dagmar Detzel, MD, medicosAufSchalke, Reha GmbH; David Groneberg, MD, PhD, Goethe University, Frankfurt; Eileen Wanke, MD, Institute of Occupational Medicine, Charité - Medical University, Berlin, Germany</p>	<p>4:30 - 4:40 pm Lower extremity joint demands in relevés and sauté Danielle N Jarvis, MS, ATC; Kornelia Kulig, PhD, PT; University of Southern California; Los Angeles, California, USA</p> <p>4:45 - 4:55 pm Dance injury, rehabilitation, and return to work Lauren Warnecke, MS; Molly Doyle, University of Illinois, Chicago, Illinois, USA</p> <p>5:00 - 5:10 pm Bone health and vocational dance training Tânia Amorim, MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; José Maia, PhD; José Machado, PhD; Franklim Marques, PhD, University of Porto, Porto, Portugal; Yiannis Koutedakis, PhD, University of Thessaly, Trikala, Greece</p> <p>5:15 - 5:25 pm Investigating changes in energy system utilization during a year of contemporary dance training Sarah Beck, MSc; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London; Matthew Wyon, PhD, University of Walsall, UK</p>
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3:30 - 5:30 pm MOVEMENT SESSIONS (concurrent with Lectures, above)

<u>Theaterstrasse Turnhallen A</u>	<u>Theaterstrasse Turnhallen B</u>
Moderator: Selina Shah, MD, San Francisco, California, USA	Moderator: Imogen Aujla, Bedfordshire, UK
3:30 - 4:15 pm Breath and dynamic alignment: dance science and somatics converge through Bartenieff Fundamentals® Anne Burnidge, MFA, CLMA, State University of New York at Buffalo, Buffalo, New York, USA	3:30 - 4:15 pm Training dancers' physical conditioning using dance specific routines Martha Wiekens, MSc; Alex Balfour, MSc, Buckinghamshire New University, Bucks
Moderator: Ruth Solomon, Emeritus Professor, Santa Cruz, California, USA	Moderator: Erin Sanchez, MSc, London, UK
4:30 - 5:15 pm Using experiential anatomy and cueing to enhance the dancer's integration of the pelvis, hip, and lower extremity Judith Steel, MA, CMA, Virginia Commonwealth University, Richmond; Lisa Donegan Shoaf, DPT, PhD, Mary Baldwin College, Staunton, Virginia, USA	4:30 - 5:15 pm Two in one: a dancer's cardio training with emphasis on leg alignment Andreas Starr, MSc, state-certified dance teacher, Palucca University of Dance Dresden, Dresden; Liane Simmel, MD, DO, tamed, Tanzmedizin Deutschland eV, Fit for Dance, Munich, Germany

5:30 - 6:00 pm **REFRESHMENT BREAK** – *Journal of Dance Medicine & Science Meeting* (open to all delegates)

Thursday, October 16, 2014 (continued)

6:00 - 7:00 pm

LECTURES (concurrent with Movement Sessions, below)

<u>Grosser Festsaal</u> Moderator: Alexander McKinven, PT, Richmond, UK	<u>Hans Huber Saal</u> Moderator: Sarah Beck, MSc, London, UK
<p>6:00 - 6:45 pm Clinical Symposium: Alignment of the leg and its impact on the dancer's knee Liane Simmel, MD, DO, tamed, Tanzmedizin Deutschland eV, Fit for Dance, Munich, Germany</p>	<p>6:00 - 6:10 pm An examination of changes in perception and attitude in university level dance students following a pre-participation screen Amanda Clark, BFA; Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio, USA</p> <p>6:15 - 6:25 pm The effects of a modified classical dance training program on the strength and jumping ability of college ballet dancers Aikaterini Tsanaka, MSc; Vasiliki Manou, PhD; Kyriaki Mitrou, BSc; Spiros Kellis, PhD, Aristotle University of Thessaloniki, Thessaloniki, Greece;</p> <p>6:30 - 6:40 pm A study of the health and well-being of former professional classical ballet dancers Anneli Chasemore, MSc ; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</p> <p>6:45 - 6:55 pm Student and Young Professional networking workshop Sarah Beck, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Ciara Burgi, CSCS, SPT, Duke University School of Medicine, Durham, North Carolina; Jillian Descoteaux, MSc, ATC, Ohio University, Athens, Ohio, USA; Hannah Etlin-Stein, MSc, CSCS, Toronto, Ontario, Canada; Danielle N Jarvis, MS, ATC, University of Southern California; Los Angeles, California, USA</p>

6:00 - 7:00 pm

MOVEMENT SESSIONS (concurrent with Lectures, above)

<u>Theaterstrasse Turnhallen A</u> Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA	<u>Theaterstrasse Turnhallen B</u> Moderator: Peter Lewton-Brain, DO, Monaco
<p>6:00 - 6:45 pm The m/r SEBT: making technical assessment practical for dance educators Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming; Glenna Batson, PT, ScD, Winston-Salem State University, Winston-Salem, North Carolina, USA</p>	<p>6:00 - 6:45 pm Dealing with anatomical differences in the ballet studio Janet Karin, OAM, Australian Ballet School, Melbourne, Australia; Rachel Rist, MA, Tring Park School for Performing Arts, Tring, Hertfordshire, UK</p>

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

Program subject to change.

