

IADMS 34th Annual Conference October 17-20, 2024 | Palacongressi in Rimini, Italy

Thursday, October 17					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
7:30- 8:50 AM	Pre-Conference Registration Tea, coffee, light breakfast				
9:00-9:15 am	Opening Remarks				
Moderator	Kathleen Davenport MD				
9:15-9:45 AM	Keynote Speaker: The lifecycle of a ballroom dancer <u>Francesco Flumiani</u>				
9:45-10:00 AM	Q&A				
10:00-10:15 AM	Beverage Break				
Topic	Dance Training	Dance for Health	General Clinical	Keynote	Dance Education
Moderator	Johanna Osmala PT	Clare Guss-West Bhum, MA	Matthew Grierson MD	Kathleen Davenport MD	Zahra Carpenter BFA
10:15-10:30 AM	Understanding energy demands of professional ballet dancers. <u>Meghan Brown, PhD, BS</u> Dillan Potts BS, MS/c Eleanor Travis BS, MS/c Chris Brogden PhD, MS/c Ashley Jones MS/c, PhD Sam Wild BS, MS/c	The value of collaborative, person-centred, arts-based, mixed methods in dance for health research <u>Ashley McGill, PhD, MS/c</u> Louisa Petts BA, MS/c	Prevalence of imaging findings associated with osteoarthritis in dancers: A systematic review <u>Melanie Fuller, PT, PhD</u> Susan Mayes PhD, PT Joshua Hanel DPT Tracy Bruce BA, Ebonie Rio PhD, PT	Keynote Speaker: Interactive Lesson on the Demands of a Ballroom Dancer <u>Francesco Flumiani</u>	Sustaining the science in dance: A safe dance practice learning framework for training teachers <u>Rebecca Gose BS, MFA</u>
10:30-10:45 AM	A participatory action approach to bone stress injury prevention in professional ballet <u>Louise Drysdale PT, Liam Toohy PhD</u> Kate Pumpa PhD Phillip Newman PhD	Identification of the available evidence for intergenerational dance programs: A scoping review <u>Siobhán O'Reilly BS, Orfhalth Ní Bhriain, PhD, MA</u> Sarah Dillon BS, PhD Amanda Clifford MS/c, PhD	Bone marrow edema of ballet dancer's talus on MRI : a case report and discussion of its management <u>Mai Katakura MD, PhD</u> Kenji Hirohata PT, PhD Rie Oshimoto PT Hideyuki Koga MD, PhD		
10:45-11:00	Children and adolescents in dance training. What do we know? What don't we know? <u>Emily Twitchett, PhD</u>	Considerations for a dance for chronic pain program: a co-design approach <u>Benjamin Hickman PT, Alycia Fong Yan PhD</u> Claire Hiller PhD, Roxanna Pebdani PhD, Fereshteh Pourzakemi BS, PhD	One-Year Follow Up of Patellofemoral Pain and Anatomical Features in Young Pubertal Female Dancers <u>Nili Steinberg, PhD</u> Itzhak Siev-Ner MD Yael Sitton MS/c		
11:00-11:15	Q&A	Q&A	Q&A	Q&A	Q&A
11:15-11:30 AM	Break			Q&A	Break

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Topic	Dance Science	Dance for Health	General Clinical	Dance Training	Foot & Ankle
Moderator	Johanna Osmala PT	Clare Guss-West Bhum, MA	Matthew Grierson MD	Margaret Wilson PhD	Mandy Blackmon DPT
11:30-11:45 AM	Maximize your exercise prescription with electromyography (EMG): a guide for best practice <u>Catherine Vargo DPT, PT</u>	Mental health of freelance dance artists; currencies of diversity, disability and intersectionality <u>Stuart Waters MA, Erin Sanchez MS/c</u>	The Association Between Hip Biometrics and Femoroacetabular Translation Evaluated With Dynamic US <u>Philip Montana MD, MFA Pierre d'Hemecourt MD Hung Le MD Heather Southwick PT Bridget Quinn MD Andrea Stracciolini MD</u>	Imagery improves performance: A lesson in the ballet plié <u>Eric Franklin BFA, BS</u>	Treating Hallux Pain through Manual Intervention at the Midfoot <u>Alex Howard DPT, PT Sarah Kate Fischer DPT, PT</u>
11:45-12:00 PM	Pelvic floor intervention improves dancers strength and hip mobility after complicated hip surgery <u>Ami Kirolos CSCS, DPT, PT, Haley Loeffler, Juan C. De La Rosa Calvo SPT</u>		High rate of satisfaction after custom hip replacement on professional ballet dancers <u>Alexis Nogier MS/c, MD, Xavière Barreau MD, PhD Idriss Tourabaly, MD Cyril Courtin MD, Sonia Ramos PhD Mo Cafferini</u>		
12:00-12:15PM	Does pre-professional ballet training stimulate an increase in aerobic capacity? A prospective study <u>Manuela Angioi MS/c, PhD Juncal Roman BS, MS/c Rayan De BS, MBBS Alfarook Al-Kaddhar MBBS, BS Amy Parker BS, MBBS</u>		Non-traumatic Hip Pain in a Professional Dancer <u>Melody Hrubes MD</u>		
12:15-12:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
12:30-2:30 PM	Physicians Networking Luncheon <i>Registration Required</i>	Dance for Health Networking Luncheon <i>Registration Required</i>	Dance Educator Networking Luncheon <i>Registration Required</i>	Allied Healthcare Professionals Networking Luncheon <i>Registration Required</i>	Ticketed Lunch <i>Registration Required</i>

