

SCHEDULE

IADMS 26TH ANNUAL CONFERENCE



THURSDAY, October 20, 2016

- 8:00 - 9:00 am** **Registration; Tea and Coffee,**
Lobby, The Hong Kong Academy for Performing Arts
- 9:00 - 9:15 am** **Opening Remarks,** Amphitheatre
Matthew Wyon, PhD, President, IADMS
Presentation of IADMS Dance Educator Award
Presentation of the Student Research Award
(Sponsored by Harkness Center for Dance Injuries)
- 9:15 - 10:00 am** **Welcome Address,** Amphitheatre
Professor Adrian Walter AM, Director of HKAPA
- 10:00 - 11:00 am** **Opening Symposium - The Dancer's Hip** Amphitheatre
Jason Brockwell, FRCSEd(Orth), Asia Medical Specialists, Hong Kong
Moderator: Matthew Wyon, PhD, Walsall, West Midlands, UK.
- 11:00 - 11:30 am** **REFRESHMENT BREAK 3rd Floor**

11.30 am - 1.30 pm Amphitheatre Moderator: Peter Lavine, MD, Washington, USA	11.30 am - 1.30 pm Recital Hall Moderator: Derrick Brown, MSc, Nijmegen, The Netherlands
11.30-12.00 pm A systematic review: results of operative treatment of 'Posterior Ankle Impingement Syndrome' (PAIS) and m.flexor hallucis longus tendinitis in dancers <u>A.B.M.(Boni) Rietveld¹, Fleur M.T. Hagemans¹, Saskia Haitjema¹, Thomas Vissers²</u> ¹ Medical Centre for Dancers & Musicians, The Hague, The Netherlands, ² MCH - Bronovo, The Hague, The Netherlands.	11.30-12.00 pm Cardiorespiratory profile of elite ballet dancers <u>Matthew Wyon, PhD University of Wolverhampton, Walsall, West Midlands, UK, National Institute of Dance Medicine and Science, UK</u>
12.00-12.15 pm Insufficient range of motion of the first metatarsophalangeal joint as a possible cause of Achilles tendinopathy <u>Zoran Šarčević, Novi Sad Health Care Centre, Sports Medicine Centre, Novi Sad, Serbia</u>	12.00-12.30 pm The effects of supplemental strength and fitness training on performance parameters and injury rates in ballet dancers: a systematic review <u>Alaina Hadfield, BSc^{1,2}, Manuela Angioi, PhD, MSc¹, Richard Twycross-Lewis, PhD, MRes¹</u> ¹ Queen Mary University of London, London, United Kingdom, ² Keele University, Staffordshire, United Kingdom
12.15-12.30 pm Post-surgical dance rehabilitation for intramedullary nailing for tibial stress fracture: comparison of two cases <u>Yuriko Nabeta, DPT, OCS, Heather Heineman, DPT, OCS, Leigh Schanfein, MS</u> Harkness Center for Dance Injuries, New York, NY, USA	12.30-12.45 pm Thigh skeletal muscle volume measured by magnetic resonance imaging and its distribution in female ballet dancers <u>Mayumi Kuno-Mizumura¹, Chikako Taniuchi¹, Naoya Tsunoda², Shigeki Ikegawa³</u> ¹ Ochanomizu University, Tokyo, Japan, ² Japan Institute of Sports Science, Tokyo, Japan, ³ Kokushikan University, Tokyo, Japan, ⁴ Jumonji University, Saitama, Japan
12.30-12.45 pm To what extent do particular foot types (intrinsic factors) and extrinsic factors of training, flooring and footwear contribute to lower limb injuries in ballet dancers <u>Patsy Parfitt Anglia Ruskin University, Cambridge, United Kingdom</u>	

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<p>12.45-1.00 pm Bunions and ballerinas: a review on extrinsic risk factors associated with hallux valgus in the female classical ballet dancer <u>Megan Maddocks</u>, <i>Podiatry Association of South Africa, University of Johannesburg, South Africa</i></p> <p>1.00-1.15 pm The influence of textured insoles on dynamic postural balance of young dancers with and without previous injury <u>Nili Steinberg</u>¹, <u>Oren Tirosh</u>², <u>Roger Adams</u>⁴, <u>Janet Karin</u>^{3,5,6}, <u>Gordon Waddington</u>³ ¹<i>Wingate College of Physical Education and Sports Sciences, Wingate Institute, Netanya, Israel</i>, ²<i>Institute of sport exercise and active living (ISEAL), Victoria University, Victoria, Australia</i>, ³<i>Faculty of Health, University of Canberra, Australia</i>, ⁴<i>School of Physiotherapy, University of Sydney, Australia</i>, ⁵<i>The Australian Ballet School, Melbourne, Australia</i>, ⁶<i>Australian Catholic University</i></p> <p>1.15-1.30 pm Kinematic repeatability analyses of multi-segment foot motion in university-level ballet dancers <u>Sarah Carter</u>^{1,2}, <u>Luke Hopper</u>², <u>Nahoko Sato</u>³, <u>Alan Bryant</u>¹ ¹<i>Podiatric Medicine Unit, School of Surgery, The University of Western Australia, Australia</i>, ²<i>Western Australian Academy of Performing Arts, Edith Cowan University, Australia</i>, ³<i>Nagoya Gakuin University, Seto, Aichi, Japan</i></p>	<p>12.45-1.00 pm The necessary skills of upper limb joints movements are different by arm upward and downward movement when ballet dancers express the fluttering swan. <u>Yui Kawano</u>, <u>Mayumi Kuno-Mizumura</u> <i>Ochanomizu University, Bunkyo-ku, Tokyo, Japan</i></p> <p>1.00-1.30 pm Joint flexibility and injury in ballet: a preliminary Delphi Survey to obtain a consensus from the profession. <u>Moira McCormack</u>, MSc^{1,2}, <u>Howard Bird</u>, MD, FRCP², <u>Ann McCarthy</u>², <u>Fares Haddad</u>, FRCS², <u>Jane Simmonds</u>, PD, MA² ¹<i>The Royal Ballet Company</i>, ²<i>University College London, UK</i></p>
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<p>Studio 8 Movement Session: 11.30 am - 12.20 pm Moderator: Janet Karin, GradCert, Melbourne, Australia</p>
<p>The spiraling corkscrew spine <u>Annemari Autere</u>¹, <u>Emanuela Iacopini</u>², ¹<i>BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France</i>, ²<i>Dance Science Net, Conservatoire de Luxembourg, G.D. Luxembourg</i></p>
<p>Studio 9 Movement Session: 11.30 am - 12.20 pm Moderator: Jatin Ambegaonkar, PhD, ATC, Manassas, Virginia, USA</p>
<p>Coaching embodiment: applications of dance science into artistry <u>Stevie Oakes</u>, MFA <i>The College at Brockport, SUNY; Rochester, NY USA</i></p>

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<p>Studio 8 Movement Session: 12.30 - 1.20 pm Moderator: Janet Karin, GradCert, Melbourne, Australia</p>
<p>Developing the use of imagery in dance technique training: a movement session <u>Diane Bedford</u>, <i>Texas A&M University, College Station, TX, USA</i></p>
<p>Studio 9 Movement Session: 12:30 - 1:20 pm Moderator: Jatin Ambegaonkar, PhD, ATC, Manassas, Virginia, USA</p>
<p>An innovative approach using advanced techniques to soft tissue injury management in dancers <u>Andrea Lasner</u>, MSPT, PMA-CPT, Amanda Greene, DPT, COMT, Ken Johnson, PT, <i>The Johns Hopkins Hospital, Baltimore, Maryland, USA</i></p>

1:30 - 3:00 pm

LUNCH BREAK - with **Committee Meetings** 4th Floor, Studio 1

<p>3:00 - 5:00 pm Amphitheatre Moderator: Gayanne Grossman, P.T., Ed.M, Allentown, PA, USA</p>	<p>3:00 - 5:00 pm Recital Hall Moderator: Alexander McKinven, MSc. MCSP, London, UK</p>
<p>3.00-3.15 pm Assessing turnout in ballet dancers <u>Misato Tachibana</u>, MS, ATC¹, Yuki Nishitsuji¹, Masatoshi Nakamura, PhD, PT², Hayato Yamamoto, MS¹, Tatsuya Hojo, MD, PhD¹ ¹<i>Doshisha University, Kyoto, Japan</i>, ²<i>Institute for Human Movement and Medical Sciences, Niigata University of Health and Welfare, Nigata, Japan</i></p>	<p>3.00-3.15 pm Quantifying internal training load: the construct validity of session RPE during training in vocational dance students <u>Brenton Surgenor</u>, <i>The Hong Kong Academy for Performing Arts, Hong Kong, China</i></p>
<p>3.15-3.30 pm Lower leg and foot contributions to turnout in university-level female ballet dancers <u>Sarah Carter</u>^{1, 2}, Luke Hopper², Alan Bryant¹ ¹<i>Podiatric Medicine Unit, School of Surgery, The University of Western Australia, Australia</i>, ²<i>Western Australian Academy of Performing Arts, Edith Cowan University, Australia</i></p>	<p>3.15-3.30 pm Dancers' experiences of overtraining and recovery during vocational dance training <u>Peta Blevins</u>¹, Shona Erskine¹, Luke Hopper¹, Gene Moyle² ¹<i>Edith Cowan University, Perth, WA, Australia</i>, ²<i>Queensland University of Technology, Brisbane, QLD, Australia</i></p>
<p>3.30-3.45 pm Comparison of hip turnout during sauté performance between different technical level and training background <u>Carolina Rodes</u>, Andreja Picon, Isabel Sacco <i>Physical Therapy, Speech and Occupational Therapy Dept., School of Medicine, University of São Paulo, São Paulo, Brazil</i></p>	<p>3.30-3.45 pm The relationship between hematological parameters and isokinetic muscular strength in female modern dancers <u>Ani Agopyan</u>, PhD¹, Demet Tekin, PhD, PT² ¹<i>Marmara University Faculty of Sport Sciences, Department of Trainer Education, Istanbul, Turkey</i>, ²<i>Bahcesehir University, Physiotherapy and Rehabilitation, Istanbul, Turkey</i></p>