7:30 pm

WELCOME RECEPTION

Stadt-Casino – Grosser Festsaal

FRIDAY, OCTOBER 17, 2014

8:00 - 8:50 am

Stadt-Casino – Grosser Festsaal

IADMS Business Meeting

All IADMS members are urged to attend. [Click here for agenda.](#)

9:00 - 11:00 am

MOVEMENT SESSIONS (concurrent with Lectures, below)

<u>Theaterstrasse Turnhallen A</u> Moderator: David S Weiss, MD, New York, New York, USA	<u>Theaterstrasse Turnhallen B</u> Moderator: Emma Redding, PhD, London, UK
9:00 - 9:45 am Using rigid strapping tape instead of pointe shoe padding: exploring the advantages and learning taping methods Esther Juon Veitch, ABBO, Waipawa; Beryl Ruth Swinney, BSc (Ost), Wellington, New Zealand	9:00 - 9:45 am A whole-body approach to addressing a vexing though beautiful alignment challenge: hyperextended knees Eleanor Kusner, MSc, The Juilliard School, New York, New York, USA
10:00 - 10:45 am Kinesio Taping® Method (KTM) for the dancer population: introduction to theory and application Alison Deleget, MS, ATC; Erika Kalkan, DPT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York	10:00 - 10:45 am How much is too much? Identifying and avoiding burnout in dance Brenton Surgenor, MA, BPhEd, Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong SAR

9:00 - 11:00 am

LECTURES (concurrent with Movement Sessions, above)

<u>Grosser Festsaal</u> Moderator: Liane Simmel, MD, Munich, Germany	<u>Hans Huber Saal</u> Moderator: Erin Sanchez, MSc, London, UK
9:00 - 9:30 am Scholarly writing demystified Ruth Solomon, Emeritus Professor, University of California Santa Cruz, Santa Cruz, California; Jeffrey A. Russell, PhD, AT, Ohio University, Athens, Ohio; Jatin Ambegaonkar, PhD, ATC, George Mason University, Manassas, Virginia, USA	9:00 - 10:00 am Passion for dance: antecedents, outcomes, and future research directions Imogen Aujla, PhD, University of Bedfordshire, Bedford, UK
9:45 - 10:05 am Update from the Standard Measures Consensus Initiative (SMCI) Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York; Marshall Hagins, PhD, PT, Long Island University, Brooklyn, New York; Jennifer M Gamboa, DPT, OCS, Body Dynamics Inc, Falls Church, Virginia; Thomas M Welsh, PhD, Florida State University, Tallahassee, Florida, USA	

Friday, October 17, 2014 (continued)

<p>10:15 -10:45 am Getting to the heart of dance: how, why, and when to use a qualitative methodology in dance research Lynda Mainwaring, PhD, CPsych; University of Toronto, Toronto, Ontario, Canada; Shantel Ehrenberg, PhD, University of Surrey, Surrey; Lana Ashton, BSc (Sp Psych), PerformEffectiv Bristol, UK; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA; Derrick Brown, MSc, Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Nijmegen, The Netherlands; Annabelle Coullandre, PhD, Université Paris Ouest Nanterre La Défense, Orléans, France; Jeffrey Russell, PhD, ATC, Ohio University, Athens, Ohio; Selina Shah, MD, Center for Sports Medicine, San Francisco, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Jatin P Ambegaonkar, PhD ATC, George Mason University, Virginia, USA</p>	<p>10:15 - 10:35 am Personality predictors of success in professional dancers before and after career transition: assessing the role of entrepreneurial potential and interests Andrew Hurst, BA, MA, The Royal Ballet; Gorkan Ahmetoglu, MPhil; Andrea Kallias, PhD, Goldsmiths University; Johanna Herrmann, PhD, University of East London, London, UK</p> <p>10:45 - 10:55 am Using the ICF-model in dance medicine Anandi van Loon-Felter, MD, BA, Medical Centre for Dancers and Musicians, The Hague, The Netherlands</p>
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11:00 am - 12:00 pm REFRESHMENT BREAK and POSTER SESSION ([Group 1](#))
 (Poster authors will be available to answer questions at their poster during this time period.)

12:00 - 2:00 pm LECTURES (concurrent with Movement Sessions, page 9)

Grosser Festsaal Moderator: Roger Wolman, MD, London, UK	Hans Huber Saal Moderator: Marika Molnar, PT, LAc, New York, New York, USA
<p>12:00 - 12:45 pm Clinical Symposium: Stress fractures in dancers: evaluation and treatment David S Weiss, MD, Department of Orthopaedic Surgery and Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, New York, USA</p>	<p>12:00 - 12:10 pm Qualitative effects of two modes of motor imagery training on improvisational movement: a descriptive study Glenna Batson, PT, DSc, Winston-Salem State University, Winston-Salem, North Carolina, USA; Susan Senter, BA, MACP, Trinity Laban Conservatoire of Music and Dance, London, UK</p> <p>12:15 - 12:25 pm Motor imagery practice for improving relevé range of motion among professional dancers Amit Abraham, BPT, MAPhty, Haifa University; Ayelet Dunsky, MA, PhD, Zinman College of Physical Education and Sport Sciences; Ruth Dickstein, PT, DSc, Haifa University, Israel</p> <p>12:30 -12:40 pm Hypnotherapy: a tool to build confident dancers while reducing performance anxiety Eva Nemeth, PT, CHt, Hypnomovement, Marina del Rey, California, USA</p>

Friday, October 17, 2014 (continued)