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Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
Topic	Foot & Ankle	Mental Health	General Clinical	Biomechanics	Dance Education
Moderator	Lauren Elson MD	Alexander McKinven MSc, PT	Mandy Zhang MD	Sarah Needham-Beck MSc, PhD	Zahra Carpenter BFA
2:30-2:45 PM	The difference in the first tarsometatarsal joint mobility with the functional turnout and the force <u>Honoka Ishihara MS/c, PT, Noriaki Maeda PhD, PT, Yasunari Ikuta MD, Tsubasa Tashiro PT, PhD, Shogo Tsutsumi PhD, PT, Satoshi Arima PhD, PT, Miki Kawai MS/c, PT Yuki Tamura MS/c, PT, Yukio Urabe PhD, PT</u>	Visual Perception of Psychological Stress from Contemporary Dance Movements <u>Yessica Herrera Guzman PhD, Blandina Bernal Morales PhD Anthony Atkinson PhD</u>	Fascial perspective of hypermobile dancers: implications for diagnosis and clinical approach <u>Tina Wang, MD</u>	Hypermobile Ehlers-Danlos and dance: injury prevention, movement optimization, and management <u>Paulina Giacomelli MD, MS/c, Kelli Sharp DPT</u>	Equity-informed Alignment Cueing <u>Allegra Romita BFA, EdM, MA, Nancy Romita BA, MFA</u>
2:45-3:00 PM	Management of a rare cause of midfoot pain, tarsal coalition, in a university dancer: a case report <u>Kimberly Veirs, PhD, PT, Gregory Dedrick PT</u>	Finding the words: Exploring experiences of informal disclosure of harm in dance <u>Aalaya Milne MS/c, Ashley Stirling BS, MS/c, PhD</u>	Exploring the source of pain, injury, pain perception and pain self-efficacy in acrobatic performers <u>Bethany Shum BS, PT, MS/c, Isabel Artigues MS/c, BS</u>		
3:00-3:15 PM	A separation in a dancer's career: a clinical case study on the Lisfranc joint. <u>Meghan Fallon DPT, PT</u>	Exploring Mental Health and Coping in Professional Dance Students <u>Nóra Sebestyén PhD Ildikó Gaál-Wéber PhD Anita Lanszki PhD László Bernáth PhD</u>	Breaking Competition On-Site Healthcare Considerations <u>Joshua Honrado AT/ATC, CSCS Scott Lee DPT, AT/ATC TeeJay Lee, Aaron Ngor AT/ATC, CSCS</u>		
3:15-3:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
Topic	Nutrition	Mental Health	Dance Education	General Clinical	Dance Training
Moderator	Matt Wyon PhD	Alexander McKinven MSc, PT	Jatin Ambegaonkar PhD ATC FIADMS	Sarah Needham-Beck MSc, PhD	Zahra Carpenter BFA
3:30-3:45 PM	How to support dancers' health from a nutrition perspective <u>Mackinsey K. Shahan RDN, PhD, Kathryn Peters MS/c, BA, Alissa Nehrlich BA, MS/c, Jasmine Challis RD, MS/c, Francesca Straniero MS/c</u>	Musculoskeletal disorders, its risk factors and associated comorbidities among Kathak dancers <u>Monika Kulshreshtha, MS/c, PhD, Shivani Chandel MS/c, PhD</u>	Redefining Success: Exploring Achievement and Purpose in the Dancer to Promote Resilience <u>Kelli Sharp DPT David Popili MD Daisy Bremmer MA</u>	Dancer Screening: Let's Be Precise! <u>Marisa Hentis DPT, PT, Annette Karim DPT, PhD, PT, Laurel Daniels Abbruzzese PT, EdD Kynaston Schultz DPT, PT</u>	Improve your jumping technique through strength training with squats and kettlebell swings <u>Martha Richter PT, Marlen Schumann AT/ATC, BA</u>
3:45-4:00 PM	Balancing act: BMI, weight, and dancer well-being <u>Mackinsey K. Shahan RDN, PhD, Kathryn Peters MS/c, BA</u>	It is time to break the cycle and stop abuse in dance training. <u>Erin Sanchez MS/c, Danielle Burton BA, MD Karine Rathle MS/c, Kathleen Gaines BA, Steven Karageanes DO</u>			