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<p>3.45-4.00 pm Comparison of the symmetry index of range of motion and torque in dancers and non-dancers <u>Bárbara Pessali-Marques</u>¹, Mauro Chagas², Christian Cabido³, Gustavo Peixoto², André Andrade², Islay McEwan¹ ¹Manchester Metropolitan University, Crewe, Cheshire, United Kingdom, ²Federal University of Minas Gerais, Belo Horizonte, Minas Gerais, Brazil, ³Federal University of Maranhão, São Luis, Maranhão, Brazil</p> <p>4.00-4.30 pm Comparison of lower limb joint stiffness between male and female dancers and athletes during drop jump landings <u>Rachel Ward</u>, PhD¹, Alycia Fong Yan, PhD², Karl Orishimo, MS³, Ian Kremenik, M.Eng³, Marshall Hagins, PhD⁴, Marijeanne Liederbach, PhD⁵, Claire Hiller, PhD², Evangelos Pappas, PhD² ¹UNSW Australia, Sydney, NSW, Australia, ²The University of Sydney, Sydney, NSW, Australia, ³Lenox Hill Hospital, New York, NY, USA, ⁴Long Island University, NY, USA, ⁵NYU Langone Medical Center, New York, NY, USA</p> <p>4.30-4.45 pm Do adolescent ballet dancers land jumps differently to non-dancers? <u>Danica Hendry</u>, BSc.Hons, BA, Leo Ng, BSc, PhD, Amity Campbell, PhD, Annissa Harwood, Catherine Wild, BSc.Hons, PhD <i>Curtin University, Perth, Western Australia, Australia</i></p> <p>4.45-5.00 pm Jump height in elite adolescent ballet dancers: an observational study <u>Nico Kolokythas</u>, MSc, Matthew Wyon, PhD <i>University of Wolverhampton, Walsall, United Kingdom</i></p>	<p>3.45-4.00 pm Warm-up and cool-down habits of dancers in three settings: class, rehearsal, performance <u>Edel Quin</u>, <i>Trinity Laban Conservatoire of Music and Dance, London, UK</i></p> <p>4.00-4.30 pm When do injuries occur in dance? A systematic review and discussion of training load <u>Melanie Fuller</u>, M Sp & MSk Phty¹, Gene Moyle, D Psych¹, Geoffrey Minett, PhD² ¹Queensland University of Technology - Dance, Creative Industries Faculty, Brisbane, Queensland, Australia, ²Queensland University of Technology - Exercise and Nutrition Sciences, Health Faculty, Brisbane, Queensland, Australia</p> <p>4.30-5.00 pm What is the general health, quality of life, activity level, and hip and core function of the professional ballet dancer? <u>Joshua Harris</u>, Kevin Varner, Domenica Delgado, Callie Johnston, Annie Forman, Patrick McCulloch <i>Houston Methodist Hospital, Houston, TX, USA</i></p>
<p>Studio 8 Movement Session: 3:00 - 3:50 pm Moderator: Sarah Needham-Beck, MSc, London, UK</p>	
<p>Self-training: improvisation tasks for contemporary dancers to improve attention, strength, and endurance <u>Agathe Dumont</u>, PhD, <i>Centre national de la danse contemporaine d'Angers, France</i></p>	
<p>Studio 9 Movement Session: 3:00 - 3:50 pm Moderator: Lauren Elson, MD, Cambridge, MA, USA</p>	
<p>Social psychosomatic approaches in embodied inquiry and somatic dance education <u>Becky Dyer</u>, MFA, PhD, <i>Arizona State University, Tempe, AZ, USA</i></p>	

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<p>Studio 8 Movement Session: 4:00 - 4:50 pm Moderator: Amanda Clark, MFA, Cleveland, OH, USA</p>
<p>Practical application of a vocal injury risk screen in vocally active dancers <u>Nicola Stephens</u>, MSc, MCSP, <i>Performers College, Essex, UK</i></p>
<p>Studio 9 Movement Session: 4:00 - 4:50 pm Moderator: Lauren Elson, MD, Cambridge, MA, USA</p>
<p>TECHNIQUE re-framed BODY re-wired; integrating the Feldenkrais Method with elite contemporary dance training Susan Peacock, BA (Hons), Luke Hopper, PhD, Michael Whaites, Cat Hope, PhD, <i>Edith Cowan University, Perth, Australia</i></p>

5:00 - 5:30 pm

REFRESHMENT BREAK Ground Floor Lobby and 3rd Floor

<p>Amphitheatre 5:30 - 7:00 pm Moderator: Frances Clarke, BA(Hons), MSc, Walsall, UK</p>	<p>Recital Hall 5:30 - 7:00 pm Moderator: Moira McCormack, MSc, London, UK</p>
<p>5.30-6.00 pm Shall we dance? The science and art behind vinyl dance flooring surfaces <u>Peter Lewton-Brain</u>, DO, MA¹, Robert Dagger², Mark Rasmussen² ¹<i>Ecole Supérieure de Danse de Cannes-Mougins</i> <i>Rosella Hightower</i>, ²<i>Harlequin Floors</i></p> <p>6.00-6.15 pm Effects of resistance band and dynamic stretching training on rhythmic gymnastics split leap performance <u>Hui Yin Ler</u>¹, Yee Wan Tan², Eng Hoe Wee¹ ¹<i>Tunku Abdul Rahman University College, Kuala Lumpur, Malaysia</i>, ²<i>Eleganza Rhythmic Gymnastics Club, Kuala Lumpur, Malaysia</i></p>	<p>5.30-5.45 pm Great expectations: facilitating health and safety benefits for pregnant dancers <u>Ann Cowlin</u>, <i>Yale University</i></p> <p>5.45-6.00 pm Dance for lifelong wellbeing: profiling and evaluating impact on physical activity levels and quality of life in older adults <u>Katy Chambers</u>^{1,2}, James Brouner³, Libby Costello¹ ¹<i>Royal Academy of Dance, London, UK</i>, ²<i>Trinity Laban Conservatoire of Music and Dance, London, UK</i>, ³<i>Kingston University, London, UK</i></p> <p>6.00-6.15 pm The role of health in the development of classical ballet in Perth Western Australia - 1950 to 2015 <u>Diana Beck</u>, BA, Luke Hopper, Lyndall Adams, PhD <i>Edith Cowan University, Perth, Australia</i></p> <p>6.15-6.30 pm Dietary and exercise behaviours of female contemporary dancers attending a conservatoire <u>Meghan A Brown</u>, BSc¹, Glyn Howatson, PhD¹, Edel Quin, MSc³, Emma Redding, PhD³, Emma J Stevenson, PhD² ¹<i>Northumbria University, Newcastle upon Tyne, United Kingdom</i>, ²<i>Newcastle University, Newcastle upon Tyne, United Kingdom</i>, ³<i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p>

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<p>6.15-6.30 pm Is there a correlation between static and dynamic postural balance among young male and female dancers? <u>Nili Steinberg</u>¹, Gordon Waddington³, Roger Adams⁴, Janet Karin^{3,5,6}, Oren Tirosh² ¹Wingate College of Physical Education and Sports Sciences, Wingate Institute, Netanya, Israel, ²Institute of sport exercise and active living (ISEAL), Victoria University, Victoria, Australia, ³Faculty of Health, University of Canberra, Australia, ⁴School of Physiotherapy, University of Sydney, Australia, ⁵The Australian Ballet School, Melbourne, Australia, ⁶Australian Catholic University</p> <p>6.30-7.00 pm Immediate effect of whole body vibration on sauté height, quality, and balance in professional dancers <u>Annette Karim</u>^{1,2}, Toni Roddey¹, Katy Mitchell¹, Alexis Ortiz¹, Sharon Olson¹ ¹Texas Woman's University, Houston, TX, USA, ²Azusa Pacific University, Azusa, CA, USA</p>	<p>6.30-7.00 pm Marine algae, beetroot, gut bacteria and other trends in nutrition - which will help the dancer and why <u>Jasmine Challis</u>, BSc.(Hons), RD, Freelance Dietitian, Reading, England</p>
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<p>Studio 8 Movement Session: 5:30 - 6:20 pm Moderator: Matthew Wyon, PhD, Walsall, West Midlands, UK</p>
<p>The Pilates Method: an indisposible approach to the mental and physical conditioning of the professional dancer <u>Moimusa Ahmadu</u> The George Washington University: Milken Institute, School of Public Health, The Pilates Center: Advanced Teacher Training Program, The Washington Ballet Landon School for Boys, The Water Street Gym</p>
<p>Studio 9 Movement Session: 5:30 - 6:20 pm Moderator: Selina Shah MD, FACP, Walnut Creek, CA, USA</p>
<p>Recognition, evaluation, and treatment of concussions in dancers <u>Michele Pye</u>, Rose Schmieg, Shenandoah University Winchester VA, USA</p>