<p><u>Moderator:</u> David S Weiss, MD, New York, New York, USA</p> <p>1:00-1:20 pm Diagnosis and surgical treatment of symptomatic talocalcaneal coalition in ballet dancers Eiichi Hiraishi, MD, Eiju General Hospital, Kenichiro Takeshima, MD, Saitama National Hospital; Norio Usami, MD; Usami Orthopaedic Clinic; Hiroko Ikezawa, MD, Keio University, Tokyo, Japan</p> <p>1:30-1:50 pm The need of anterior talofibular ligament (ATFL) reconstruction in professional ballet dancers with chronic ankle instability: rehabilitation and biomechanics tests Malgorzata Kowalczyk, MSc; Robert Smigielski, MD; Olga Korbolewska, MSc; Malgorzata Kowalska, MSc, Carolina Medical Center, Warsaw, Poland</p>	<p>12:45 - 12:55 pm The use of acupuncture as an adjunct to physiotherapy treatment of the performing artist Alexander McKinven MSc, MSCP, Sharon Morrison Physiotherapy and Associates, Birmingham, UK</p> <p>1:00 - 1:10 pm One size doesn't fit all: dancer perceptions and preferences for dance floor properties Luke Hopper, PhD, Edith Cowan University, Mt Lawley, Australia</p> <p>1:15 - 1:25 pm Development of a screening initiative for musical theatre dancers Nicola Stephens, MSc, MCSP, Performers College, Essex, UK; Gary Galbraith, MFA, Dancer Wellness Project, New York, New York, USA</p> <p>1:30 - 1:40 pm Development of a prototype for an educational screening training program Hannah Barna, BA; Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio, USA</p> <p>1:45 - 1:55 pm The development of a national dance medicine and science institute offering education, research and specialist healthcare to dancers Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance; Nick Allen, MCSP, Jerwood Centre for the Prevention and Treatment of Dance Injuries; Joan Duda, PhD, University of Birmingham; Helen Laws, National Institute for Dance Medicine and Science; Eleanor Quested, PhD, University of Birmingham; Roger Wolman, MD, FRCP, Royal National Orthopaedic Hospital, London; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p>
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➡ **12:00 - 2:00 pm concurrent Movement Sessions on next page**

Friday, October 17, 2014 (continued)

12:00 - 2:00 pm

MOVEMENT SESSIONS: (concurrent with Lectures, page 7-8)

Theaterstrasse Turnhallen A	Theaterstrasse Turnhallen B
Moderator: Liane Simmel, MD, Munich, Germany	Moderator: Ruth Solomon, Emeritus Professor, Santa Cruz, California, USA
12:00 - 12:45 pm Introduction to Therabarre ballet class: proprioceptive training for development and toning of muscles required in ballet Marlene R Hall, BA, Orange County School of the Arts, Santa Ana, California, Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA	12:00 - 12:45 pm Local interdependence within the dancer's foot: identifying normal vs harmful relationships Rose Schmieg, DHSc, PT; Carina Stern, BA, Shenandoah University, Winchester, Virginia, USA
Moderator: Matthew Diamond, MD, New York, New York, USA	Moderator: Rachel Rist, MA, Tring, UK
1:00 - 1:45 pm GYROTONIC® workshop: a case based live demonstration Christie-Joy Cunningham, BA; Victor Valderrabano, MD, PhD; Martin Wiewiorski, MD, University of Basel Hospital, Basel, Switzerland; Sergio Honorio, Master Trainer, GYROTONIC Arts Studio, Freiburg, Germany	1:00 - 1:45 pm Practice for the spine: three simple procedures involving balance, flexibility and direction Tony Thatcher, MFA, Trinity Laban Conservatoire of Dance and Music, London, UK

2:00 pm

LUNCH

Round Table Discussions (by advance registration)

1. **Dance Science – Hans Huber Saal** (Moderator: Jatin Ambegaonkar)
2. **Education – Turnhalle A** (Moderator: Janet Karin)
3. **Kinesiology – Turnhalle A** (Moderator: Margaret Wilson)
4. **Medical Doctor – Grosser Festsaal** (Moderator: Julian Widdowson)
5. **Psychology – Grosser Festsaal** (Moderator: TBA)
6. **Standardization – Hans Huber Saal** (Moderator: Marijeanne Liederbach)
7. **Student – Turnhalle B** (Moderator: Sarah Beck)

NOTE: All box lunches for the round table discussions (ordered during online registration) will be distributed at the registration table beginning at 1:45 pm. Please pick up your lunch before proceeding to the round table location.

Meeting: *Journal of Dance Medicine & Science* Editors (by invitation)

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

Program subject to change.

AFTERNOON FOR SIGHTSEEING

SATURDAY, OCTOBER 18, 2014

9:00 - 11:00 am

MOVEMENT SESSIONS (concurrent with Lectures, below)

<u>Theaterstrasse Turnhallen A</u>	<u>Theaterstrasse Turnhallen B</u>
Moderator: Jeffrey Russell, PhD, Athens, Ohio, USA	Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA
9:00 - 9:45 am Do you know your unique hip profile? Produce personalized turnout development programs using anatomical assessment Lisa Howell, BPhy, Perfect Form Physiotherapy, Sydney, Australia	9:00 - 9:45 am The practical application of attentional focus and feedback research to ballet training Clare Guss-West, BHum, MA, RESEO European Network for Opera & Dance Education, Switzerland; Gabriele Wulf, PhD, University of Nevada, USA
10:00 - 10:45 am Ankles and feet: safeguarding dancers' most-likely-to-be-injured body parts Ann F Cowlin, MA, Yale University, New Haven Connecticut, USA	10:00 - 10:45 am A mindfulness approach to warm-up Gayanne Grossman PT EdM, Muhlenberg College, Allentown, Pennsylvania, USA; Bonnie Robson MD FRCPC, Toronto, Ontario, Canada

