iConference Program

July 2020
Select 29th Annual Conference Presentations
Dance Science Research Sessions
Dance Medicine and Biomechanics Sessions
Dance for Health Sessions

August – October 2020
eNetworking Sessions

September – October 2020
iConference 2020 Presentations
and Presenter Live Q&A Discussion Panels
Dance for Health
Dance Medicine
Dance Research
Interactive/Movement
Dance Educators’
Dance Science

IADMS Business Meeting
Sunday November 1st 9:00pm – 11:00pm GMT

Time Zone Conversion Chart

iConference Sessions are free for IADMS members to view on the IADMS app, available on your mobile device or desktop.

Sessions will be released throughout the year and available to IADMS members only until September 2021.

CME/CEU credit available for enduring materials (* as noted in the agenda).

CME credit is optional and will incur a CME processing fee. All purchases can be made through the IADMS online store.

www.iadms.org/iconference

Program subject to change
Dance Science Research Sessions
Available now on mobile app

3 hours / 1.5 CME credits

*Further features of systematic literature reviews and applications to dance medicine & science current knowledge: quality assessment and meta-analysis. IADMS Research Committee
Presented by Manuela Angioi PhD, Aline Noguiera Haas PhD, and Claire Hiller PhD, PT (50 mins)

*Gender separation in training: right or wrong?
Elizabeth Yutzey MFA (10 mins)

Relationship between energy availability, dietary macronutrients on bone mineral density in male and female vocational ballet dancers.
Juncal Roman MSc (10 mins)

*Stress, coping and psychological skills of conservatoire dance students: evaluating psychological wellbeing in practice. Liliana Araujo PhD, C.Psychol (20 mins)

Technology in dance: reflecting on a data-driven rehab.
Adam Mattiussi BSc, MSc (20 mins)

The effect of the Flipped Classroom Model on altering knowledge and behavior in collegiate dancers.
Mary Petrizzi MS (10 mins)

The research process for students in dance medicine and science. IADMS Student Committee
Presented by Elizabeth Yutzey MFA (50 mins)

*The validity of inertial measurements units in 3-D lower body analysis of classical ballet movements.
Rachel Ward PhD (10 mins)

*Credit Designation Statement - CME Outfitters, LLC designates this enduring material for a maximum of 1.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Dance Medicine & Biomechanics Sessions
Available now on mobile app

2 hours 30 minutes / 1.75 CME credits

*Biomechanical determinants of partner selection in sport ballroom dancing couples.
Adrianna Banio PhD (10 mins)

*Burden of musculoskeletal injuries in pre-professional ballet dancers: a 3-year prospective cohort study.
Sarah Kenny PhD (10 mins)

*Hip joint cartilage defects in professional ballet dancers: a 5-year longitudinal study.
Sue Mayes B.App.Sci, PhD(10 mins)

Incidence, anatomical location and mechanism of bone stress injuries in pre-professional male and female ballet dancers: a two-year cohort study.
Maria Chiara Galvan, MSc (10 mins)

*Managing concussion symptoms: myths, science, consensus, and practical strategies.
Lynda Manwaring PhD, C.Psych (20 mins)

*Musculoskeletal injuries in pole dancers: a prospective surveillance study.
Joanna Nicholas BSc, PhD (10 mins)

Relationship between maximal ankle strength and saut de chat leaping performance.
Paige E. Rice MSc (10 mins)

*Spine interventions for the young in-season athlete.
Mohan Radhakrishna MD (30 mins)

The effect of an 8-week neuromuscular training program on Jump performance and landing biomechanics in female adolescent recreational dancers: a controlled trial.
Karen Sudds MSc (10 mins)

*The effect of fatigue on hip and knee landing kinematics in dancers.
Danielle Jarvis PhD, ATC (10 mins)

The effects of a 9-week hip focused weight training program on hip and knee kinematics and kinetics in amateur and professional female dancers.
Sandro Rajic MSc (10 mins)

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Dance for Health Sessions
Available now on mobile app

2 hours 30 minutes / 1.75 CME credits

*Brain research of dance: preparation, analysis, and application.
Hanna Poikonen MSc, PhD (50 mins)

*Dance for Health: a ten-year program of work.
Emma Redding PhD (30 mins)

Health within dance pre-professional training in France: a sociological perspective of difficulties and benefits.
Camille Casale MS (10 mins)

Move Dance Feel: exploring dance and wellbeing with women affected by cancer.
Emily Jenkins PgDip, MA (20 mins)

Elizabeth Johnson MFA, BFA (20 mins)

Multisensory instruction addresses learning diversity and enhances dance skill learning and performance.
Andrea Downie MA (20 mins)

Understanding the dancer with scoliosis.
Suzanne Koucheravy BS (10 mins)

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**iConference Program**

**eNetworking Sessions**

Hosted Live | Registration Required Details Below

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**Dance Educators Western Region Time Zone**