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4:00-4:15 PM	Integrating Nutrition into Dance Research: Tools, Benefits, and Approaches Alissa Nehrlich BA, MS/c , Kathryn Peters MS/c , BA Mackinsey K. Shahan RDN, PhD	Experiences of participating in a music and social dance program for community dwelling older adults Amanda Clifford BS, PhD , Orfhlaith Nibhriain MA, PhD , Siobhán O'Reilly BSc, Steven Byrne MA, PhD, Pui-Sze Cheung BSocSc, MA, Caroline Fitzell BSc, Hilary Moss MBA, PhD, Rosemary Joan Gowran MSc, PhD, Quinette Louw BSc, PhD, Catherine Woods BSc, PhD, Desmond O'Neill MD,	Redefining Success: Exploring Achievement and Purpose in the Dancer to Promote Resilience (CONT)	Dancer Screening: Let's Be Precise! (CONT)	Improve your jumping technique through strength training with squats and kettlebell swings (CONT)
4:15-4:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
Topic	Biomechanics	Dance Education	Dance for Health	General Clinical	Dance Training
Moderator	Claire Hiller PT, PhD	Nicoletta Lekka MSc, MD, PhD	Clare Guss-West Bhum, MA	Mandy Blackmon DPT	Lauren Kearns MFA
4:30-4:45 PM	Interseason variability of a single-leg drop jump test in professional ballet dancers Johanna Osmala PT , Kati Pasanen PhD, PT, Sari Aaltonen MS/c, PhD, Janne Avela PhD, Lauri Alanko MD, PhD	Considerations to Biomechanical Changes in the Transgender Populations in the Performing Arts Marisa Hentis DPT , PT Pamela Mikkelsen DPT PT	Long-Term Effects of Brazilian Dance on Cognition and Depression in Parkinson's Disease Aline Nogueira Haas, PhD , Maria Vitória Andreazza Duarte BA , Raquel Arigony Corrêa Sant'Anna Prates MS/c, BS, Eduarda Hahn Sorgato BA, Luiza Collares Moré BS, Carlos Guzzo MS/c, Marcela dos Santos Delabary	Adapting clinical taping skills for dancers Dinah Hampson PT	Grounded Port de Bras Through Resistance: A Kinesthetic Approach Viktor Urgan
4:45-5:00 PM	Neuromuscular Patterns of Collegiate Female Dancers Compared to Athletes During Landing Tasks Michele Pye AT/ATC, PhD	Reflections on the internal workings of a healthy conservatoire Natasha Goldstein-Opasiak MA , Naomi Lefebvre Sell MA, PhD	Dance as an intervention to improve quality of life for people with dementia Mirjam Brocknäs MA , Joakim Stephenson		
5:00-5:15 PM		Researching the impact of South Asian dance for autistic young people Ashley Brain (McGill) PhD , MS/c Claire Farmer BA, MS/c	Performing with Parkinson's Disease Åsa Nyberg Åström BA , Hanna Pohjola PhD		
5:15-5:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A

Schedule is subject to change.

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5:30-5:45	Break	
5:45 PM	IADMS Awards Ceremony	
6:30 PM	Welcome Reception Anfiteatro Foyer	
7:30 PM	Student Social @ Palacongressi Castello 1 Room	