9:00 - 11:00 am

LECTURES (concurrent with Movement Sessions, above)

<u>Grosser Festsaal</u>	<u>Hans Huber Festsaal</u>
Moderator: Lauren Elson, MD, Boston, Massachusetts, USA	Moderator: Luke Hopper, PhD, Fremantle, Australia
9:00 - 9:20 am Metatarsalgia of the lesser toes in elite dancers: overview & case presentations Peter E Lavine, MD, Centers for Advanced Orthopaedics, Washington, DC, USA	9:00 - 9:10 am Biomechanics of a tendu closing: analyzing knee motion in 1st, 3rd, and 5th positions Merry Lynn Morris, MFA, LMT; Nyssa Masters, MS; Aimee B Klein, DPT; Stephanie Carey, PhD, University of South Florida, Tampa, Florida, USA
9:30 - 9:50 am Dancer's heel and dancer's tendinitis: results of open surgery Saskia Haitjema, MD, BA; ABM Rietveld, MD, BA, Medical Centre for Dancers and Musicians, The Hague, The Netherlands	9:15 - 9:35 am Gaze behavior in dance: the relevance of spotting in pirouettes Andrea Schärli, PhD; André Klostermann, PhD; Ernst-Joachim Hossner, PhD, University of Bern, Bern, Switzerland
10:00 - 10:10 am An evidence-based protocol for conservative treatment of the posterior ankle impingement syndrome in professional ballet dancers Ruta Jezerskyte Banfi, Bc, MSc, CiaoFysio; Tamara Soler, Bc, Amsterdamfysio; Leon Katsman, Bc, freelance physiotherapist, Amsterdam, The Netherlands	9:45 - 10:05 am Questioning efficiency in dance Edel Quin, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK
10:15 - 10:25 am Clinical results of stress fractures at the base of the second metatarsal in ballet dancers Kenichiro Takeshima, MD, National Hospital Organization Saitama National Hospital; Eiichi Hiraishi, MD; Takeshi Morioka, MD, Eiju General Hospital, Tokyo, Japan	10:15 - 10:25 am Application of physics laws and principles to teaching and learning dance techniques: turn on one foot Li Lei, PhD, Dixie State University, St George, Utah, USA
10:30 - 10:50 am Fractures of the hallucal sesamoids treated with ultrasound-guided injections Panagiots Symeonidis, MD, PhD, St Luke's Hospital, Thessaloniki, Greece	10:30 - 10:50 am Assisting dancers in the transfer of skills from supplemental training to dance technique and performance Paula Baird Colt, APMA, The Australian Ballet, Melbourne, Australia; Barbara Harris, Boston Ballet, Boston, Massachusetts, USA; Leila Kester, Nederlands Dance Theater, Amsterdam, The Netherlands; Clarice Marshall, MFA, Freelance, New York, New York, USA; Jennifer Mills, ARAD, Birmingham Royal Ballet, Birmingham, West Midlands; Jane Paris, MA, The Royal Ballet, London, UK

Saturday, October 18, 2014 (continued)

11:00 am - 12:00 pm **REFRESHMENT BREAK and POSTER SESSION ([Group 2](#))**
 (Poster authors will be available to answer questions at their poster during this time period.)

12:00 - 1:30 pm **LECTURES** (concurrent with Movement Sessions, below)

Grosser Festsaal	Hans Huber Saal
Moderator: Selina Shah, MD, San Francisco, California, USA	Moderator: Janet Karin, OAM, Melbourne, Australia
<p>12:00 - 12:10 pm Effects of contact improvisation for proprioception: an exercise intervention as part of rehabilitation Christina Mastori, BSc, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK</p> <p>12:15 - 12:35 pm Concussion in dance: back to the studio Jeffrey A Russell, PhD, AT, Ohio University, Athens; Kandis J Maust, AT, Ohio State University, Columbus; Jillian Descoteaux, MSc, AT, Ohio University, Athens, Ohio, USA</p> <p>12:45 - 12:55 pm Concussion knowledge and attitudes among dancers Lauren Kreha, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p> <p>1:00 - 1:10 pm The dilemma: risk-taking choreography versus injury Moira McCormack, MSc, The Royal Ballet Company, London UK</p> <p>1:15 - 1:25 pm When do traumatic time-loss dance injuries occur? Leigh Schanfein, MS; Lauren Kreha, ATC; Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p>	<p>12:00 - 12:20 pm Attentional focus and motor skills research and its application to ballet training Gabriele Wulf, PhD, University of Nevada, Nevada, USA; Clare Guss-West, BHum, MA, RESEO European Network for Opera & Dance Education, Zurich, Switzerland</p> <p>12:30 - 12:40 pm Ballet body capital: perceptions of 'good' pain and 'bad' pain from young ballet dancers Angela Pickard, PhD, Canterbury Christ Church University, Canterbury, UK</p> <p>12:45 - 12:55 pm Comparison study of body image and mirror impact between beginning and advanced female ballet students Sally Radell, MFA, MA; Margaret Keneman, PhD; Mara Mandradjieff, MEd Kennesaw State University; Daniel Adame, PhD, Emory University, Atlanta, Georgia; Steven Cole, PhD, Research Design Associates, Yorktown Heights, New York, USA</p> <p>1:00 - 1:20 pm Juggling the demands of a dance curriculum: using periodization techniques as a tool Gaby Allard, MA; Derrick Brown, MSc, Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Nijmegen, The Netherlands; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p>