"Building, Expanding, and Serving: How to take your dance science expertise from the studio to the community"

with Margaret Wilson PhD, FIADMS and Jatin Ambegaonkar PhD, ATC

**Tuesday, August 4** @ 8:00pm BST / 7:00pm GMT / 3:00pm ET

Registration opens Monday, July 27

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**Dance for Health:**

"Health for Dancers-Dance for Health"

with Clare Guss-West, MA, David Leventhal, Emily Jenkins MA, Hanna Poikonen PhD, Åsa Åstrom, and Fran Meyers

**Wednesday, August 5** @ 5:00pm BST / 4:00pm GMT / 12:00noon ET

Registration opens Monday, July 27

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**Medical Committee-Networking Discussions**

with David Popoli MD, Chair and other members of the IADMS Medical Committee

**Sunday, August 23** @ 3:00pm BST / 2:00pm GMT / 10:00am ET

Registration opens Friday, August 14

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**Dance Educators Central Region Time Zone**

"Building, Expanding, and Serving: How to take your dance science expertise from the studio to the community"

with Edel Quin MSc and Nefeli Tsiouti MA, MSc

**Friday, August 28** @ 2:00pm BST / 1:00pm GMT / 9:00am ET

Registration opens Thursday, August 20

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**Meet the Student Committee**

with Elizabeth Yutzey MFA, Chair and other members of the IADMS Student Committee

**Sunday, August 30** @ 5:00pm BST / 4:00pm GMT / 12:00noon ET

Registration opens Saturday, August 22

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**Dance Educators Eastern Region Time Zone**

"Building, expanding, and serving: How to take your dance science expertise from the studio to the community"

with Mayumi Kuno-Mizumura PhD and Charmaine Tay

**Wednesday, September 2** @ 10:00am JST / 1:00am GMT / Tuesday, Sept 1 9:00pm ET

Registration opens Tuesday, August 25

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**Student-to-Professional Virtual Networking Session**

With members of the IADMS Student Committee and experts in dance medicine and science

**Sunday, September 6** @ 5:00pm BST / 4:00pm GMT / 12:00noon ET

Registration opens Saturday, August 29

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**Research Networking Event**

with members of the IADMS Research Committee

**Friday, October 9** @ 5.30pm BST / 4.30pm GMT / 12.30pm ET

Registration opens Thursday, October 1

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Registration details for eNetworking events:

All networking events are free to attend, but registration is required. Registration for each event opens 8 days prior and will close the day before the event. To register, and learn more about each event, login to the mobile app and go to “Networking Events” icon (image of two hands shaking). You can see the event description and the link to register. Under the “Register: Event Name” link is a survey to complete registration. The registration link is also available under the “survey” section under the event in the schedule. Once registered, the day before the event you will see a second event in the schedule titled “REGISTERED-Event Name” that will include all Zoom meeting details. For any registration inquires please email conference@iadms.org.
Dance for Health-2020 Sessions

Release Date:  Monday, September 21
Q&A Discussion Panel:  Friday, September 25 @ 1:00pm GMT
Moderator:  Gayanne Grossman PT, Allentown, PA, USA

4 hours and 20 minutes / 2.25 CME/CEU credits

Guest Speaker:
*Deconstructing mental health and addictions in dancers* (60 mins)
Antonio Ocana MD
Épiphany360, Marina del Ray, CA, United States

A summary of the WHO 2019 scoping review, synthesising the evidence on the role of dance in improving health and well-being (10 mins)
Emily Jenkins PgDip, MA1,2
1Trinity Laban Conservatoire of Music and Dance, London, United Kingdom
2English National Ballet, London, United Kingdom

*Autonomy, collaboration, creativity and dignity: evaluating a three-year dance for dementia programme* (10 mins)
Bethany Whiteside MSc, PhD1, Lisa Sinclair MA2
1Royal Conservatoire of Scotland, Glasgow, Scotland, United Kingdom
2Scottish Ballet, Glasgow, Scotland, United Kingdom

Community arts programming supports social engagement and personal growth in older adults (10 mins)
Niyati Dhokai PhD1, Holly Matto, PhD2, Emily Ihara PhD2, Catherine Tompkins PhD2, Shane Caswell PhD3, Nelson Cortes PhD3, Rick Davis DMA1, Sarah Coogan MS1, Victoria Fauntroy BS3, Elizabeth Glass MA1, Judy Moon Lee MEd1, Gwen Baraniecki-Zwil MSc1, Jatin Ambegaonkar PhD, ATC3
1Hylton Performing Art Center, George Mason University, Manassas, VA, United States
2Department of Social Work, George Mason University, Fairfax, VA, United States
3Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States

*Dance and music engagement affects health outcomes in older adults: a randomized controlled trial* (10 mins)
Jatin Ambegaonkar PhD, ATC1, Holly Matto PhD2, Emily Ihara PhD2, Catherine Tompkins PhD2, Nelson Cortes PhD1, Sarah Coogan MS1, Shane Caswell MS1, Victoria FauntroyBS1, Elizabeth Glass MS3, Judy Lee MEd3, Gwen Baraniecki Zwil MSc3, Rick Davis3, Niyati Dhokai PhD3
1Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States
2Department of Social Work, George Mason University, Fairfax, Virginia, United States
3Hylton Performing Arts Center, George Mason University, Manassas, Virginia, United States