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7:45- 8:45 AM	Pre-Conference Registration Tea & Coffee		Harlequin and Dance Media Industry Sponsored Event 8:00-8:45am Room: Anfiteatro		
Moderator	Claire Hiller PT, PhD				
9:00-9:45 AM	Keynote Speaker : Breaking: at the crossroad of art, sport, and science <u>Antonio de Fano PhD, ATC</u>				
9:45-10:00am	Q&A				
Topic	Dance Training	General Clinical	Biomechanics	Mental Health	Injury
Moderator	Mandy Blackmon DPT	Lauren Elson MD	Matthew Wittstein PhD	Inês Pinto MD, PhD	Alexander McKinven MSc, PT
10:00-10:15 AM	Effects of Pilates on hip-hop dancers' physical skills: A Randomized Single-Blinded Pilot Study <u>Danlei Senger BA</u> , Bru Likes Borba BA, Isabela Panosso MS/c, BA Bianca Almeida Wenzel, Aline Nogueira Haas PhD	'Keeping connected': interactive and inclusive communication in professional ballet companies <u>Johanna Osmala PT</u> , <u>Susan Mayes PhD, PT</u> , Rutger Klauwers PT, MS/c, Jane Salier-Eriksson PhD, PT Emilia Saarela PT Sirlu Hinn PT Maria Saraste Albrecht PT, MS/c Ina Sletsjoe PT Patrick Lavoei PT, MS/c	The effects of soft dance shoes on biomechanics – a systematic review <u>Joanna Jenkins BS, MS/c</u> , <u>Benjamin Hunter PhD, MS/c</u> , <u>Laura Perry BS</u>	Supporting Social and Emotional Learning in dance with attentional focus strategies <u>David Leventhal BA</u> , Clare Guss-West MA	Fundamental elements of Argentine Tango for injury assessment <u>Carolyn Stoklosa PT</u>
10:15-10:30 AM	Motivation, Execution, and Effectiveness of a Strength Training Intensive for Collegiate Dancers <u>Ella Sanders</u> , <u>Jennifer Deckert MFA</u> , <u>André Megerdichian MFA</u>		Bringing biomechanics to ballet; using wearable technology during a ballet class <u>Thomas Swords BA</u>		
10:30-10:45 AM	Normative data for pre-season screening assessments in female university contemporary dancers <u>Jada Kiss</u> , Meghan Critchley PhD Sarah Kenny PhD		Wearable biosensors to monitor workload in dancers: A systematic review <u>Kelley Wiese AT/ATC, MS/c</u> , <u>Jatin Ambegaonkar PhD, AT/ATC</u> , Joel Martin CSCS, PhD, Jena Hansen-Honeycutt AT/ATC, Prachi Pisay BS, Sarah Kenny PhD, <u>Angela Miller PhD</u>		
10:45-11:00 AM	Q&A	Q&A	Q&A	Q&A	Q&A

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Topic	Dance Training	Nutrition	Biomechanics	Mental Health	Rehabilitation
Moderator	Mandy Blackmon DPT	Ann Brown PhD	Matthew Wittstein PhD	Inês Pinto MD, PhD	Elizabeth Yutzey MFA
11:00-11:15 AM	Periodization in dance: a panel discussion on implementation of periodization in dance settings Andrea Kozai CSCS, PhD , Stephanie De'Ath BA, MS/c, Claire Farmer BA, MS/c, Joseph Shaw PhD	Relative Energy Deficiency in Dance (RED-D): a consensus method approach to REDs in dance Matt Wyon MSc, PhD , Nicola Keay MD , Nick Allen PhD, MSc , Shane Kelley MSc , Martin Lanfear MSc , Andy Reynolds MSc , Richard Clarke MSc , Roger Wolman MD, PhD	Ranking ground reaction forces in a variety of dance jumps: An observational biomechanical study Sarah Ederly-Altas PT , Emily Sandow DPT	Building a self-care contract for dancer wellness and performance Shona Erskine MS/c, PhD	End-stage dance specific rehabilitation program for adolescent dancers post patellar dislocation Sally Donaubauer DPT , Natalie Imrisek CSCS, PT , Megan Richardson AT/ATC, Lac
11:15-11:30 AM			Association between GRF Variables and Stress reaction injury in ballet dancers: a cohort study Joseph Udoyeh BS , Oskar Wallis-King BS , Juncal Roman BS, PT , Manuela Angioi MS/c, PhD		
11:30-11:45 AM			Changes in centre of mass task variability and smoothness across skill levels in Latin dance Michael Chang PhD , Mark Halaki PhD, Nicholas O'Dwyer PhD		
11:45-12:00 PM	Q&A	Q&A	Q&A	Q&A	Q&A
12:00-2:00 PM	Roundtable Lunches <i>Registration Required</i> Mental Health-Body Image, JDMS-What do reviewers and editors look for in articles?, Management of Scoliosis-Best Management and Return to Dance, Vegan Dancer, Use of Orthobiologics Pro's and Con's, Inclusion and Accessibility in a Dance Class, Eating Disorders and Psychological Connections, The Pregnant Dancer, Strength and Conditioning in Dance, Hypermobility and Related Disorders, Mentoring- How to Find Mentors?, Pelvic Health in the Dancer				
Moderator	David Popoli MD				
2:15-3:00 PM	Invited Speakers Panel Discussion on common injuries, approach to care, and cultural awareness's for the treatment team Francesco Flumiani , Monia Mattioli MA , Roberto Casarotto , Rosita di Firma				
3:00-3:15 PM	Q&A				
3:15-3:30 PM	Beverage Break				