12:00 - 1:00 pm **MOVEMENT SESSIONS** (concurrent with Lectures, above)

Theaterstrasse Turnhallen A	Theaterstrasse Turnhallen B
Moderator: Teresa Heiland, PhD, Los Angeles, California, USA	Moderator: Lauren Elson, MD, Boston, Massachusetts, USA
<p>12:00 - 12:45 pm How to create flexible hip joints for healthy turnout, extension, and balance Eric Franklin, BA, BFA, Institute for Franklin Method, Wetzikon, Switzerland</p>	<p>12:00 - 12:45 pm Creating strength and control in both the hypermobile and inflexible back: a yoga adaptation D Abbey Alter, B Phil, Walnut Lodge Yoga and Movement Center, Sharon, Pennsylvania, USA</p>

Saturday, October 18, 2014 (continued)

1:30 - 3:00 pm **LUNCH**

2:00 pm **Theaterstrasse Turnhallen A**
 The Junior Company of the Zurich Ballet, with choreographer Eva Dewaele, will hold an open rehearsal (approximately 40 minutes). All delegates are welcome to attend.

3:00 - 5:00 pm **LECTURES** (concurrent with Movement Sessions, next page)

<u>Grosser Festsaal</u> Moderator: Alexander McKinven, PT, Richmond, UK	<u>Hans Huber Saal</u> Moderator: Rachel Rist, MA, Tring, UK
<p>3:00 - 3:10 pm The effect of age on spinal range of motion: a review Janine Bryant, BFA, Eastern University, St Davids, Pennsylvania, USA</p> <p>3:15 - 3:35 pm Is ballet dancing associated with hip joint articular cartilage damage and acetabular labral tear? Susan Mayes, PT, The Australian Ballet, Melbourne; April-Rose Ferris, PT; Jill Cook, PT, PhD, Monash University, Frankston; Andrew Garnham, MD, The Australian Ballet, Melbourne, Australia</p> <p>3:45 - 3:55 pm A dysfunctional pelvic floor limits a dancer's performance: how to face the problem through dance medicine and enhance a dancer's technique Judith-Elisa Kaufmann, tamed Organization for Dance Medicine, Vienna, Austria</p> <p>4:00 - 4:10 pm Evaluation and management of the dancer with lumbar spine and anterior hip/thigh pain Carolyn Keeler, DO; Rosalinda Canizares, DPT; Priscilla Tu, DO, Duke University, Durham, North Carolina, USA</p> <p>4:15 - 4:25 pm Femoral shaft torsion in injured and non-injured dancers and its correlation with hip range of motion and turnout Eliza Hafiz, Msc; Claire E Hiller, PhD; Leslie L Nicholson, PhD; Elizabeth J Nightingale, PhD, University of Sydney, Alison Grimaldi, PhD, University of Queensland, Brisbane; Kathryn M Refshauge, PhD, University of Sydney, Sydney, Australia</p> <p>4:30 - 4:40 pm Return to dance activity profile for hip preservation surgery Devyani Hunt, MD; Michael James; Heidi Prather, DO; John Clohisy, MD, Washington University School of Medicine, St Louis, Missouri USA</p>	<p>Session begins at 3:30 pm</p> <p>3:30 - 3:40 pm Does the way you practice [and think] affect the learning and performing of a complex dance skill? Letitia Barakat, BhlthSc (Hons); Stephen Copley, PhD; CPsychol; Peter J Sinclair, PhD, The University of Sydney, Sydney, Australia</p> <p>3:45 - 3:55 pm Interdisciplinary approaches to pedagogical practices within a contemporary dance conservatoire Naomi Lefebvre Sell, PhD; Emma Redding, PhD; Ali Curtis-Jones, MA, Trinity Laban Conservatoire of Music and Dance, London, UK</p> <p>4:00 - 4:20 pm Lasting learning: a holistic approach to dance education Jan Åström, Director, Balettakademien, Stockholm, Sweden</p> <p>4:30 - 4:40 pm No healthy dancers without healthy teachers Fay Nenander, Stockholm, Sweden</p>

Saturday, October 18, 2014 (continued)

<p>4:45 - 4:55 pm Hip replacement for professional dancers: is a professional dance occupation still possible? Martin Ihle, MD, Parkklinik Weissensee, Berlin, Germany</p>	<p>4:45 - 4:55 pm Growth and injury patterns of aspiring classical ballet dancers Janet Karin, OAM, Australian Ballet School; Elizabeth Bradshaw, PhD, Australian Catholic University, School of Exercise Science, Melbourne, Australia; Erin Bowermann, BDance, MSpEx; Patria Hume, PhD, AUT University, Sports Performance Research Institute NZ, Auckland, New Zealand</p>
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3:00 - 5:00 pm **MOVEMENT SESSIONS** (concurrent with Lectures, above)