*Dance and Parkinson’s: the effects on girdle dissociation during the turning movement* (20 mins)
Aline Haas PhD1, Marlene Brito Fortes BA2, Fruzsina Nagy BSc2, Marcela dos Santos Delabary MSc1, Leonardo Alexandre Peyré-Tartaruga PhD1, Tina Smith PhD2, Yiannis Koutedakis PhD2, Matthew Wyon PhD2
1Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil
2University of Wolverhampton, Wasall, United Kingdom
iConference Program

Dance for Multiple Sclerosis: a national ballet company’s medical and engagement departments collaborate to propose data collection via digital application (10 mins)
Catherine Cassidy BA, Martin Lanteart MSc, PT
Scottish Ballet, Glasgow, Scotland, United Kingdom

* Dancing through aging (60 mins)
Krista White MA¹, Vanessa Paglione BKin², Anne Flynn MA², Sarah J. Kenny PhD²,³,⁴
¹University Heights Community Association Dance and Movement Program, Calgary, AB, Canada
²Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada
³O’Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada
⁴Alberta Children’s Hospital Research Institute, University of Calgary, Calgary, AB, Canada

*I Interactive Session

* Effects of dance and Nordic Walking program on strength and flexibility in Parkinson’s disease (20 mins)
Aline Haas PhD¹, Rebeca Gimenes Donida MSc¹, Mariana Wolffenbuttel BA¹, Marcela dos Santos Delabary MSc¹,
Ana Paula J. Zanardi MSc¹, Elren Passos-Monteiro PhD², Flávia Gomes Martinez PhD¹, Leonardo Alexandre Peyré-Tartaruga PhD¹
¹Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil
²Universidade Federal do Pará, Castanhal, Brazil

* I’m smiling because it’s lovely*: exploring the perceived impact of a pilot dance for multiple sclerosis programme (10 mins)
Bethany Whiteside PhD, MSc¹, Lisa Sinclair, MA²
¹Royal Conservatoire of Scotland, Glasgow, Scotland, United Kingdom
²Scottish Ballet, Glasgow, Scotland, United Kingdom

Motivation and determinants for successful engagement among community-dwelling older adults participating in ballroom dance workshops (10 mins)
Sarah Coogan MS², Jatin Ambegaonkar PhD, ATC¹, Victoria Fauntroy BS¹, Gwen Baraneicki-Zwil MS², Elizabeth Glass MS²,
Niyati Dhokai PhD²
¹Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States
²Hylton Performing Arts Center, George Mason University, Manassas, VA, United States

Physical activity in female adolescent dancers in ballet dance studio classes (10 mins)
Pranjal Joshi MSc¹, Victoria Fauntroy BS¹,², Sarah Cooga MS¹, Jatin Ambegaonkar PhD, ATC¹, Shruti Ambegaonkar DPT¹
¹Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, Fairfax, VA, United States
²Crossroads Dance Theater, Herndon, VA, United States

* Systematic review of dance as treatment for chronic pain (10 mins)
Benjamin Hickman, Alycia Fong Yan PhD, Fereshteh Pourkazemi PhD, Roxanna Pebdani PhD, Claire Hiller PhD, PT
Faculty of Medicine, University of Sydney, Sydney, NSW, Australia

The effects of a 10-week ballet intervention for over 50s on fundamental movement skills and joint range of motion (10 mins)
Rachel Ward BMedSci, PhD, Meg Letton BexPhys, Jeanette Thom PhD
University of New South Wales, Sydney, NSW Australia

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Dance Medicine-2020 Sessions

**Release Date:** Monday, September 28

**Q&A Discussion Panels:**
- Friday, October 2 @ 12:30am GMT &
- Friday, October 2 @ 1:00pm GMT

**Moderator:**
- Matthew Grierson MD, Seattle, WA, USA &
- Lauren Elson MD, Boston, MA, USA

4 hours and 10 minutes / 0.75 CME/CEU credits

**Guest Speakers:**

**Oral health, elite sport, and performance (20 mins)**
*Ian Needleman PhD, BDS*¹²
¹UCL Eastman Dental Institute, London, United Kingdom
²Honorary Consultant in Periodontology with UCLH, London, United Kingdom

**Sweet music: how taste may improve dance performance (20 mins)**
*Russel Best PhD*¹²
¹Centre for Sports Science and Human Performance, Wintec, Hamilton, New Zealand
²School of Health and Social Care, Teesside University, Middlesbrough, United Kingdom

**The gut and wellbeing application in dancers (30 mins)**
*Ese Stacey MSc, MBBS*
Consultant Specialist in Sport & Exercise Medicine, Brighton, United Kingdom

**A pre-class neuromuscular warm-up for prevention and self-management of SIJ dysfunction and anterior hip impingement (60 mins)**
*Megan Richardson ATC*¹, *Natale Imrisek MSPT*², *Sally Donaubauer DPT*³
¹Megan Richardson Wellness, New York City, NY, United States
²Framework Physical Therapy, Los Angeles, CA, United States
³Interactive Session