7:30 pm WELCOME RECEPTION Outside Amphitheatre
Kindly supported by Professor Freddie Fu

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FRIDAY, October 21, 2016

<p>Studio 8 <u>Movement Session: 9:00 - 9:50 am</u> Moderator: Emma Redding, MSc. PhD, London, UK</p>	
<p>A turnout measurement system and its functional application <u>Gayanne Grossman, Muhlenberg College, Allentown, PA, USA</u></p>	
<p>Studio 9 <u>Movement Session: 9:00 - 9:50 am</u> Moderator: Claire Hiller, PhD, Sydney, Australia</p>	
<p>The demands of Kathak dance and appropriate cool-down methods: a movement session <u>Seema Chopra¹, Sarah Needham-Beck^{1,2}</u> ¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²One Dance UK</p>	
<p>Studio 8 <u>Movement Session: 10:00 - 10:50 am</u> Moderator: Sarah Needham-Beck, MSc, London, UK</p>	
<p>Optimizing breath for dance performance and recovery <u>Monika Volkmar, BFA, CSCS The Dance Training Project, Toronto, Ontario, Canada</u></p>	
<p>Studio 9 <u>Interactive Session: 10:00 - 10:50 am</u> Moderator: Claire Hiller, PhD, Sydney, Australia</p>	
<p>Developing effective pre-performance routines in dance <u>Ian Boardley, PhD, University of Birmingham, Birmingham, United Kingdom</u></p>	
<p>Amphitheatre <u>9:00 – 11:00 am</u> Moderator: Debra Crookshanks, GradDipManipTher, Sydney, Australia</p>	<p>Recital Hall <u>9:00 – 11:00 am</u> Moderator: Amanda Clark, MFA, Cleveland, OH, USA</p>
<p>9.00-9.30am The prevalence of syndromic hypermobility in Australian professional and pre-professional dancers <u>Cliffton Chan¹, Feili Zhang², Luke Hopper³, Verity Pacey⁴, Leslie Nicholson¹</u> ¹Discipline of Biomedical Science, The University of Sydney, New South Wales, Australia, ²Discipline of Physiotherapy, The University of Sydney, New South Wales, Australia, ³Western Australian Academy of Performing Arts, Edith Cowan University, Perth, Australia, ⁴Faculty of Medicine and Health Sciences, Macquarie University, New South Wales, Australia</p>	<p>9.00-9.30 am How are we doing in terms of predicting injury? Results from three years of prospective injury surveillance <u>Marijeanne Liederbach¹, Leigh Schanfein¹, Evangelos Pappas²</u> ¹Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, NY, USA New York, NY USA, ²The University of Sydney, Division of Physiotherapy, Faculty of Health Sciences, Sydney, Australia</p>

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<p>9.30-10.00 am Ehlers-Danlos Syndrome: when to refer the hypermobile dancer <u>Amanda Greene</u>, DPT¹, Howard Levy, MD, PhD², Andrea Lasner, MSPT¹, Kenneth Johnson, PT¹ ¹Johns Hopkins Hospital Department of Physical Medicine and Rehabilitation, Baltimore, MD, USA, ²Johns Hopkins University, Department of Internal Medicine, McKusick Nathans Institute of Genetic Medicine, Baltimore, MD, USA</p> <p>10.00 -11.00 am Defining hip stability in the dancer <u>Joshua Harris</u>, Kevin Varner, Domenica Delgado, Callie Johnston, Annie Forman, Patrick McCulloch Houston Methodist Hospital, Houston, TX, USA</p>	<p>9.30-10.00 am Specific health condition of male dancers: a systematic review <u>Jason Hu</u>, MD^{1,2}, Andrei Dokukin, MD³, Kevin Jiang^{1,2} ¹New York-Presbyterian/Queens, ²Weill Cornell Medical College, ³Proprius Health Medical Group</p> <p>10.00-10.15 am Health issues faced by Indian dancers and its impact on pursuance of dance <u>Priya Joshi</u>¹, Poonam Gandhi² ¹FLAME University, Pune, Maharashtra, India, ²FLAME University, Pune, Maharashtra, India</p> <p>10.15-10.30 am Perception of health issues and injury prevention among contemporary dancers in France: a qualitative study <u>Agathe Dumont</u>, Centre national de la danse contemporaine d'Angers, France</p> <p>10.30-11.00 am Elite adolescent dancers: mood and health-related quality of life screening post-injury <u>Dawn Magee</u>, Gonzaga University, Spokane, Washington, USA, Stormont Vail HealthCare Inc., Topeka, Kansas, USA</p>
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11:00 am - 12:00 noon **POSTERS PRESENTATIONS - Group S Painter's Corner Ground Floor**

REFRESHMENTS Ground Floor and 3rd Floor

<p>Studio 8 Movement Session: 12:00 – 12:50 pm Moderator: Peter Lewton-Brain, DO, MA, Monte-Carlo, Monaco</p>
<p>Functional Awareness®: Anatomy in Action - the effect of habit on breath and core support <u>Allegra Romita</u>, Nancy Romita, Towson University, Towson, Maryland, USA, Laban Institute of Movement Studies, Brooklyn, New York, USA</p>
<p>Studio 9 Movement Session: 12:00 – 12:50 pm Moderator: Andrea Alvarez, BS, Cleveland, OH, USA</p>
<p>Hip stability and lower extremity control as a base for the one foot balance in relevé and landing from a jump <u>Jarmo Ahonen</u>, Art Fysio Oy, Finnish National Ballet Company</p>

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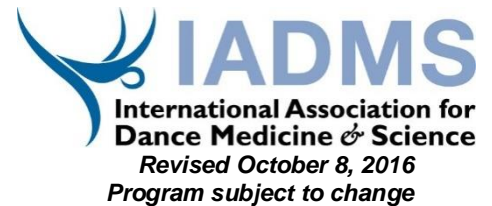
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Amphitheatre 12:00 - 2:00 pm Moderator: Claire Hiller, PhD, Sydney, Australia	Recital Hall 12:00 - 2:00 pm Moderator: Emma Redding, MSc, PhD, London, UK
12.00-1.00 pm Standard Measures Consensus Initiative (SMCI) panel discussion: focus on epidemiology and electronic data sharing <u>Marijeanne Liederbach</u> ¹ , Marshall Hagins ¹ , Evangelos Pappas ² , Claire Hiller ² , Amy Jo Vassallo ² , Jennifer Gamboa ³ , Thomas Welsh ⁴ ¹ Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, USA., ² The University of Sydney, Discipline of Physiotherapy, Sydney, Australia, ³ Body Dynamics, Inc, Falls Church, Virginia, USA, ⁴ Florida State University, Tallahassee, Florida, USA	12.00-12.30 pm Ambition, competition, and envy: enemies or allies? <u>Jeanne Even</u> , IPTAR, New York, New York
1.00-1.15 pm Epidemiology of dance related injuries presenting to United States Emergency Departments: 2000-2013 <u>Amy Vassallo</u> , BMedSci, MComHlthDev, Claire Hiller, PhD, Emmanuel Stamatakis, PhD, Evangelos Pappas, PhD University of Sydney, NSW, Australia	12.30-1.00 pm Feedback styles and their effects on motor performance, balance, and anxiety levels in female collegiate dancers <u>Kelli Sharp</u> , DPT, Jovauna Currey, MD University of California, Irvine, California, USA
1.15-1.30 pm Injury rate among dancers on cruise ships <u>Yenwen Kuo</u> , Emma Redding, Trinity Laban Conservatoire of Music and Dance, London, UK	1.00-1.15 pm Moving as a thought process: an insight into mindfulness through dance <u>Naomi Lefebvre Sell</u> , PhD, MA ¹ , Lucille Teppa, MA, BA (Hons) ² , Tara Silverthorn, MA, BA (Hons) ² ¹ Trinity Laban Conservatoire of Music and Dance, London, England., ² Independent Researcher
1.30-1.45 pm Injury profiles of Bharatanatyam dancers <u>Narmatha Shanmugam</u> , BSc (PTh), Narasimman Swaminathan, MPTh, FAIMER INTI International University, Nilai, Negeri Sembilan, Malaysia	1.15-1.30 pm Personality traits of male and female contemporary dance students <u>Lucie Clements</u> , Amelia Wilkinson, Trinity Laban Conservatoire of Music & Dance, London, UK
1.45-2.00 pm The musical theatre student: a descriptive study investigating injury patterns <u>Sofia Ornellas Pinto</u> , Nicola Stephens, Performers College, Essex, UK	1.30-2.00 pm The effects of performance profiling on goal setting and motivation on an undergraduate dance population <u>Frances Clarke</u> , BA(Hons), MSc, University of Wolverhampton, Walsall, UK
Studio 8 Movement Session: 1:00 – 1:50 pm Moderator: Peter Lewton-Brain, DO, MA, Monte-Carlo, Monaco	
Screening the dancer: can doing less tell us more? How to remove the noise to see the problem. <u>Craig Phillips</u> , B.App.Sc(phty), MPhysio(sports), DMA Clinical Pilates & Physiotherapy, Melbourne, Australia	
Studio 9 Movement Session: 1:00 – 1:50 pm Moderator: Alexander McKinven, MSc. MCSP, London, UK	
Design of an injury prevention program for professional ballet: a randomized controlled investigation <u>Angelina Vera</u> , MD, Kevin Varner, MD, Patrick McCulloch, MD, David Lintner, MD, Joshua Harris, MD Houston Methodist Hospital, Houston, TX, USA	