<p>Theaterstrasse Turnhallen A Moderator: Frances Clarke, MSc, Walsall, West Midlands, UK</p>	<p>Theaterstrasse Turnhallen B Moderator: Marika Molnar, PT, LAc, New York, New York, USA</p>
<p>4:00 - 4:45 pm Turnout: with and without warm-up Luís Xarez, PhD, Faculty of Human Kinetics, University of Lisbon, Portugal</p>	<p>3:00 - 3:45 pm Introduction of work intensity parameters in the dance class Aryeh Weiner, ArtEZ School of Dance, Arnhem, Netherlands</p>
<p>4:00 - 4:45 pm Turnout: with and without warm-up Luís Xarez, PhD, Faculty of Human Kinetics, University of Lisbon, Portugal</p>	<p>4:00 - 4:45 pm Exploring hip joint stability and mobility through multiple somatic strategies Eva Powers, MA, Wayne State University, Detroit, Michigan, USA</p>

5:00 - 5:30 pm **REFRESHMENT BREAK**

(Meeting: *Journal of Dance Medicine & Science* Editorial Board – by invitation)

CLOSING PLENARY SESSION

5:30 - 6:45 pm – Grosser Festsaal

Moderator: Selina Shah, MD, San Francisco, California, USA

5:30 - 6:15 pm **Clinical Symposium:**
Bone health in dancers
 Roger Wolman, MD, FRCP, Royal National Orthopaedic Hospital, London, UK

6:30 pm **Poster Awards**

6:35 pm **Closing Remarks** – Janet Karin, OAM, President, IADMS

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

Program subject to change.

7:30 pm Ballett Basel Performance: “Dance Talks”
Theater Basel
 Choreography by Jean-Philippe Dury, Ed Wubbe, Richard Wherlock

Tickets required, by advance registration.
Reserved tickets will be available for pick-up at the Theater Basel box office beginning Thursday, October 16. Credit cards will be accepted.

8:30 pm DANCE PARTY !
 Stadt-Casino – Grosser Festsaal

POSTER PRESENTATIONS

Poster Group 1 (Thursday - Friday)

Authors at poster for discussion [FRIDAY, 11:00 am - 12:00 pm](#)

Utilization of and need for routine primary care services among dancers

Stephanie Alimena, BA, University of Connecticut School of Medicine, Farmington, Connecticut; Mary E Air, MD; Caitlin Gribbin, BA; Elizabeth Manejias, MD, Hospital for Special Surgery, New York, New York, USA

How appropriate sequential progressions in the early years of dance training foster healthy and effective learning environment and attitude

Jane Andrewartha, Movement and Dance Education Centre, Mont Albert, Australia

Vertical and horizontal lines of energy in turnout

Annemari Autere, BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France

The effect of carbohydrate-protein supplementation on delayed onset muscle soreness and performance following exercise induced muscle damage in female dancers

Meghan Brown, BSc; Emma Stevenson, BSc, PhD, Northumbria University, Newcastle, UK

Posterior ankle impingement in ballet: an interdisciplinary approach

Polina Smirnova, MPA, PT; Ricardo Casal Grau, MD; Laura Chaves, PT; Centro Médico El Viso, Madrid, Spain

Examining coordinative structure using the 'Alternate Basic' in Cha-Cha-Cha: a pilot study

Michael Chang, BExSSc(Hons); Mark Halaki, PhD, University of Sydney; Kwee Yum Lee, PhD, Australian Catholic University; Roger Adams, PhD; Stephen Cobley, PhD, University of Sydney; Nicholas O'Dwyer, PhD, Charles Sturt University, Sydney, Australia

A review of professional organizations' educational initiatives specific to dancer health

Amanda Clark, BFA; Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio, USA

Correlation between balance ability and dance performance

Frances Clarke, BA(Hons), MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

The role of GYROTONIC® in injury prevention and rehabilitation in professional dancers

Christie-Joy Cunningham, BA; Victor Valderrabano, MD, PhD; Martin Wiewiorski, MD, University of Basel Hospital, Basel, Switzerland

Forms of coxa saltans, and how dancers can choose to treat them

Irene Davey, BFA, Ohio University, Athens, Ohio, USA

An experimental model for collecting real-time and retrospective self-reported injury data based on the IADMS SMCI recommendations

Stephanie De'Ath, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

The development of a digital health tool for monitoring dancers' physical activity-related energy expenditure in an uninterrupted, long-term fashion, including dance performances

Matthew Diamond, MD, PhD, Harkness Center for Dance Injuries, Hospital for Joint Diseases, New York University School of Medicine, New York, New York; Steven Diamond; Sridhar Iyengar, PhD, Misfit Wearables Corporation, Redwood City, California, USA

A qualitative investigation into the management of 'swayback knee' in contemporary dance training

Judy Difiore, CertEd, AISTD, Middlesex University; Manuela Angioi, MSc, PhD, Queen Mary University of London, London, UK

Initial investigation into implementing periodized training in dance companies: a directors'/choreographers' perspective

Bitte Egholm, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

POSTER PRESENTATIONS

Poster Group 1 (Thursday - Friday) *(continued)*

Authors at poster for discussion [FRIDAY, 11:00 am - 12:00 pm](#)

An appropriate lower limb joint coordinate system for 3D motion capture of dance movements

Alycia Fong Yan, PhD; Claire Hiller, PhD; Peter Sinclair, PhD; Richard Smith, PhD, The University of Sydney, Australia

Injuries presenting to a walk-in clinic at a summer dance intensive program: a three-year retrospective data analysis

Jessica Fulton, DPT, HFS; Ciara Burgi, CSCS, DPT; Rosalinda C Canizares, DPT, SCS; Charles Sheets, PT, Dip MDT; Robert J Butler, DPT, PhD; Priscilla Tu, DO, MS; Carolyn E Keeler, DO, Duke University, Durham, North Carolina, USA

Does a tight iliotibial band alter turnout measurement?