**Does the presence of scoliosis increase the risk of dance injury in adolescent recreational dancers?**
(10 mins)
*Arnold Wong BPhysio, PhD*¹, *Kenney Lau BSc, MSc*¹, *Olivia Fung BA, MA*¹, *Dino Samartzis BSc, DSc*², *Cliffton Chan BPhysio, PhD*³, *Claire Hiller PhD, PT*⁴, *Patrick Yung FRCS*¹, *Brenton Surgenor BSc, MSc*⁵, *Veronica Schoeb BPhysio, PhD*⁶
¹Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong
²Department of Orthopaedic Surgery, Rush University Medical Centre, Chicago, IL, United States
³Faculty of Medicine and Health, The University of Sydney, Sydney, Australia
⁴Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, Hong Kong
⁵The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong
⁶School of Health Sciences, University of Applied Sciences and Arts Western Switzerland, Lausanne, Switzerland

**Eating disorder recovery in dancers: what does it look like and what does it take?**
(20 mins)
*Dawn Smith-Theodore MA, CEDS*¹, *Monika Saigal MS, RD*²³
¹Private Practice, Los Angeles, CA, United States
²Private Practice, New York City, NY, United States
³The Juilliard School, New York City, NY, United States
Incidence of injury, operation, and NSAID use in large cohort of young professional and preprofessional dancers (10 mins)
Sarah Hatf MPH1,2, Annelise Senkowski BA1, Lily Senkowski1, Christopher Senkowski MD1
1Department of Surgery, Mercer University School of Medicine, Savannah, GA, United States
2The Ohio State University College of Medicine, Columbus, OH, United States

Injuries, load, mood, stress, and compliance with monitoring within semesters of a tertiary dance program: a longitudinal cohort study (10 mins)
Melanie Fuller M SPPhty, M Msk Phty1, Gene Moyle DPsych1, Geoffrey Minett PhD2
1Queensland University of Technology, Creative Industries Faculty, Brisbane, QLD, Australia
2Queensland University of Technology, School of Exercise and Nutrition Sciences, Faculty of Health, Brisbane, QLD, Australia

Injury incidence among aerial dance performers in Ireland: a prospective cohort study (10 mins)
Stephen O Rourke BA, BSc, Louise Keating BSc, MSc, Eleanor Creighton BSc
The Royal College of Surgeons Ireland, Dublin, Ireland

*Injury patterns over a three-year period in a professional ballet company: changes and trends (10 mins)
Mai Katakura PhD, MD1,2, Nick Allen PhD3,4, Angela Keley PhD1, James Calder PhD, MD1,2
1Imperial College London, United Kingdom
2Fortius Clinic, London, United Kingdom
3Birmingham Royal Ballet, Birmingham, United Kingdom
4National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Prevention and treatment of eating disorders and body image concerns in dancers (20 mins)
Fumi Somehara BSc, APD1, Shane Jeffrey BSc, APD2
1Private Practice, Sydney, NSW, Australia
2Private Practice, Brisbane, QLD, Australia

Rehabilitation for injured dancers: a systematic review (10 mins)
Yanan Dang MA, MSc1, Yiannis Koutedakis PhD1,2, Ruoling Chen PhD1, Matthew Wyon PhD1,3
1Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom
2Department of Sport Science, University of Thessaly, Trikala, Greece
3National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Relationships between lateral limb bias, turnout, and lower limb injury in a female pre-professional ballet dancer population (10 mins)
Elise McMahon BPhysio, Rod Pope PhD, Kate Freire BSc, PhD
Charles Sturt University, Albury, NSW, Australia

Relationships between sleep disturbance and sleep related-impairment in collegiate dancers (10 mins)
Victoria Fauntroy BS, ATC1, Amelia Stork2, Hansen-Honeycutt DAT, PES2, Joel Martin PhD, CSCS1, Jatin Ambegaonkar PhD, ATC1
1Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, VA, United States
2School of Dance, George Mason University, VA, United States

Risk factors for dance-related lumbar injury among dancers: a large-scale study (10 mins)
Arnold Wong BPhysio, PhD1, Kenney Lau BSc, MSc1, Olivia Fung BA1, Claire Hiller PhD, PT2, Clifton Chan BPhysio, PhD2, Patrick Yung FRCS2, Dino Samartzis BSc, MSc4, Veronika Schoeb BPhysio, PhD5, Samuel Ling FRCSEd3, Brenton Surgenor BSc, MSc6
1Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong
2Faculty of Medicine and Health, The University of Sydney, Sydney, NSW, Australia
3Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, Hong Kong, Hong Kong
4Department of Orthopaedic Surgery, Rush University Medical Centre, Chicago, IL, United States
5School of Health Sciences (HESAV), University of Applied Sciences and Arts Western Switzerland (HES-SO), Lausanne, Switzerland
6The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

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Dance Research-2020 Sessions