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2:00 - 3:30 pm LUNCH BREAK - with **ROUND TABLES** Atrium Lounge 1st Floor

Topic	Moderator
Education	Fay Nenander / Combined with ADFT
Exercise Physiology	Matthew Wyon
Foot and Ankle	Claire Hiller
Hip	Susan Mayes
Medicine	Lauren Elson
Neuroscience	Derrick Brown
Nutrition	Jasmine Challis
Psychology	Ian Boardley
Rehabilitation	Debra Crookshanks / Annette Karim
Somatics / Kinesiology	Amanda Clark
Students	Andrea Alvarez
Technology / Biomechanics	Luke Hopper

Studio 8

Movement Session: 3:30 - 4:20 pm

Moderator: Derrick Brown, MSc,
Nijmegen, The Netherlands

Collaborative research in dance science and creative practice

Emma Redding¹, Clare Baker¹, Amanda Gough¹, Gary Lambert¹, Naomi Lefebvre Sel¹, Lucy Clements¹, Jon May², Sarah Whatley³, Klara Lucznik²

¹Trinity Laban Conservatoire of Music and Dance, London, England, ²Plymouth University, UK, ³Coventry University, UK

Studio 9

Movement Session: 3:30 - 4:20 pm

Moderator: Peter Lavine, MD,
Washington. USA

Improving dancers' feet through movement intention and biomechanics

Peter Lewton-Brain, *Ecole Supérieure de Danse de Cannes-Mougins Rosella Hightower, Pole Santé Danse, Cannes, France*

SCHEDULE

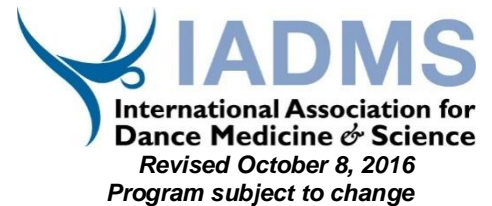
IADMS 26TH ANNUAL CONFERENCE



Amphitheatre 3:30-5:30 pm Moderator: Lauren Elson, MD, Cambridge, MA, USA	Recital Hall 3:30-5:30 pm Moderator: Erin Sanchez, MSc, London, UK
<p>3.30-4.00 pm Morphology of the abdominal muscles in classical ballet dancers with and without low back pain <u>Jan Gildea</u>¹, Paul Hodges¹, Julie Hides² <i>¹The University of Queensland, NHMRC Centre of Clinical Research Excellence in Spinal Pain, Injury and Health, School of Health and Rehabilitation Sciences, Brisbane, Queensland, Australia, ²Centre for Musculoskeletal Research Mary MacKillop Institute for Health Research, Australian Catholic University</i></p> <p>4.00-4.30 pm Dancers with back pain have impaired trunk dynamics which improve with imagery <u>Jan Gildea</u>¹, Wolbert van den Hoorn¹, Julie Hides², Paul Hodges¹ <i>¹The University of Queensland, NHMRC Centre of Clinical Research Excellence in Spinal Pain, Injury and Health, School of Health and Rehabilitation Sciences, Brisbane, Queensland, Australia, ²Centre for Musculoskeletal Research, Mary MacKillop Institute for Health Research, Australian Catholic University</i></p> <p>4.30-4.45 pm Return to dance following microdiscectomy in a professional male modern dancer <u>Katherine Ewalt</u>, PAARTS Wellness Studio, San Diego, CA, USA Katherine Ewalt, MS, ATC, HHP, BCTMB</p> <p>4.45-5.00 pm Physical exposure and low back pain in dance <u>Christopher Swain</u>¹, Christina Ekegren PhD², Doug Whyte PhD¹, Elizabeth Bradshaw PhD¹ <i>¹Australian Catholic University, Melbourne, Australia, ²Monash University, Melbourne, Australia</i></p> <p>5.00-5.30 pm Relating Discomfort Rating Scores collected during annual screening to musculoskeletal complaints and injuries across three years of prospective injury surveillance <u>Leigh Schanfein</u>¹, Marijeanne Liederbach¹, Evangelos Pappas² <i>¹Harkness Center for Dance Injuries, NYULMC, New York, NY, USA, ²The University of Sydney, Faculty of Health Sciences, Sydney, Australia</i></p>	<p>3.30-3.45 pm The engagement and implementation of safe dance practices by dance teachers from Hong Kong and Western Australia <u>Luke Hopper</u>, PhD¹, Andries Weidemann¹, Brenton Surgenor, MA² <i>¹Edith Cowan University, Perth, Australia, ²The Hong Kong Academy for Performing Arts, Hong Kong.</i></p> <p>3.45-4.00 pm An investigation of the pedagogical rationales for current mirror use in a ballet technique class <u>Sutton Anker</u>, BFA, MSc, Edel Quin, BA (Hons), MSc Trinity Laban Conservatory of Music and Dance, London, UK</p> <p>4.00-4.30 pm Teaching dance to young children: a healthy and effective approach to training and educating young dancers <u>Jane Andrewartha</u>, Movement and Dance Education Centre, Melbourne, Australia</p> <p>4.30-4.45 pm Beyond the studio in a university dance program: facilitating student-initiated cross-training/conditioning goals <u>Judith Steel</u>, MA, CMA¹, Carina Nasrallah, MS, ATC² <i>¹Virginia Commonwealth University, Richmond, VA, USA, ²Physical Therapy Solutions, Richmond, Virginia, USA</i></p> <p>4.45-5.00 pm Are dancers athletes? <u>Angelina Vera</u>, MD, Joshua Harris, MD Houston Methodist Hospital, Houston, TX, USA</p> <p>5.00-5.30 pm Goal, task and staff. Holistic health in dance <u>Jan Åström</u>, Balettakademien, Stockholm, Sweden</p>

SCHEDULE

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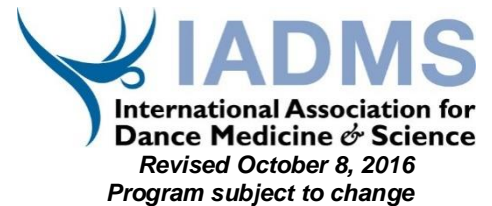
Studio 8 Interactive Session: 4:30 - 5:20 pm Moderator: Derrick Brown, MSc, Nijmegen, The Netherlands
Technology in dance science – magic and movement <u>Peter Duffy</u> ¹ , Brenton Surgenor ¹ , Edel Quin ² <i>¹The Hong Kong Academy for Performing Arts, Wan Chai, Hong Kong, ²Trinity Laban Conservatoire of Music and Dance, London, UK</i>
Studio 9 Interactive Session: 4:30 - 5:20 pm Moderator: Andrea Kozai, MSc, CSCS, Pittsburgh, PA, USA
IADMS Education Resources - IADMS Bulletin for Dancers and Teachers and updated nutrition resource paper review <u>Gayanne Grossman</u> ¹ P.T., Ed.M, <u>Jasmine Challis</u> ² BSc.(Hons), RD. <i>¹IADMS Education Committee, ²Freelance Dietitian, Reading, England</i>