Gayanne Grossman, PT, EdM; Adora Goldovsky, Byungchul Cha, PhD, Muhlenberg College, Allentown, Pennsylvania, USA

Performance ability and postural balance among young dancers

Janet Karin, OAM, The Australian Ballet School; Oren Tirosh, PhD, Institute of Sport, Exercise and Active Living, Victoria University, Melbourne, Australia; Nili Steinberg, PhD, Wingate College for Physical Education and Sports Sciences, Wingate Institute, Israel

The difference in port de bras between experienced ballet dancers and novices

Yui Kawano, BS; Rui Asano, BS; Naoko Murakoshi, MEd; Chisa Aoyama, BS; Mai Kitaura, BS; Issei Ogasawara, PhD, Mukogawa Women's University, Nishinomiya, Hyogo, Japan

Correlation of muscle force momentum in the dominant leg with dynamic stability in female ballet dancers

Jakub Placzki, MSc; Olga Korbolewska, MSc; Robert Śmigielski, MD; Małgorzata Kowalczyk, MSc; Marcin Popieluch, MD, Carolina Medical Center; Michał Staniszewski, MD, University of Physical Education, Warsaw, Poland

POSTER PRESENTATIONS

Poster Group 2 (Saturday)

Authors at poster for discussion [SATURDAY, 11:00 am - 12:00 pm](#)

Muscle architecture during passive muscle stretching in female ballet dancers

Sayaka Kubo; Yasuyuki Yoshida; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Postural stability and physical performance in elderly social dancers

Mayumi Kuno-Mizumura, PhD; Misaki Yoshida, MS; Yuko Komuro, MS; Yasuyuki Yoshida, PhD, Ochanomizu University, Tokyo, Japan

"there s a dance in the old dame yet" Dance exercise strategies for an ageing world

Jeremy Leslie-Spinks, University of Wolverhampton, Walsall, UK

Effects of supplemental training on fitness parameters in dancers: a critical review

Rui-Jia Claire Low, BSc (Hons), Singapore General Hospital, Singapore; Khamisha Catriona, DPT, Glasgow Caledonian University, Glasgow, UK; Tan May Leng Dawn, DPT, Singapore General Hospital, Singapore

Injury explored: science + art = a new understanding

Lynda Mainwaring, PhD, CPsych; Arrani Senthinathan, MSc, University of Toronto; Ana Klasnja, MA; Sabrina Greupner; Kevin Von Appen, Ontario Science Centre, Toronto, Ontario, Canada; Andrija Dimitrijević, PhD; Aleksandar Kostić, PhD; Ljiljana Petrović, University of Arts, Belgrade, Serbia

The impact of nutritional education on vocational ballet school students

Natasha Massie, MSc, BA(Hons), Birmingham Royal Ballet, Birmingham, UK

Application and investigation of a new mobility device for differently-abled dancers

Merry Lynn Morris, MFA, LMT, University of South Florida, Tampa, Florida, USA

The importance of supplementary strength training for the en dehors muscles

Bárbara Pessali Marques, BSS, Federal University of Minas Gerais; Hugo Cesar Martins Costa, MSc, Pontifical Catholic University, Belo Horizonte, MG, Brazil

Recycling of dance floor scraps for the sake of dancers' health

ABM Rietveld, MD, BA Medical Centre for Dancers & Musicians, The Hague, The Netherlands

Kinematical analysis of basic rhythmic movement of hip-hop dance

Nahoko Sato, MS, PT, Nagoya Gakuin University, Seto, Aichi; Hiroyuki Nunome, PhD, Fukuoka University, Fukuoka, Fukuoka; Koichiro Inoue, MS, Kokugakuin University, Yokohama, Kanagawa; Yasuo Ikegami, PhD, Aichi Shukutoku University, Nagakute, Aichi, Japan

'A Healthy Dancer': factors influencing the health of dancers engaged in intensive training programs

Stéphanie Scoffier-Mériaux, PhD; Lisa Gilibert, University of Nice Sophia Antipolis, Peter Lewton-Brain, Ecole Supérieure de Danse de Cannes Rosella Hightower, Fabiennen d'Arripe-Longueville, University of Nice Sophia Antipolis, France

Concussion consequences and recovery guidelines for dancers

Arrani Senthinathan, MSc; Lynda Mainwaring, PhD, CPsych University of Toronto, Toronto, Ontario, Canada

The effect of textured insoles on ankle proprioception among dancers

Nili Steinberg, PhD, Wingate Institute, Netanya, Israel; Oren Tirosh, PhD, Victoria University, Melbourne; Gordon Waddington, University of Canberra, Canberra; Roger Adams, Sydney University, Sydney; Janet Karin, OAM, The Australian Ballet School, Melbourne, Australia

POSTER PRESENTATIONS

Poster Group 2 (Saturday) *(continued)*

Authors at poster for discussion [SATURDAY, 11:00 am - 12:00 pm](#)

Iliotibial band tightness in ballet and modern dancers

Heather Stiff, BA, The Ohio State University College of Medicine; Lindsay Harmon-Matthews, PT, DPT, The Ohio State University's Wexner Medical Center; Nienke Willigenburg, PhD, The Sports Health and Performance Institute; Mariah Nierman, DPT, AT, The Ohio State University's Wexner Medical Center; Timothy E Hewett, PhD, The Sports Health and Performance Institute, Columbus, Ohio, USA