Release Date: Monday, October 5
Q&A Discussion Panel: Friday, October 9 @ 3:00pm GMT
Moderator: Nancy Kadel MD, Seattle, WA, USA

4 hours and 30 minutes / 1.25 CME/CEU credits

Guest Speakers:

**Context, complexity, bias and philosophy in performance medicine** (30 mins)
Caroline Bolling PhD, PT¹,²
¹Health and Safety in Sports, IOC research center, Amsterdam, The Netherlands
²Cirque du Soleil, Montreal, Quebec, Canada

Epidemiological headaches (30 mins)
Evert Verhagen PhD¹
¹Amsterdam UMC, Department of Public and Occupational Health, Amsterdam, The Netherlands

*Adapting research tools for addressing complex movement in dance: encouraging multi-disciplinary engagement in research questions* (20 mins)
Margaret Wilson PhD
University of Wyoming, Laramie, WY, United States

Are we building on poor foundations? Science needs a strong footing (10 mins)
Matthew Wyon PhD¹,²
¹Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom
²National Institute of Dance Medicine and Science, Birmingham, United Kingdom

*E-learning in conservatoire dance training: challenges and possibilities* (60 mins)
Hiu Tung Yu MSc, MFA, Wai Pan Cheung BFA, Brenton Surgenor BSc, MSc, Jake K. Ngo MSc
School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong
+Interactive Session

Examples of biomechanical concepts in dance: understanding and using mechanics in the dance studio (60 mins)
Leigh Schanfein BS, MS¹, Kumiyo Kai MFA²
¹Barnard College, Columbia University, New York City, NY, United States
²Nihon Fukushi University, Aichi, Japan
+Interactive Session ~Q&A Friday Oct 16th

How to identify quality research (50 mins)
Lauren Copping BS, MFA¹, Elizabeth Yutzey MFA², Leanne Steel MSc³, Catherine Haber MSc, MAS⁴, Paige Rice BS, MSc⁵, Jill Descoteaux MSc, PhD⁶
¹University of British Columbia, Vancouver, BC, Canada
²Drexel University, Philadelphia, PA, United States
³Trinity Laban Conservatoire of Music & Dance, London, United Kingdom
⁴Institute of Sport Science, University of Bern, Bern, Switzerland
⁵Edith Cowan University, Joondalup, Australia
⁶Cirque Du Soleil, Zumanity, Las Vegas, NA, United States
What is competency within dance medicine and science? How can this be recognised across countries and professions (10 mins)

Matthew Wyon PhD1, Nico Kolokythas MSc, PhD2, Elaina Manolis DPT3, Steven Karageanes DO4, Ana Azevedo PhD, PT5

1University of Wolverhampton, Walsall, United Kingdom
2Elmhurst Ballet School, Birmingham, United Kingdom
3Spaulding Rehabilitation Hospital, Charlestown, MA, United States
4Saint Mary Mercy Hospital, Livonia, MI, United States
5Private Practice, Oeiras, Portugal

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## Interactive/Movement-2020 Sessions

**Release Date:** Monday, October 12  
**Q&A Discussion Panel:** Friday, October 16 @ 1:00pm GMT  
**Moderator:** Kathleen Davenport MD, Miami, FL, USA

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| **Attention unites, ability divides:** using mindful attentional focus techniques to enable access to ballet for all** (60 mins) | Monday, October 12 | Clare Guss-West BHum, MA  
Dance and Creative Wellness Foundation, Rotterdam, Netherlands |
| **Beginning with the beginning:** developing a culture of wellness in the dance class** (15 mins) | Tuesday, October 13 | Rebecca Gose MFA, Barbara Powers, BFA, MFA  
The University of Georgia, Athens, GA, United States |
| **Dance-medical physical examination, especially the lower extremity, hand on:** how we do it** (60 mins) | Tuesday, October 13 | A.B.M.(Boni) Rietveld PhD, MD  
The Hague Medical Centre, The Hague, Netherlands |
| **Mindfulness in the beginning ballet class** (15 mins) | Wednesday, October 14 | Barbara Powers BFA, MFA  
The University of Georgia, Athens, GA, United States |
| **Positive education in the ballet studio:** a school-wide approach to wellbeing in an elite ballet training institution** (15 mins) | Wednesday, October 14 | Philippa Ziegenhardt Adv. Dip, Grad Cert  
The Australian Ballet School, Melbourne, VIC, Australia |
| **‘Progressive angular isometric loading’ and ‘Regressive angular isometric loading’ (PAILs/RAILs) adapted for the dance population** (60 mins) | Thursday, October 15 | André Megerdichian BFA, MFA, Jennifer Deckert MFA  
The Australian Ballet School, Melbourne, VIC, Australia |
| **Safeguarding the mental health of the artist in the creative process:** calming emotional arousal** (60 mins) | Thursday, October 15 | Stuart Waters, MA1, Steve Peck1,2, Erin Sanchez MSc1,2,3,4  
1Rockbottom, London, United Kingdom  
2Steve Peck Psychotherapy, London, United Kingdom  
3One Dance, Birmingham, United Kingdom  
4National Institute of Dance Medicine and Science, Birmingham, United Kingdom |
Strength and conditioning: dancer specific, not dance specific (30 mins)
Jason Harrison BA, MA
Present Tense Fitness, Dayton, OH, United States