5:30 - 6:00 pm REFRESHMENT BREAK Ground Floor Lobby and 3rd Floor

6.00 - 7.00 pm **IADMS BUSINESS MEETING** Recital Hall

7.00 - 8.00 pm **DANCE SHOWING** Amphitheatre

SCHEDULE
IADMS 26TH ANNUAL CONFERENCE



SATURDAY, October 22, 2016

<p>Studio 8 <u>Movement Session: 9:00 - 9:50 am</u> Moderator: Debra Crookshanks, GradDipManipTher, Sydney, Australia</p>
<p>Hamstring stretching, are we missing the point? A holistic view <u>Jurgen Bernaers</u> <i>Paradigm Wellness, Singapore</i></p>
<p>Studio 9 <u>Movement Session: 9:00 -9:50 am</u> Moderator: Amanda Clark, MFA, Cleveland, OH, USA</p>
<p>Age-appropriate body awareness for young children <u>Alice Hobden</u>¹, <u>Jane Andrewartha</u>² ¹<i>Movement & Dance Education Centre, Melbourne, Australia,</i> ²<i>Movement & Dance Education Centre, Melbourne, Australia</i></p>

<p>Amphitheatre <u>9:00 – 11:00 am</u> Moderator: Siu Fai Yip, MBBS (HKU) FRCS (Glasgow), Hong Kong, China</p>	<p>Recital Hall <u>9:00 – 11:00 am</u> Moderator: Janet Karin, GradCert, Melbourne, Australia</p>
<p>9.00-10.00 am Functional stability vs. structural stability: do they co-exist? <u>Craig Phillips</u>, B.App.Sc(phty) MPhysio(sports) <i>DMA Clinical Pilates & Physiotherapy, Melbourne, Australia</i></p>	<p>9.00-9.30 am Shall we dance together? The cognitive and motor processes of interpersonal coordination <u>Derrick Brown</u>^{1,2}, <u>Ruud Meulenbroek</u>¹ ¹<i>Radboud University, Nijmegen, the Netherlands,</i> ²<i>National Centre for the Performing Arts, Arnhem, The Netherlands</i></p>
<p>10.00-11.00 am Performance medicine in ‘The House of Dancing Water’ <u>Matthew Pilla</u>, B.App.Sc (Physio); M. Manip & Sports Physio, <u>Terence Chan</u> FRCSEd(Ortho), FHKAM(Ortho) <i>Hong Kong, China</i></p>	<p>9.30-10.00 am The role of ‘flow’ in the dancer’s career and training <u>Fay Nenander</u>, <i>The Ballet Academy, Stockholm, Sweden</i></p>
	<p>10.00-10.30 am How might the concept of habitus and the theories of embodiment inform vocational contemporary dance training? <u>Shirley Jacobs</u>, <i>Northern School of Contemporary Dance, Leeds, UK</i></p>
	<p>10.30-11.00 am Between minds and bodies: some insights about creativity from dance improvisation <u>Klara Lucznik</u>, <i>Plymouth University, UK</i></p>

SCHEDULE

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Studio 8 Movement Session: 10:00 - 10:50 am Moderator: Debra Crookshanks, GradDipManipTher, Sydney, Australia
Alignment of the pelvis for dancers: and what if we talked about the pubic bone <u>Danielle Aways</u> , BFA, MSc <i>University of Wolverhampton, Walsall, UK</i>
Studio 9 Movement Session: 10:00 - 10:50 am Moderator: Amanda Clark, MFA, Cleveland, OH, USA
Integrating a Functional Movement Screen into curriculum design and course outcomes for freshman ballet students <u>Andre Megerdichian</u> , MFA, Rose Smith, DPT, ATC <i>University of Cincinnati College-Conservatory of Music and University of Cincinnati College of Applied Health Sciences, Cincinnati, OH</i>

11:00 am - 12:00 noon **POSTERS PRESENTATIONS - Group M** Painter's Corner Ground Floor

REFRESHMENTS Ground Floor and 3rd Floor

Studio 8 Movement Session: 12:00 – 12:50 pm Moderator: Fay Nenander, Täby, Sweden
Using art and anatomy to enhance the use of the upper torso in contemporary dance <u>Carisa Armstrong</u> , Christine Bergeron <i>Texas A&M University, College Station, TX, USA</i>
Studio 9 Movement Session: 12:00 – 12:50 pm Moderator: Sarah Needham-Beck, MSc, London, UK
Circuit training warm-up for dancers <u>Danielle Aways</u> , BFA, MSc <i>University of Wolverhampton, Walsall, UK</i>

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Amphitheatre 12:00 - 2:00 pm Moderator: Selina Shah, MD, FACP, Walnut Creek, CA, USA	Recital Hall 12:00 - 2:00 pm Moderator: Luke Hooper, PhD, Mt Lawley, WA, Australia
<p>12.00-1.00 pm The dancer's foot and ankle <u>Niek Van Dijk</u>, PhD, <i>Academic Medical Centre, University of Amsterdam, The Netherlands</i></p> <p>1.00-1.15 pm Arthroscopic autologous matrix induced chondrogenesis for the treatment of osteochondral defect of talus: Hong Kong Series <u>Siu Wah Kong</u>, FRCEd (Orth), FHKAM (Orthopaedic surgery), Jason Brockwell, FRCEd (Orth), FHKAM (Orthopaedic surgery) <i>Asia Medical Specialist, Hong Kong</i></p> <p>1.15-1.30 pm Arthroscopic anterior talofibular ligament repair to treat lateral ankle instability in Hong Kong <u>Siu Wah Kong</u>, FRCEd (Orth), FHKAM (Orthopaedic surgery), Jason Brockwell, FRCEd (Orth), FHKAM (Orthopaedic surgery) <i>Asia Medical Specialists, Hong Kong</i></p> <p>1.30-2.00 pm Posterior ankle impingement in dancers <u>Siu Fai Yip</u>, MBBS (HKU) FRCS (Glasgow)</p>	<p>12.00-12.30 pm Determining the cardiorespiratory demand of contemporary dance repertoire <u>Sarah Needham-Beck</u>, MSc^{1,2,3}, Emma Redding, PhD^{1,3}, Matthew Wyon, PhD^{3,4} <i>¹Trinity Laban Conservatoire of Music and Dance, London, UK, ²One Dance UK, London, UK, ³National Institute of Dance Medicine and Science, London, UK, ⁴University of Wolverhampton, Walsall, West Midlands, UK</i></p> <p>12.30-1.00 pm The effect of High Intensity Interval Training (HIIT) on aerobic capacity and anaerobic power in dancers <u>Demet Tekin</u>, PhD, PT¹, Ani Agopyan, PhD², Irem Düzgün, PhD, PT³ <i>¹Bahcesehir University, Physiotherapy and Rehabilitation, Istanbul, Turkey, ²Marmara University Faculty of Sport Sciences, Department of Trainer Education, Istanbul, Turkey, ³Department of Physical Therapy and Rehabilitation, Faculty of Health Science, Hacettepe University, Ankara, Turkey</i></p> <p>1.00-1.30 pm Physiological demand of hip-hop and breaking <u>Matthew Wyon</u>, PhD, <i>University of Wolverhampton, Walsall, West Midlands, UK</i></p> <p>1.30-1.45 pm An observation of the relationship between electromechanical delay and the percentage of maximal voluntary contraction in the triceps brachii of male Poppers, contemporary dancers, and non-dancers. <u>Kaelyn Arnold</u>, <i>Trinity Laban Conservatoire of Music and Dance, London, UK</i></p> <p>1.45-2.00 pm Evaluating the relationship between fatigue, pressure and weight distribution on the upper limb in breakers <u>Nefeli Tsiouti</u>, MA, MSc¹, Theoharis Constantinou, MSc², Kej Philip, MbChb, BSc², Erin Sanchez, MSc³, Bruce Paton, PHD² <i>¹Project Breakalign, London, UK, ²University College London, London, UK, ³One Dance UK, London, UK</i></p>

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<p>Studio 8 Movement Session: 1:00 – 1:50 pm Moderator: Fay Nenander, Täby, Sweden</p>
<p>In motion: cross training for dancers through Laban and kinesiological principles <u>Amy Markgraf Jacobson</u>¹, Kate Monson² ¹Utah Valley University, Orem Utah, USA, ²Brigham Young University, Provo, Utah, USA</p>
<p>Studio 9 Movement Session: 1:00 – 1:50 pm Moderator: Alexander McKinven, MSc, MCSP, London UK</p>
<p>Awakening the developmental patterns for awareness and presence <u>Vincent (Wee Long) Yong</u>, CMA, RSME/T, BFA International Somatic Movement Education and Therapy Association, New York, USA, Laban/Bartenieff Institute of Movement Analysis, New York, USA, Nanyang Academy of Fine Arts, Singapore, Singapore, LASALLE College of the Arts, Singapore, Singapore, CODARTS University for the Arts, Rotterdam, The Netherlands</p>