A differential diagnosis challenge: greater trochanteric apophysitis in a young dancer with hip pain

Melissa Strzelinski, PT, MPT, Rocky Mountain University of Health Professions, Provo, Utah, USA

Integrating psychological concepts into the medical support and care of professional dancers

Caroline Tchagaspanian, BSPod, HELB; Julie Monteleone, BSPod, HELB, Brussels, Belgium

The effect of sling exercise training on jump height, active range of motion, and balance in vocational contemporary dancers

Mikum Leah Webster, MSc; Sarah Beck, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

Modified functional movement screen and injury surveillance in dance

Samantha Whitson; Sarah Coogan; Kimberly Pritchard, PhD, ATC; Rose Schmiegl, DHSc, PT, Shenandoah University, Winchester, Virginia, USA

Comparing dance specific tests to the m/rSEBT in wellness screenings

Margaret Wilson, PhD; Emily Brumbaugh, BFA; Peta Comelli; Meghan Critchley; Kat Darden; Jessie Mays; Sarah Moulden; Jessica Rodman, University of Wyoming, Laramie, Wyoming, USA

The effectiveness of dance interventions to improve older adult health: a systematic literature review

Phoebe Woei-Ni Hwang, MS, University of Hawaii at Manoa, Hawaii, USA

Biomechanical injury risk factors related to the 'Leapover' and the 'Birdie' jumps in Irish dance

Caithriona Yeomans, BSc; Richard Twycross-Lewis, Mres, PhD; Manuela Angioi, PhD, Queen Mary University of London, London, UK

SUNDAY, OCTOBER 19, 2014

**A Day for Teachers:
Training the Complete Dancer**

Stadt-Casino

8:00 - 8:25 am **Registration; Tea and Coffee**

Theaterstrasse Turnhallen A (across the street from the Stadt-Casino)

8:35 - 8:45 am **Opening Remarks**
Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming
Member-at-Large, IADMS Board of Directors
Chair, IADMS Education Committee

8:45 – 10:15 am **Motivation**
Janet Karin, OAM, The Australian Ballet School, Melbourne,
Australia

10:15 - 10:45 am **Refreshment Break**

11:00 am - 12:30 pm **Posture, placing, and alignment: an interactive session
looking at finding consensus and sharing best practice**
Alexander McKinven MSc, MSCP, Sharon Morrison Physiotherapy
and Associates, Birmingham, UK

12:30 - 2:00 pm **Lunch**

2:00 - 3:30 pm **Eat Learn Perform**
Derrick Brown, MSc, Donders Institute for Brain, Cognition and
Behaviour Centre for Cognition, Radboud University, Nijmegen,
The Netherlands

3:30- 3:40 pm **Closing Remarks**

Please note that discussion will be a component of each presentation.

Program subject to change.

SUNDAY, OCTOBER 19, 2014

Musculoskeletal Medicine Day

Stadt-Casino – Hans Huber Saal

- 7:30 - 8:15 am **Registration; Tea and Coffee**
- 8:15 - 8:30 am **Opening Remarks**
Marika Molnar, PT, LAc
David S Weiss, MD

Moderator: David S Weiss, MD
- 8:30 - 9:30 am **Achilles and patellar tendinopathy: research on basic biology and new treatment methods**
Håkan Alfredson, MD, Sports Medicine Unit, Department of Surgical and Perioperative Science, Umeå University, Umeå, Sweden, Pure Sports Medicine Clinic, London, UK

Moderator: Marika Molnar, PT, LAc
- 9:30 - 10:30 am **Ultrasound evaluation of tendinopathy in dancers**
Scott Epsley, BPhy, GradCertSportsPhysio, Sports + Spinal Physical Therapy, Washington, DC, USA
- 10:30 - 11:00 am **Refreshment Break**
- 11:00 - 11:30 am **Panel Discussion – Tendinopathy**
David S Weiss, MD, Department of Orthopaedic Surgery and Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, New York, USA;
Håkan Alfredson, MD, Sports Medicine Unit, Department of Surgical and Perioperative Science, Umeå University, Umeå, Sweden, Pure Sports Medicine Clinic, London, UK;
Scott Epsley, BPhy, Grad Cert Sports Physio, Sports + Spinal Physical Therapy, Washington, DC, USA;
Marika Molnar, PT, LAc, Director of Physical Therapy Services, New York City Ballet and School of American Ballet, Director, Westside Dance Physical Therapy, New York, New York, USA

SUNDAY, OCTOBER 19, 2014

Musculoskeletal Medicine Day

Moderator: David S Weiss, MD

- 11:30 am - 12:30 pm **Posterior ankle pain in ballet dancers**
William G Hamilton, MD, Clinical Professor of Orthopaedic Surgery, Icahn School of Medicine at Mount Sinai, 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
- 12:30 - 2:00 pm **Lunch**
- 2:00 - 3:30 pm **Is there ever a simple ankle sprain in a dancer?
A multidisciplinary approach to a dancer's nemesis**
Marika Molnar, PT, LAc, Director of Physical Therapy Services, New York City Ballet and School of American Ballet, Director, Westside Dance Physical Therapy, New York, New York, USA;
Peter Lewton-Brain, DO, MA, Monte Carlo, Monaco, Ecole Supérieure de Danse de Cannes Rosella Hightower, Cannes, France;
David S Weiss, MD, Department of Orthopaedic Surgery and Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, New York, USA;
- 3:30 - 3:45 pm **Closing Remarks**

Program subject to change.