*Strength training considerations and safety modifications to produce stronger and more powerful dancers (30 mins)
Emma Faulkner PT, DPT1,2, Rob West DPT2
1Atlanta Dance Medicine, Atlanta, GA, United States
2Decatur Hand and Physical Therapy Specialists, Decatur, GA, United States

The Breakalign Method: alignment in movement for appropriate distribution of load as an injury preventative measure (60 mins)
Nefeli Tsiouti MSc1,2
1Project Breakalign, Nicosia, Cyprus
2European University Cyprus, Nicosia, Cyprus

Thriving in ballet: using compassion to enhance resilience and performance in dancers (15 mins)
Inge Gnatt BPhys1,3, Philippa Ziegenhardt Adv.Dip, Grad Cert2, Lisa Pavane Grad Cert2, Maja Nedeljkovic PhD, MPHys1,3
1Swinburne University of Technology, Melbourne, VIC, Australia
2The Australian Ballet School, Melbourne, VIC, Australia
3Centre for Mental Health, Melbourne, VIC, Australia

Understanding the biomechanics of arabesque and penché to overcome barriers in physical performance (60 mins)
Leigh Schanfein BS, MS1,2, Elisabeth Jeffrey2, Tanya Trombly BA, ACE2,3
1Barnard College, Columbia University, NY, United States
2Freelance Dancer, NY, United States
3Anti-Bunhead Fitness, NY, United States

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# iConference Program

Presentations & Enduring Materials from the 30th Annual Conference

*Listed by release date, alphabetical by presentation*

## Dance Educators’- 2020 Sessions

**Release Date:** Monday, October 19  
**Q&A Discussion Panel:** Friday, October 23 @ 3:00pm GMT  
**Moderator:** Jennifer Decker MFA, Columbia, SC, USA

4 hours and 20 minutes

**Guest Speaker:**

- **Reducing physical stress through breathing kinematic approach** (60 mins)  
  Kuniko Yamamoto-Morimoto PhD, ATC\(^1,2,3\)  
  \(^1\)Total Life Care, Kyoto, Japan  
  \(^2\)A-Yoga Mind and Body Movement Therapy, Kyoto, Japan  
  \(^3\)Kyoto MBM Labo, Kyoto, Japan

- **Ballet body belief: adaptive and maladaptive aspects of perfectionism in female adolescent ballet dancers in the UK and Europe** (20 mins)  
  Angela Pickard PhD  
  Canterbury Christ Church University, Canterbury, United Kingdom

- **Ballet science: combining pedagogical tradition with modern innovations to create injury resistant dancers** (10 mins)  
  Shayla Bott BFA, MFA, Ashley Parov MFA, Brenda Critchfield MS, ATC  
  Brigham Young University, Provo, UT, United States

- **Facing the challenges of implementing a code of practice within a dance conservatoire** (30 mins)  
  Frances Clarke BA(Hons), MSc, Emma Redding PhD  
  Trinity Laban Conservatoire of Music & Dance, London, United Kingdom

- **Promoting evidence-based practice in the traditional environment: a senior leadership’s perspective** (15 mins)  
  Jessica Wheeler BA\(^1,2\)  
  \(^1\)Elmhurst Ballet School, Birmingham, United Kingdom  
  \(^2\)University of Wolverhampton, Walsall, United Kingdom

- **Promoting evidence-based practice in the traditional environment: a strength and conditioning coach’s perspective** (15 mins)  
  Nico Kolokythas MSc, PhD\(^1,2\)  
  \(^1\)Elmhurst Ballet School, Birmingham, United Kingdom  
  \(^2\)University of Wolverhampton, Walsall, United Kingdom

- **Red flag and amber flag: using predictive formulae to predict relative stage of maturation in elite pre-professional ballet dancers** (10 mins)  
  Niall MacSweeney MSc  
  Royal Ballet School, London, United Kingdom
Safe dance practice knowledge, behaviours, and beliefs among dance teachers (10 mins)
Jillian L. Ball BKin¹, Meghan L. Critchley MSc¹, Amanda M. Black PhD¹,²,³, Sarah J. Kenny, PhD¹,²,⁴
¹Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada
²Alberta Children’s Hospital Research Institute, University of Calgary, Calgary, AB, Canada
³Hotchkiss Brain Institute, University of Calgary, Calgary, AB, Canada
⁴O’Riordan Institute for Public Health, University of Calgary, Calgary, AB, Canada