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Topic	Dance for Health	Injury	Dance Education	E-Poster Group 1	Dance Science
Moderator	Clare Guss-West Bhum, MA	Alexander McKinven MSc, PT	Kelli Sharp DPT	Johanna Osmala PT & Courtney Gleason MD	Jatin Ambegaonkar PhD ATC FIADMS
3:30-3:45 AM	Dance Well-Community Dance Italy Panel <u>Roberto Casarotto</u> <u>Giovanna Garzotto</u>	Causal inference approach to bone stress injury risk in professional classical ballet <u>Louise Drysdale PT</u> , <u>Liam Toohey PhD</u> , Andrew Woodward PhD, Belinda Beck PhD, Kate Pumpa PhD, Phillip Newman PhD	Creating performance enhancement curriculum via dance screening data for pre-professional dancers <u>Brooklyn Draper BA, MFA</u> , <u>Tara McFarland BS, MS/c</u>	See Appendix for list of Group 1 E-Poster presentations. (Foyer C)	Hormone health matters for dancers <u>Nicola Keay MD</u> , <u>Stephanie Potreck MD</u>
3:45-4:00 PM		A systematic review & meta-analysis on hypermobility's impact on injury rates in dancers. <u>Tina Wang MD</u> , <u>Navdeep Manhas MD</u>	Integrating artificial intelligence to energize dance science pedagogy: a paradigm shift <u>Tricia Zweier MFA, MS/c</u>		
4:00-4:15 PM		Best practice for the collection and reporting of injury data: guidelines, pitfalls, and lessons <u>Joseph Shaw PhD</u>	Transforming recreational ballet into a spatio-pedagogic experience to promote wellbeing for mature <u>Wendy Timmons PhD</u> , Do Coyle PhD, BA, Heather Rikic MS/c, Lucinda Pollard MS/c		
4:15-4:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
Topic	Dance Education	General Clinical	Dance Science	Dance for Health	Dance Educators
Moderator	Manuela Angioi PhD, FIADMS	Alexander McKinven MSc, PT	Mandy Zhang MD	Nicoletta Lekka MSc, MD, PhD	Joe Bowie MFA
4:30-4:45 PM	Safeguarding and abuse prevention in UK dance organisations <u>Jennifer Cumming MA, PhD</u> , Grace Tidmarsh PhD, MA, Georgia Bird MA, PhD, Maria Kolitsida BS, MS/c, Erin Sanchez MS/c	Balance assessment in dance and its connection with injury reduction <u>Angela Contri PT, MA</u> , Valentina Erta PT	Differences in functional performance test results of professional dancers between six companies <u>Tabea Arens MS/c, PT</u> , Martha Richter PT, Dominik Fohrmann BS, MS/c, Astrid Zech PhD, Astrid Junge PhD, Anja Hauschild	How to conceptualise and report dance for health programs: A collaborative learning event <u>Martha Waugh MA, MS/c</u>	Movement Physiology and "Dance for everyone at every level!" <u>Rosita di Firma</u>

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4:45-5:00 PM	The Impact of Racial Discrimination on Dance Student Wellbeing <u>Imogen Aujla PhD. MS/c.</u> Stacey Green, Laura Grant BA	Use of the Tindeq progressor for muscle strength assessment within performing arts clinics <u>Jacob Manley DPT. AT/ATC.</u> Michele Pye AT/ATC, PhD Rose Schmiege AT/ATC, PT	Gender differences and limb asymmetries in functional performance tests of professional dancers <u>Tabea Arens MS/c. PT.</u> Martha Richter PT, Dominik Fohrmann BS, MS/c, Astrid Zech PhD, Astrid Junge PhD, Anja Hauschild MD	How to conceptualise and report dance for health programs: A collaborative learning event (CONT)	Movement Physiology and "Dance for everyone at every level" (CONT)
5:00-5:15 PM	Unveiling Talent: Ballet Directors' Role in Identifying and Developing Male Elite Ballet Dancers <u>Mark Pace MS/c. BA</u>	From the Ground Up: Exploring the Interdependence of Foot and Pelvic Floor Function in Dance <u>Emily Sandow DPT.</u> <u>Vanessa Muncrief DPT</u>	The use of SEFIP score in injured elite pre-professional dancers: a gender and skill-level analysis <u>Margarida Mota Freitas MD. MS/c.</u> João Paulo Moita PhD, Maria Ana Pinheiro MD, Isabel Ponte MD Luís Xarez PhD		
5:15-5:30 PM	Q&A	Q&A	Q&A	Q&A	
Topic	Dance Training	Dance Science	Works in Progress	Dance Training	General Clinical
Moderator	Manuela Angioi PhD, FIADMS	Mandy Zhang MD	Kelli Sharp DPT	Mandy Blackmon DPT	Matthew Grierson MD
5:30-5:45 PM	Implementation of a self-administered attributional training program for dancers <u>Ashley Van Egeren BA.</u> <u>Imogen Aujla PhD. MS/c.</u>	The health of adults longitudinal observational (HALO) study - the dancer cohort. <u>Aubrey Kazimi BA. MPH.</u> <u>Nick Allen PhD. MS/c.</u> <u>Kimberley Edwards PhD. MS/c.</u>	Group A: See Appendix for full list of presentations	Psoas and iliacus skill acquisition for strength and stability: a movement session <u>Jennifer Milner NCPT</u>	Investigating hypermobility: distinctions, comorbidities & implications for supporting dancers. <u>Bonnie Southgate MS/c</u>
5:45-6:00 PM	Changes in Physical Performance Characteristics of Pre-professional Ballet Dancers Across a Year <u>Jamie Tallent PhD.</u> Jamie Harding MS/c, Karen Sheriff BS, MS/c, Chris McCann BS, MS/c, Nelson Cortes PhD, Luke Olsson PhD, Joseph Shaw PhD, Louis Howe PhD	Pirouettes and pandemics: a comprehensive study of COVID-19's influence on dancers' health <u>Peter Lewton-Brain DO. PhD.</u> <u>Clémence Tourneur MS/c. PT.</u> Taisha Barton-Rowledge BA, Serge S. Colson PhD, Julian Knoff Ims DO, MS/c			