2:00 - 3:30 pm LUNCH BREAK

Amphitheatre 3:30-5:30 pm Moderator: Chi Chung Kong, MBChB, FRCSEdOrth Hong Kong, China	Recital Hall 3:30-5:30 pm Moderator: Jatin Ambegaonkar, PhD, ATC, Manassas, Virginia, USA
<p>3.30-4.30 pm Anterior cruciate ligament - current concepts <u>Freddie Fu</u>, MD, <i>University of Pittsburgh, Pittsburgh, Pennsylvania, USA</i></p>	<p>3.30-4.00 pm Publications at the interface of dance, science and medicine: a bibliometric analysis <u>Derrick Brown</u> <i>Radboud University, Nijmegen, the Netherlands, National Centre for the Performing Arts, Arnhem, the Netherlands</i></p>
<p>4.30-5.15 pm Defining your boundaries of medical practice: current controversies of stem cell therapies <u>Ming Hao Zheng</u>, PhD, MD, FRCPath, FRCPA, <i>Faculty of Medicine, Dentistry and Health Sciences, University of Western Australia, Perth, Western Australia, Australia</i></p>	<p>4.00-4.15 pm A 15-year review of a university dance department's dance wellness program <u>Gary Galbraith</u>, Karen Potter <i>Case Western Reserve University, OH, USA</i></p>
<p>5.15-5.30 pm Tenocytes in hamstring tendinopathy <u>Jason Brockwell</u>, FRCSEd(Orth), <i>Asia Medical Specialists, Hong Kong, China</i></p>	<p>4.15-4.30 pm A review of dance science in academia in East Asia <u>Karen Potter</u>, Ziyang Cui, Gary Galbraith <i>Case Western Reserve University, OH, USA</i></p>
	<p>4.30-4.45 pm A review of dance MFA requirements in the United States and their implication for dance injury prevention <u>Erica D. Henn</u>, <i>Temple University, PA, USA</i></p>

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	<p>4.45-5.00 pm Building your career: how to establish and foster a mentor-mentee partnership in your interest area <u>Amanda Clark</u>¹, Stephanie Alimena⁴, Lucie Clements², Siobhan Mitchell³, Carina M. Nasrallah⁵, Andrea Alvarez⁶ ¹Cleveland, OH, USA, ²Trinity Laban, London, England, ³University of Bath, UK, ⁴University of Connecticut School of Medicine, Connecticut, USA, ⁵Physical Therapy Solutions, Richmond, VA, USA, ⁶Case Western Reserve University, Cleveland, OH, USA</p> <p>5.00-5.15 pm The future of dance medicine & science: an IADMS student survey <u>Amanda Clark</u>¹, Andrea Alvarez², Stephanie Alimena³, Lucie Clements⁴, Siobhan Mitchell⁵, Carina M. Nasrallah⁶ ¹Cleveland, OH, USA, ²Case Western Reserve University, Cleveland, OH, USA, ³University of Connecticut School of Medicine, Connecticut, USA, ⁴Trinity Laban, London, England, ⁵University of Bath, UK, ⁶Physical Therapy Solutions, Richmond, VA</p> <p>5.15-5.30 pm Walking in someone else's shoes? Reflections on the first cross-cultural dance science academic exchange. <u>Brenton Surgenor</u>¹, Edel Quin² ¹The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong, ²Trinity Laban Conservatoire for Music and Dance, London, UK</p>
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<p>Studio 8 Movement Session: 3:30 - 4:20 pm Moderator: Erin Sanchez, MSc. London, UK</p>
<p>Moving as a thought process: an approach to mindfulness through dance <u>Naomi Lefebvre Sell</u>, PhD, MA¹, Lucille Teppa, MA, BA (Hons)², Tara Silverthorn, MA, BA (Hons)² ¹Trinity Laban Conservatoire of Music and Dance, London, England, ²Independent Researcher</p>
<p>Studio 9 Movement Session: 3:30 - 4:20 pm Moderator: Alexander McKinven, MSc, MCSP, London, UK</p>
<p>Hip me with your best shot <u>Robert Turner</u>, Kim Gibilisco, New York, NY Intuit Movement Lab</p>

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<p>Studio 8 Movement Session: 4:30 - 5:20 pm Moderator: Erin Sanchez, MSc, London, UK</p>
<p>Strength training: applications in dance <u>Lauren Warnecke</u>¹, <u>Monika Volkmar</u>², <u>Christina D'Amico</u>³ ¹Art Intercepts, Chicago, IL, USA, ²The Dance Training Project, Toronto, Ontario, Canada, ³O.B. Training and Sports Performance</p>
<p>Studio 9 Interactive Session 4:30 - 5:20 pm Moderator: Frances Clarke, BA(Hons), MSc. Walsall, UK</p>
<p>Journal of Dance Medicine & Science - Editorial review and presentation <u>Peter Gerbino</u>, MD ¹, <u>John Solomon</u> ², <u>Ruth Solomon</u> ^{2,3} ¹Community Hospital of the Monterey Peninsula Monterey, USA ²Journal of Dance Medicine & Science, Editors-in-Chief, ³Professor Emerita, University of California, Santa Cruz, USA</p>

5:30 - 6:00pm REFRESHMENT BREAK Ground Floor Lobby and 3rd Floor including Medical Doctors' networking Studio 9

<p>Amphitheatre 6:00 - 7:00 pm Moderator: Peter Lavine, MD, Washington, USA</p>	<p>Recital Hall 6:00 - 7:00 pm Moderator: Andrea Kozai, MSc, CSCS, Pittsburgh, PA, USA</p>
<p>6.00-7.00 pm Small things with big consequences... Multidisciplinary panel on treatment of the hallucal-sesamoid bone complex in dancers <u>Patrizia Melchert</u>, MD^{1,2}, <u>Peter Lewton-Brain</u>, DO, MA^{3,5}, <u>Moira McCormack</u>, PT⁴, <u>Nancy Kadel</u>, MD^{5,6} ¹tamed Dance Medicine Austria, Vienna, Austria, ²World Dance Sport Federation, ³Ecole Supérieure de Danse de Cannes-Mougins Rosella Hightower, ⁴Royal Ballet Company, London, UK, ⁵Pole Santé Danse, Cannes, France, ⁶USA Task Force on Dancer Health, ⁶Performing Arts Medicine Association</p>	<p>6.00-7.00 pm Case studies and case series in dance medicine and science: what, how, when, and why? <u>Jatin Ambegaonkar</u>¹, <u>Carolyn Keeler</u>², <u>Derrick Brown</u>³, <u>Claire Hiller</u>⁴, <u>Tom Welsh</u>⁵, <u>Selina Shah</u>⁶, <u>Jeffrey Russell</u>⁷, <u>Marc Harwood</u>⁸, <u>Annabelle Couillandre</u>⁹, <u>Mamie Air</u>¹⁰, <u>Manuela Angioi</u>¹¹, <u>Lynda Mainwaring</u>¹² ¹Sports Medicine Assessment Research and Testing Laboratory, George Mason University, Virginia, USA, ²Duke University, Durham, North Carolina, USA, ³Radboud University, Nijmegen, The Netherlands, ⁴University of Sydney, Sydney, Australia, ⁵Florida State University, Tallahassee, Florida, USA, ⁶Center for Sports Medicine, San Francisco, California, USA, ⁷Ohio University, Athens, Ohio, USA, ⁸Rothman Institute, Philadelphia, Pennsylvania, USA, ⁹Université Paris Ouest Nanterre La Défense, Paris, France, ¹⁰San Rafael, California, USA, ¹¹Centre for Sports and Exercise Medicine, WHRI, Queen Mary University of London, UK, ¹²University of Toronto, Toronto, Canada</p>
<p>Studio 8 Interactive Session: 6.00 – 7.00pm Moderator: Sarah Needham-Beck, MSc, London, UK</p>	
<p>Student and young professional networking workshop <u>Andrea Alvarez</u>¹, <u>Stephanie Alimena</u>⁶, <u>Amanda Clark</u>², <u>Lucie Clements</u>⁵, <u>Siobhan Mitchell</u>⁴, <u>Carina Nasrallah</u>³ ¹Case Western Reserve University, Cleveland, Ohio, USA, ²Cleveland, Ohio, USA, ³Physical Therapy Solutions, Richmond, Virginia, USA, ⁴University of Bath, Bath, UK, ⁵Trinity Laban, London, UK, ⁶University of Connecticut School of Medicine, Connecticut, USA</p>	

IADMS EVENING PARTY
8.00 pm until late at Quayside

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IADMS 26TH ANNUAL CONFERENCE



SUNDAY, October 23, 2016

<p>Studio 8 <u>Movement Session: 9:00 - 9:50 am</u> Moderator: Lucie Clements, MSc, London, UK</p>
<p>Key concepts for effective core training <u>Monika Volkmar, BFA, CSCS, The Dance Training Project, Toronto, Ontario, Canada</u></p>
<p>Studio 9 <u>Movement Session: 9:00 -9:50 am</u> Moderator: Emma Redding, MSc, PhD, London, UK</p>
<p>Begin with the feet; seven cues from Fletcher® Pilates to help improve alignment in the technique class <u>Gabrielle McNeillie, Central Washington University, Ellensburg, WA, USA</u></p>