Safeguarding in the context of dance education: a panel discussion (60 mins)
Erin Sanchez MSc¹,², Steven J Karageanes DO³, Kathleen McGuire Gaines⁴, Carlo Bagutti MD⁵, Zahra Carpenter BFA, Jo-Anne La Fleche MPs, MA, Lynda Manwaring PhD, C.Psych⁶, Karine Rathle, MSc⁷, Bonnie Robson MD, DPsysch, Paula Thompson PsyD⁸
¹National Institute of Dance Medicine and Science, Birmingham, United Kingdom
²One Dance UK, Birmingham, United Kingdom
³St. Mary Mercy Hospital MercyElite Sports Medicine, Livonia, MI, United States
⁴Minding the Gap, Pittsburgh, PA, United States
⁵Unité de Medicine du Sport, VidyMed, Lausanne, Switzerland
⁶University of Toronto, Toronto, ON, Canada
⁷President, Healthy Dancer Canada, Montréal, Quebec, QC, Canada
⁸California State University, Northridge, Studio City, CA, United States

Understanding the perception, attitudes and beliefs of adolescent recreational dancers towards dance injury and its prevention (10 mins)
Hiu Tung Yu MSc, MFA¹, Veronika Schoeb PhD², Brenton Surgenor BSc, MSc³, Clifton Chan PhD, PT⁴, Claire Hiller PhD, PT⁴, Dino Samartzis DSc, MSc⁵, Patrick SH Yung FRCS⁶, Arnold Wong BPhysio, PhD⁷
¹Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong, Hong Kong
²School of Health Sciences (HESAV), University of Applied Sciences and Arts Western Switzerland (HES-SO), Lausanne, Switzerland
³School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong
⁴Faculty of Medicine and Health, The University of Sydney, Sydney, NSW, Australia
⁵Department of Orthopedic Surgeon, Rush University Medical Center, Chicago, IL, United States
⁶Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, Hong Kong

*Which arabesque? From Coralli’s & Perrot’s to Balanchine’s arabesque (20 mins)
Annemari Autere
BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France
*Interactive Session
Dance Science-2020 Sessions

Release Date: Monday, October 26
Q&A Discussion Panel: Friday, October 30 @ 1:00pm GMT
Moderator: Peter Lewton-Brain DO, Monte-Carlo, Monaco

5 hours / 1 CME/CEU credits

Guest Speaker:

* Biomarker profiling and monitoring for the elite dancer (30 mins)
  Charlie Pedlar PhD, FBASES
  St Mary's University, Twickenham, London, United Kingdom

Aesthetic and kinetic measures of dance balance (10 mins)
  Elizabeth Coker, MA
  New York University, New York City, NY, United States

Does dehydration really impair performance? (15 mins)
  Jasmine Challis MRes, RD\textsuperscript{1}, Meghan Brown PhD, SENr\textsuperscript{2}
  \textsuperscript{1}Freelance registered dietitian, Reading, United Kingdom
  \textsuperscript{2}Birmingham City University, School of Health Sciences, Department of Sport and Exercise, Birmingham, United Kingdom

* Down under the foot: optimising foot function in dance (60 mins)
  Susan Mayes PhD PT\textsuperscript{1,2}
  \textsuperscript{1}The Australian Ballet, Southbank, Melbourne, VIC, Australia
  \textsuperscript{2}La Trobe University, Bundoora, VIC, Australia
  + Interactive Session

International perspective on nutrition for dancers (30 mins)
  Fumi Somehara MSc, APD\textsuperscript{1}, Monika Sajgal MS, RD\textsuperscript{2,3}, Jasmine Challis MRes, RD\textsuperscript{4}
  \textsuperscript{1}Private Practice, Sydney, NSW, Australia
  \textsuperscript{2}Private Practice, New York City, NY, United States
  \textsuperscript{3}The Julliard School, New York City, NY, United States
  \textsuperscript{4}Freelance registered dietitian, Reading, United Kingdom

Kinematic characteristics of lower limb elevation movement (arabesque) in ballet: focusing on aesthetics (10 mins)
  Yui Kawano PhD\textsuperscript{1}, Mayumi Kuno-Mizumura PhD\textsuperscript{2}, Cheng-Feng Lin PhD\textsuperscript{3}
  \textsuperscript{1}Japan Institute of Sports Sciences, Tokyo, Japan
  \textsuperscript{2}Ochanomizu University, Tokyo, Japan
  \textsuperscript{3}National Cheng Kung University, Tainan, Taiwan

Kinematic impact of socks on contemporary dance practice (10 mins)
  Julie Ferrell-Olson MFA, MSc\textsuperscript{1}, James Brouner PhD\textsuperscript{2}
  \textsuperscript{1}Trinity Laban Conservatoire of Music and Dance, London, United Kingdom
  \textsuperscript{2}Kingston University, London, United Kingdom
Lower limb contact posture during saut de chat takeoff differs in dancers with and without flexor hallucis longus tendinopathy (10 mins)
Hai-Jung Steffi Shih BS, PT, K. Michael Rowley PhD, Kornelia Kulig PT, PhD
Division of Biokinetics and Physical Therapy, University of Southern California, Los Angeles, CA, United States