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6:00-6:15 PM		Screening and Then What? Developing effective feedback and resources for actionable next stages <u>Catherine Haber MS/c</u> MA, Natasha Goldstein-Opasiak MA, Michael Doolan MFA, Scott Sinclair MS/c, BS	Works in Progress Goup A (CONT)	Psoas and iliacus skill acquisition for strength and stability: a movement session (CONT)	Investigating hypermobility: distinctions, comorbidities & implications for supporting dancers (CONT)
6:15-6:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
6:30-7:30	Student to Professional Networking Event Room: Acro				
7:30 PM	Dance Performance & Dinner @ Palacongressi <i>Ticket Required</i>				

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8:00- 8:45 AM	Pre-Conference Registration Tea & Coffee		IADMS Student Mentorship Meet-Up Room: Castello 2		
9:00-10:15 AM	IADMS Annual Membership Meeting				
10:15-10:30	Beverage Break				
Linda and William Hamilton Dance Wellness Symposium					
Moderator	Peter Lewton-Brain DO, PhD & Manuela Angioi PhD, FIADMS				
10:30-10:45 AM	Identifying training patterns, mental health and injury characteristics of professional breakers <u>Sophie Manuela Lindner</u> <u>MA, PT, Nadja Schott</u> PhD Jens Nonnenmann PT Sebastián Morales- Castillo MS/c, PT <u>Claudia Steinberg PhD</u>				
10:45-11:00 AM	Links between perfectionistic climates and the tendency for ballet dancers to train with injury/pain <u>Charlotte Downing</u> <u>MS/c, PhD, Sanna</u> Nordin-Bates PhD <u>Ulrika</u> <u>Tranaeus PhD</u>				
11:00-11:15 AM	Embodying wellness: a mixed-methods exploration of dance's impact on people with multiple sclerosis <u>Emily</u> <u>Davis BA, Lorna Paul</u> PhD, Bethany Whiteside PhD				
11:15-11:30 AM	Q&A				
Topic	Rehabilitation	Dance Science	Student Committee	Dance Training	General Clinical
Moderator	Johanna Osmala PT	Claire Hiller PT, PhD	Elizabeth Yutzey MFA	Lauren Elson MD	David Popoli MD
11:30-11:45 AM	Return to dance of 6 professional ballet dancers under 40, after custom made total hip arthroplasty <u>Alexis</u> <u>Nogier MS/c, MD, Idriss</u> Tourabaly MD, Cyril Courtin MD, Xavière Barreau MD, PhD, Mo Saffarini, Sonia Ramos PhD	Holistic care of hypermobile dancers: neuromuscular coordination, breathing, fascia & tendon load <u>Annette</u> <u>Karim DPT, PhD, PT</u> <u>Clare Frank DPT, Tina</u> <u>Wang MD</u>	Skills for Making Professional Connections <u>IADMS</u> <u>Student Committee</u>	Just Breathe! Addressing lumbopelvic dysfunction in dancers one breath at a time! <u>Ami Kirillos</u> <u>CSCS, DPT, PT,</u> <u>Marissa Schaeffer, PT,</u> <u>DPT</u>	Prehospital emergency care skills in the world of dance medicine <u>Ellen Payne</u> <u>PhD, AT/ATC</u>