<p>Studio 8 <u>Movement Session: 10:00 - 10:50 am</u> Moderator: Andrea Alvarez, BS, Cleveland, OH, USA</p>
<p>Choosing and using age-appropriate warm-up and cool-down activities <u>Jane Andrewartha, Movement and Dance Education Centre, Australia</u></p>
<p>Studio 9 <u>Interactive Session: 10:00 - 10:50 am</u> Moderator : Emma Redding, MSc, PhD, London, UK</p>
<p>How energy levels in dance are affected by nutrition and hydration: an interactive workshop/forum for teachers and dancers <u>Jasmine Challis, Freelance Dietitian, Reading, England</u></p>

<p>Amphitheatre 9:00 – 11:00 am Moderator: Andrea Kozai, MSc, CSCS, Pittsburgh, PA, USA</p>	<p>Recital Hall 9:00 – 11:00 am Moderator: Boni Rietveld, MD, BA (mus), The Hague, The Netherlands</p>
<p>9.00-9.30 pm Associations among lower extremity power, balance, and Functional Movement Screen scores in female collegiate dancers <u>Jatin Ambegaonkar, Shane Caswell, Catherine Schock, Jana Ponder, Jena Hansen-Honeycutt, Nelson Cortes</u> <i>Sports Medicine Assessment Research and Testing Laboratory, George Mason University, Virginia, USA</i></p>	<p>9.00-9.30 am Muscle cramps in dancers: myths and science <u>Peter Gerbino</u> <i>Community Hospital of the Monterey Peninsula Monterey, USA</i></p>

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<p>9.30-9.45 am Using the single-leg squat as a predictor of leg alignment in dynamic dance movements <u>Nahoko Sato</u>, PhD¹, Luke Hopper, PhD², Andries Weidemann² ¹<i>Nagoya Gakuin University, Seto, Aichi, Japan</i>, ²<i>Edith Cowan University, Perth, Australia</i></p> <p>9.45-10.00 am Between day reliability of pre-participation screening components in ballet and contemporary pre-professional dancers <u>Sarah Kenny</u>, Luz Palacios-Derflinger, Oluwatoyosi Owoeye, Carolyn Emery, <i>University of Calgary, Calgary, AB, Canada</i></p> <p>10.00-10.30 am Anatomy of a musical theatre dancer - a descriptive study investigating trends highlighted at admission screening <u>Nicola Stephens</u>, <i>Performers College, Essex, UK</i></p> <p>10.30-11.00 am Injury incidence and the use of the Movement Competency Screen (MCS) to predict injury risk in full-time pre-professional dance students: a prospective cohort study <u>Linda Lee</u>, Duncan Reid, Jill Caldwell, Priya Parmar, <i>AUT University, Auckland, New Zealand</i></p>	<p>9.30-10.00 am Ligamentum teres tear is more frequent in the hips of professional ballet dancers compared to an age and sex-matched sporting control group <u>Susan Mayes</u>^{1,2}, April-Rose Ferris³, Peter Smith⁴, Andrew Garnham¹, Jill Cook² ¹<i>The Australian Ballet, Southbank, VIC, Australia</i>, ²<i>La Trobe University, Bundoora, VIC, Australia</i>, ³<i>Monash University, Frankston, VIC, Australia</i>, ⁴<i>MIA East Melbourne Radiology, East Melbourne, VIC, Australia</i></p> <p>10.00-10.30 am Diagnostic and therapeutic ultrasound for musculoskeletal conditions in dancers. Current concepts <u>Lauren Elson</u> <i>Harvard Medical School, Spaulding Rehabilitation, MA, USA</i></p> <p>10.30-11.00 am Injections for musculoskeletal conditions in dancers: current concepts <u>Kathleen Davenport</u> <i>Miami City Ballet, FL, USA</i></p>
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11:00 - 11:30 am REFRESHMENT BREAK Ground Floor Lobby and 3rd Floor

<p>Amphitheatre 11:30 am - 1:30 pm Moderator: Alexander McKinven, MSc, MACP, London, UK</p>
<p>11.30 am -12.30 pm Nutritional and pharmacological supplementation in dance: antecedents, prevalence, and outcomes <u>Ian Boardley</u>, BSc. PhD¹, <u>Derrick Brown</u>, MSc, <u>Matthew Wyon</u>, PhD³ ¹<i>University of Birmingham, Birmingham, United Kingdom</i>, ²<i>Radboud University, Nijmegen, the Netherlands, National Centre for the Performing Arts, Arnhem, The Netherlands</i> ³<i>University of Wolverhampton, Walsall, West Midlands, UK, National Institute of Dance Medicine and Science, UK</i></p> <p>12:30-1:30 pm Closing Symposium: Safeguarding dancers' rights: lessons from high performance sport <u>Dr Trisha Leahy</u> BBS^{1,2} ¹<i>Chief Executive of the Hong Kong Sport Institute</i>, ²<i>Adjunct Associate Professor of the Department of Sports Science and Physical Education at the Chinese University of Hong Kong</i></p>

1.30 – 2.00 pm

Closing Remarks
Matthew Wyon, PhD, President, IADMS

SCHEDULE

IADMS 26TH ANNUAL CONFERENCE



Poster Presentations

Group S

Friday October 21, 11.00am - 12.00noon
Painter's Corner, Ground Floor

Pointe readiness and affecting factors

Kelly Hough-Coles, Matthew Wyon
University of Wolverhampton, United Kingdom

Shock attenuation and postural sway during different drop landings in dancers

Harumi Sawahara, Mayumi Kuno-Mizumura
Ochanomizu University, Bunkyo-ku, Tokyo, Japan

Evaluation of balance in Indian classical dancers and age matched controls-a comparative study

Juhi Bharnuke, Rajani Mullerpatan
MGM Center of Human Movement Science, MGM Institute's University Department of Physiotherapy, MGM Institute of Health Sciences, Navi Mumbai

Relationship among chronic knee injury, leg dominance, and lower body kinematics of the saut de chat

Ashley King, Joyce Davis
Elon University, Elon, NC, USA

Lower body kinematics of the relevé while en pointe and barefoot

Joyce Davis, Ashley King
Elon University, Elon, NC. USA

Water study pilot project: measuring the physical and perceived effects of water training on college level modern and ballet dancers

Sarah Holmes, McCree O'Kelley
Kennesaw State University, Kennesaw, Georgia, USA

A randomized control study assessing upper body muscular endurance in a female contemporary dance population

Claire Watson, Matthew Wyon
University of Wolverhampton, Wolverhampton, UK

Proprioception in dance: a comparative review of understandings and approaches to research

Rachel Barlow
University of Edinburgh, Edinburgh, United Kingdom

Open to dance: the working of the Cipher (the urban circle form)

Gaby Allard
ArtEZ School of Dance, Arnhem, The Netherlands, National Centre Performing Arts, Arnhem, The Netherlands

The improving effect of Gyrotonic Expansion System® on the performance of female gymnasts

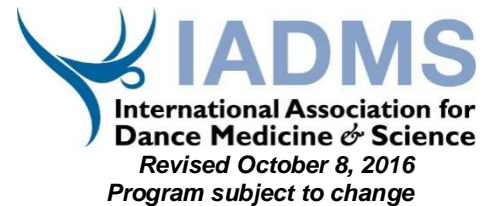
Mie Kitajima¹, Ruri Fujii¹, Naoko Murakoshi¹, Masuyo Higashide¹, Naoko Moriyama-Robbins²
¹Mukogawa Women's University, Nishinomiya, JAPAN, ²Peridance Capezio Center

Effects of an upper body strength and lower limb power training program on the physical and aesthetic performance of Chinese dance in children aged 8-10

Grace Kay Yin Chan
Channy Stage Arts Workshop, Hong Kong Academy for Performing Arts, Hong Kong

SCHEDULE

IADMS 26TH ANNUAL CONFERENCE



The characteristics of landing with moving forward: comparison between female ballet dancers and recreational athletes

Marina Nara, Mayumi Kuno-Mizumura
Ochanomizu University

Physiology of flow experience in dance improvisation

Klara Lucznik
Plymouth University, UK

Self-efficacy and performance in dancers: a systematic review

Bárbara Pessali-Marques^{1,2}, Camila Bicalho²
¹*Manchester Metropolitan University, Crewe, Cheshire, United Kingdom*, ²*University of the State of Minas Gerais, Ibirité, Minas Gerais, Brazil*

Association of rhythmic gymnastics anthropometric characteristics and performance

Hui Yin Ler¹, Elaine Tan², Eng Hoe Wee¹
¹*Tunku Abdul Rahman University College, Kuala Lumpur, Malaysia*, ²*The Little Gym, Kuala Lumpur, Malaysia*

A comprehensive approach to warm up: incorporating physical, mental, and emotional preparation for the dancer

Michelle Strong, Alexandra Pooley,
Texas A&M University, College Station, Texas, USA

Hamstring tightness, a holistic view on stretching and strengthening

Jurgen Bernaers
Paradigm Wellness, Singapore

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Poster Presentations

Group M

Saturday October 22, 11.00am - 12.00noon
Painter's Corner, Ground Floor

Activation of the flexor hallucis longus in a dancer's relevé

K. Michael Rowley¹, Hai-Jung (Steffi) Shih¹, Danielle N. Jarvis², Kornelia Kulig¹

¹University of Southern California, Los Angeles, CA, USA, ²California State University Northridge, Northridge, CA, USA