Observation and imagery: analysis and comparison of the patterns of brain activation during passive observation and motor imagery of dance movement sequences (10 mins)
Leonor Castro MS1, Filipa Sousa PhD2,3, José Paulo Santos PhD1,4
1Experimental Biology Unit, Faculty of Medicine, University of Porto, Porto, Portugal
2Porto Biomechanics Laboratory, University of Porto, Porto, Portugal
3CIF2D, Faculty of Sports, University of Porto, Porto, Portugal
4Department of Management, University Institute of Maia, Maia, Portugal

Perception-action coordination dynamics: suggestions for dance education (40 mins)
Akito Miura PhD1, Takahide Etani PhD2, Derrick D. Brown MSc3,4, Ruud G. Meulenbroek PhD3
1Faculty of Human Sciences, Waseda University, Tokyo, Japan
2School of Medicine, Kanazawa University, Kanazawa, Ishikawa, Japan
3Donders Institute for Brain, Cognition, and Behavior, Donders Centre for Cognition, Radboud University, Nijmegen, Netherlands
4Institute for Sport Science, Dance Science, University Bern, Bern, Switzerland

Performing and perceiving movement synchrony in live dance performance (20 mins)
Guido Orgs MSc, PhD1, Staci Vicary1, Jorina von Zimmermann2, Daniel C. Richardson2
1Department of Psychology, Goldsmiths, University of London, London, United Kingdom
2Department of Experimental Psychology, University College London, London, United Kingdom

Physiological demands of musical theatre (10 mins)
Stephanie Pittman BSc, MSc, Emma Redding PhD, Scott Sinclair BSc, MSc
Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

*Protein for the dancer; considerations for plant-based diets (15 mins)
Meghan Brown PhD, SENr1, Jasmine Challis MRes, RD2, Ann Brown3
1Birmingham City University, School of Health Sciences, Department of Sport and Exercise, Birmingham, United Kingdom
2Freelance registered dietitian, Reading, United Kingdom
3University of Idaho, Department of Movement Sciences, College of Education, Health & Human Sciences, Moscow, ID, United States

*The biomechanical profile of professional dancers’ foot-ankle complex during multidirectional landings (20 mins)
Ana Morais Azevedo PhD, PT1, Raul Oliveira PhD, PT1,2, João R. Vaz PhD, PT2, Nelson Cortes PhD3
1R'Equilibri_us, Private Practice, Lisbon, Portugal
2CIPER, Faculdade Motricidade Humana, Lisbon, Portugal
3George Mason University, Manassas, VA, United States

The relationship between perceptual and neuromuscular fatigue in elite adolescent ballet dancers (10 mins)
Matthew Lamarque MSc, MRes1,2, Matthew Springham BSc, MSc2, Charles Pedlar PhD, FBASES2, Karen Sheriff BSc, MSc1
1The Royal Ballet School, London, United Kingdom
2St Mary's University, Twickenham, London, United Kingdom

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## iConference Program

### Time Zone Conversion Chart

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Time Zone</th>
<th>Moderator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dance for Health</td>
<td>Friday, September 25</td>
<td>11:00 PM  10:00 PM  3:00 PM  2:00 PM  1:00 PM  9:00 AM  6:00 AM</td>
<td>Gayanne Grossman</td>
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<tr>
<td>Dance Medicine A</td>
<td>Friday, October 2</td>
<td>10:30 AM  9:30 AM  2:30 AM  1:30 AM  12:30 AM  8:30 PM  5:30 PM</td>
<td>Matthew Grierson</td>
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<tr>
<td>Dance Medicine B</td>
<td>Friday, October 2</td>
<td>11:00 PM  10:00 PM  3:00 PM  2:00 PM  1:00 PM  9:00 AM  6:00 AM</td>
<td>Lauren Elson</td>
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<tr>
<td>Dance Research</td>
<td>Friday, October 9</td>
<td>2:00 AM+  12:00 AM+  5:00 PM  4:00 PM  3:00 PM  11:00 AM  8:00 AM</td>
<td>Nancy Kadel</td>
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<tr>
<td>Interactive/Movement</td>
<td>Friday, October 16</td>
<td>12:00 AM+  10:00 PM  3:00 PM  2:00 PM  1:00 PM  9:00 AM  6:00 AM</td>
<td>Kathleen Davenport</td>
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<tr>
<td>Dance Educators’</td>
<td>Friday, October 23</td>
<td>2:00 AM+  12:00 AM+  5:00 PM  4:00 PM  3:00 PM  11:00 AM  8:00 AM</td>
<td>Jennifer Decker</td>
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<tr>
<td>Dance Science</td>
<td>Friday, October 30</td>
<td>12:00 AM+  10:00 PM  2:00 PM  -  1:00 PM  9:00 AM  6:00 AM</td>
<td>Peter Lewton Brain</td>
</tr>
<tr>
<td>Business Meeting</td>
<td>Sunday, November 1</td>
<td>8:00 AM+  6:00 AM+  10:00 PM  -  9:00 PM  4:00 PM  1:00 PM</td>
<td>Leigh Ponniah</td>
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</tbody>
</table>

*+/- denotes date change due to time zone by 24 hours*