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Saturday, October 19					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
11:45-12:00 PM	Readiness for return to dance after lower extremity injury in the female dancer <u>Tatiana Patsimas MD</u> , Savannah Troyer BA, Sabrina Mack BA, Katie Liu, Mandy Blackmon DPT, Kathleen Davenport BA, MD, Nancy Kadel MD, Laurie Glasser MD, Jeff Russell AT/ATC, PhD, Courtney Gleason MD, Laura Lyles AT/ATC, Lora Scott MD, Elizabeth Davis MD	Holistic care of hypermobile dancers: neuromuscular coordination, breathing, fascia & tendon load (CONT)	Skills for Making Professional Connections (CONT)	Just Breathe! Addressing lumbopelvic dysfunction in dancers one breath at a time! (CONT)	Prehospital emergency care skills in the world of dance medicine (CONT)
12:00-12:15 PM	The Realities of Backstage Triage and Care <u>Natalie Imrisek CSCS, PT, Megan Richardson AT/ATC, Lac. Sally Donaubauer DPT</u>				
12:15-12:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
12:30-2:00 PM	Committee Member Lunch (12:30-1:15 PM) Ponte Room Exhibitor Meet & Greet (1:15-2:00 PM) Anfiteatro Foyer				
Topic	Dance for Health	General Clinical	General Clinical	Dance Training	Dance Education
Moderator	Clare Guss-West Bhum, MA	Mandy Zang MD	David Popoli MD	Margaret Wilson PhD	Kelli Sharp DPT
2:00-2:15 PM	Safe and novel fall prevention: online ballet-modern dance classes with blood flow restriction <u>Emma Chen MS/c, BS, Andreas Bergdahl PhD, MS/c, Mary Roberts MS/c, PhD</u>	From abstract to action: practical ways to bring physical and mental health support into the studio <u>Jennifer Milner NCPT, Kathleen Gaines BA, Sheyi Ojofeitimi DPT</u>	Are you ready for work? Health problems of professional dancers in the beginning of the season <u>Anja Hauschild MD, Astrid Junge PhD</u>	Rethinking Neutral as a Place or Position: Spiraling to Transfer Weight <u>Elizabeth Johnson BFA, MFA, Luc Vanier MFA, BFA</u>	Exploring disability inclusion in dance through movement translation <u>Alissa Nehrllich BA, MS/c</u>
2:15-2:30 PM	The acute effect of online/in-person dance program on mood state in Japanese elderly people <u>Mayumi Mizumura PhD</u> , Yurina Tsubaki PhD, PT Chiharu Oka PhD Miho Yamada PhD Kaoruko Iida MD, PhD		Prevalence and characteristics of idiopathic scoliosis in dancers <u>Angela Contri PT, MA</u> , Sara Muccioli BS, PT Omar De Bartolomeo MD, PhD		

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Saturday, October 19					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
2:30-2:45 PM	Effects of "MOSAICO" protocol on quality of life and depression of older adults: a clinical trial Raquel Arigony Corrêa Sant'Anna Prates MS/c. BS. Igor Vinicius Silva dos Santos BS, Gabrieli Prudêncio dos Santos BS, Aline Nogueira Haas PhD, Marília de Rosso Krug PhD	From abstract to action: practical ways to bring physical and mental health support into the studio (CONT)		Rethinking Neutral as a Place or Position: Spiraling to Transfer Weight (CONT)	Exploring disability inclusion in dance through movement translation (CONT)
2:45-3:00 PM	Q&A	Q&A	Q&A	Q&A	Q&A
Topic	Nutrition	Injury	Works in Progress	General Clinical	Dance Education
Moderator	Ann Brown PhD	Sarah Needham-Beck MSc, PhD	Johanna Osmala PT	Matthew Wittstein PhD	Kelli Sharp DPT
3:00-3:15PM	Multidisciplinary approach to dancers suffering with RED-S Juncal Roman BS. MS/c. Maja Berry MS/c. Jo Wood PhD.	Epidemiology of musculoskeletal injuries in professional ballet dancers at the Opéra de Paris Xavière Barreau MD. PhD. Alexis Nogier MS/c, MD, Sonia Ramos PhD, Ankitha Kumble PhD, BS, Mo Saffarini	Group B: See Appendix for full list of presentations	Happy bladder, happy dancer: Strategies to calm urinary frequency, urgency, and bladder irritability Brooke Winder BFA. DPT	Decolonising Dance Science Emma Redding MS/c. PhD. Derrick Brown-Appenzeller PhD. Michael Rowley PhD. Naomi Lefebvre Sell MA. PhD
3:15-3:30 PM		Assessment of collegiate dancers' injuries, access, and barriers to care Amanda Moore BS. MFA, Victoria Wagner-Greene PhD, BS, Kristina White AT/ATC, PhD			
3:30-3:45 PM		Risk factors associated with musculoskeletal complaints and injury in a university dance department Kimberly Veirs PhD. PT. Jonathan Baldwin MS/c. PhD. Wendee Lentz AT/ATC. PhD			
3:45-4:00 PM	Q&A	Q&A	Q&A	Q&A	Q&A