The effects of active and passive conditions on recovery after intense Kathak dance activity

Seema Chopra¹, Sarah Needham-Beck^{1,2}

¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²One Dance UK

Relationship among chronic injury, leg dominance, and knee strength in female dancers

Ashley King, Joyce Davis

Elon University, Elon, NC, USA

The creation of an injury prevention class for first-year liberal arts university dance students in the United States

Erica D. Henn

Temple University, PA, USA

Screening and injury surveillance for a professional dance company in Singapore: descriptive prospective cohort study on the injury rates over a year and functional movement profile

Jason Chia Kok Kiong

Tan Tock Seng Hospital, Singapore

Healthy dancer programme in a professional ballet company

Johanna Osmala, Jukka Lahtinen,

Finnish National Ballet, Helsinki, Finland

Sleep disturbance amongst performing artists

Karolin Krell

UCL, London, United Kingdom, BAPAM, London, United Kingdom

The effectiveness of dance interventions on physical health outcomes – a systematic review

Alycia Fong Yan¹, Claire Hiller¹, Evangelos Pappas¹, Clifton Chan³, Rachel Ward², Stephen Copley¹, Roslyn Brown¹, Yu Gu¹, Bronwyn Trevor¹, Amy Vassallo¹, Michael Wewege², Leslie Nicholson³

¹Faculty of Health Sciences, The University of Sydney, Sydney, NSW, Australia, ²School of Medical Sciences, UNSW Australia, Sydney, NSW, Australia, ³Sydney Medical School, The University of Sydney, Sydney, NSW, Australia

Modifying physical therapy language for the dance population

Christina Coppel

Case Western Reserve University, Cleveland, Ohio, USA

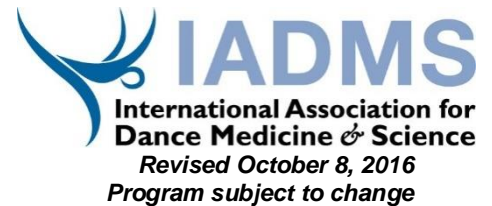
A survey of ankle and foot injury among Hong Kong professional dancers

Hon Wai Lam¹, Tun Hing Lui^{1,2}

¹the Chinese University Of Hong Kong, Hong Kong Special Administrative Region, China, ²north District Hospital, Hong Kong Special Administrative Region, China

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Striking the balance: dance as falls prevention for older adults

Katy Chambers

Royal Academy of Dance, London, UK, Trinity Laban Conservatoire of Music and Dance, London, UK

The effect of hip strength, range of motion and balance on injury occurrence in college level ballet dancers

Rose Smith, Kari Dunning, Catherine Backstrom,

University of Cincinnati, OH, USA

The relationship between body composition and injury history in pre-professional ballet and contemporary dancers

Sarah Kenny, Clodagh Toomey, Carolyn Emery,

University of Calgary, Calgary, AB, Canada

Survey of musculoskeletal disorders in Indian dancers

Shruti Kotian¹, Shruti Nair¹, Claire Hiller², Rajani Mullerpatan¹

¹MGM University Department of Physiotherapy, MGM Institute of Health Sciences, Navi Mumbai, Maharashtra, India, ²University of Sydney, Australia

Pain threshold in dancers

Yuko Otake¹, Tomoko Fujii², Mayumi Kuno-Mizumura¹

¹Ochanomizu University, Tokyo, Japan, ²University of Pittsburgh, Pittsburgh, PA, USA

Aging dancers - activities and pain: an international survey

Janine Bryant¹, Matt Wyon¹, Alan Nevill¹, Jeff Russell²

¹University of Wolverhampton, Walsall, UK, ²Ohio University, Athens, OH, USA

Pertinent information to provide scaffolding to implement a dance wellness and prevention program

Jovauna Currey, Kelli Sharp,

University of California, Irvine. Orange, CA, USA

Pre-season testing: a predictor of foot, ankle and lower leg injury in professional ballet dancers?

Susanna Piculell¹, Daniel Watson², Rifat Hamoudi¹, Eva Ramel³, Howard Bird¹

¹University College of London, London, UK, ²Royal Ballet Company, London, UK, ³Lund University, Lund, Sweden

SCHEDULE

IADMS 26TH ANNUAL CONFERENCE



SATURDAY, October 22, 2016

A DAY FOR MEDICS (ADFM)

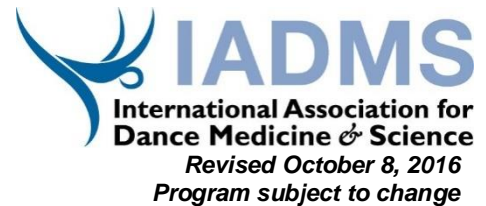
In conjunction with Matilda International Hospital and Asia Medical Specialists

8:00 - 8:50 am	Registration; Tea and Coffee, Lobby, The Hong Kong Academy for Performing Arts
Session One	Amphitheatre Moderator: Dr Henry Yip
8.50 – 9.00am	Opening Remarks Dr Peter Lavine, Vice President, IADMS
<u>Preventative Medicine</u>	
9:00 - 10:00 am	Functional stability vs. structural stability: Do they co-exist? Mr Craig Phillips
10:00 - 11:00 am	Performance medicine in ‘The House of Dancing Water’ Mr Matthew Pilla and Dr Terence Chan
11:00 - 12:00 pm	REFRESHMENT BREAK and Poster Presentations (Painter’s Corner Ground Floor)
Session Two	Amphitheatre Moderator: Dr Selina Shah
<u>Foot and Ankle</u>	
12:00 - 1:00 pm	The dancer’s foot and ankle Professor Niek Van Dijk
1.00 - 1.15 pm	Arthroscopic autologous matrix induced chondrogenesis for the treatment of osteochondral defect of talus: Hong Kong series Dr Siu Wah Kong
1.15 - 1.30 pm	Arthroscopic anterior talofibular ligament repair to treat lateral ankle instability in Hong Kong Dr Siu Wah Kong
1.30 - 2.00 pm	Posterior ankle impingement in dancers Dr Henry Yip
2.00 - 3.30 pm	LUNCH
Session Three	Amphitheatre Moderator: Dr CC Kong
<u>Knees and Cells</u>	
3.30 - 4.30 pm	Anterior cruciate ligament - current concepts Professor Freddie Fu
4.30 - 5.15 pm	Defining your boundary of medical practice: current controversies of stem cell therapies Professor Ming Hao Zheng
5.15 - 5.30 pm	Tenocytes in hamstring tendinopathy Mr Jason Brockwell
5.30 - 6.00 pm	REFRESHMENT BREAK and Medical Doctors’ networking event (Studio 9)
Session Four	Amphitheatre Moderator: Dr Peter Lavine
<u>Toes</u>	
6.00 - 7.00 pm	Small things with big consequences... Multidisciplinary panel on treatment of the hallucal-sesamoid bone complex in dancers Ms Patrizia Melchert, Mr Peter Lewton-Brain, Ms Moira McCormack, Dr Nancy Kadel

Separate evening events include medics’ dinner and IADMS evening party

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IADMS 26TH ANNUAL CONFERENCE



FRIDAY, October 21, 2016

A DAY FOR TEACHERS (ADFT)

Joint hosted by HKAPA School of Dance and the IADMS Education Committee

- 8:00 - 8:50 am **Registration;** Tea and Coffee, Lobby, The Hong Kong Academy for Performing Arts
- Dance Studio 1** Moderator: **Brenton Surgenor**
- 8:50 - 9:00 am **Opening Remarks** Brenton Surgenor, IADMS Education Committee member/HKAPA
- 9:00 - 10:00 am **Conditioning for Dancers** Nico Kolokythas
Performance Enhancement Coach, Elmhurst School for Dance, Birmingham, UK
- 10.00 - 10.15 am **Break**
- 10:15 - 11:15 am **Nutrition Issues for Dancers** Frankie Siu,
Sports Nutritionist, Hong Kong Sports Institute, Hong Kong, China
- 11:15 - 12:15 pm **Poster Presentations** (Painters Corner Ground floor until 12.00) and refreshments break
- 12:15 - 2:00 pm **Panel Presentation**
“What is Dance science and how it can benefit dancer education”
Gayanne Grossman (Chair) (Director of Dance Wellness, Muhlenberg College)
Edel Quin (Program Leader, Masters in Dance Science, Trinity Laban)
Katy Chambers (Specialist Physiotherapist, Royal Academy of Dance)
Professor Rou Wen (Director of Scientific Research, Department of Beijing Dance
Academy and the Vice President of Chinese Art Medical Association)
- 2.00 - 3.30 pm **Lunchbreak** with option of **Education Roundtable** (*lunch fee applicable)
Topic: ***“As teachers, how can dance science help you, and what information, and in
what form, would be most useful to you?”***
- 3.30 - 5.30 pm ADFT delegates are invited to attend presentations from the main conference program