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Saturday, October 19					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
Topic	General Clinical	IADMS Mental Health	IADMS	Dance Training	Dance Training
Moderator	Courtney Gleason MD	Nicoletta Lekka MSc, MD, PhD	IADMS Board	Matthew Wittstein PhD	Margaret Wilson PhD
4:00-4:15 PM	Working through the Gray: Post-Concussion Return to Dance Protocol for a Professional Ballet Dancer Sarah Kate Fischer DPT, PT, Alex Howard DPT, PT, Emily Doolan-Roy DPT, PT	Biopsychosocial development of pre-adolescent and adolescent dancers: teaching challenges Jo-Anne La Flèche MS/c, MA, Inês Pinto MD, PhD, IADMS Mental Health Advisory Group	Nominating Committee Townhall	Plyometric jump training variation ideas for vocational (ballet) dancers Angélique Keller MS/c	Activating the Posterior Chain with Pilates Lauren Kearns, MFA
4:15-4:30 PM	Objective and subjective sleep in collegiate dancers Kelley Wiese AT/ATC, MS/c, Jatin Ambegaonkar PhD, AT/ATC, Joel Martin CSCS, PhD, Jena Hansen-Honeycutt AT/ATC, Shane Caswell AT/ATC, PhD				
4:30-4:45 PM	Sleep problems of professional dancers from 6 opera houses or state theatres Astrid Junge PhD, Rogier van Rijn PhD, Janine Stubbe PhD, Anja Hauschild MD				
4:45-5:00 PM	Q&A	Q&A	Q&A	Q&A	Q&A
Topic	Mental Health	Nutrition/Injury	JDMS	E-Poster Group 2	
Moderator	Jo-Anne La Flèche MA, PhD	Lauren Elson MD	Jatin Ambegaonkar PhD ATC FIADMS	Kelli Sharp DPT & Matthew Wittstein PhD	IADMS Student Committee
5:00-5:15 PM	Pas de deux in session: on-site psychotherapy at a professional dance company Erika Owen BS, MA, Neha V. Gupta MD, BA, Michael Hanak MD, BA, Sarah Venuti Yates BA, Michael Byrne MD	Health awareness, low energy availability and risk of REDs among Australian pre-professional dancers Joanna Nicholas PhD, BS, Sara Grafenauer PhD	Learning about Open Research Emma Bedding MS/c, PhD, Derrick Brown-Appenzeller PhD, Jatin Ambegaonkar PhD, Wendy Coates MD, Janine Stubbe PhD, Lynda Mainwaring PhD, Rachel Ward PhD, Matthew Wyon MS/c, PhD	See Appendix for list of Group 2 E-Poster presentations. (Foyer C)	Student to Student Networkng Event: All students are welcome to join the IADMS Student Committee to learn about committee updates, resources, and connect with other students.

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Saturday, October 19					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
5:15-5:30 PM	Dancer maltreatment: a scoping review of academic and public literature <u>Jo-Anne La Flèche MS/c, MA</u> Bonnie Robson MD, Christine Guptill BA, PhD Marie-Cécile Domecq MS/c	Development and implementation of a nutrition intervention for pre-professional ballet dancers <u>Dora Meyer MS/c, PhD</u> Hans Hauner MD	How to take dance research to the next level: Are all questions good questions? <u>Sarah Kenny PhD</u> , <u>Janine Stubbe PhD</u>	Group 2 E-Poster presentations (CONT)	
5:30-5:45 PM	Ballet, body image, mental wellness, and mirror exposure <u>Sally Radell MA, MFA</u> Smrithi Ramachandran BS Daniel Adame PhD Steven Cole PhD	The effects of prior injuries on physical fitness of dancers after pain remission <u>Heidi Yu MS/c, MFA</u>			
5:45-6:00 PM	Q&A	Q&A	Q&A	Q&A	Q&A
7:30 PM	Special Interest Group Happy Hours <i>Hosted at Various Location in City Center- TBC</i>				

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Sunday, October 20					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
8:00- 8:45 AM	Pre-Conference Registration Tea & Coffee				
Topic	Injury	Dance Science	Biomechanics/ Foot & Ankle	General Clinical	Dance Training
Moderator	Sarah Needham-Beck MSc, PhD	Mandy Zang MD	Mandy Blackmon DPT	Matthew Grierson MD	Manuela Angioi PhD, FIADMS
9:00-9:15 AM	Enhancing concussion management in dance: Applying recent updates from sport to the dance setting <u>Stephanie Greenspan DPT</u> , Dawn Muci AT/ATC, DPT	Effect of a purpose-designed postural garment on dance performance: A pilot study <u>Alycia Fong Yan PhD</u> , <u>Claire Hiller PhD</u> , Debra Crookshanks PT, Jordan Hanxi Kim, Juliet Ridge DPT, Chloe Trevett DPT, Clifton Chan PhD, PT	Biomechanical approach for PFJP,GJH in a 13 years old ballet student <u>Luisanna Ciuti DC MS/c</u> , Furio Danelon MD, Davide Pisoni BS, Giacomo Finocchiaro PT	Ankle impingement syndrome in the dancer: The clinical evaluation and dynamic ankle ultrasonography. <u>Philip Montana MD</u> , <u>Heather Southwick PT</u> , Andrea Stracciolini MD	Dancing upside down: Considerations for warm-up and progressions with ground-based inversions <u>Stephanie Greenspan DPT</u> , <u>Alyssa Herrera-Set DPT</u>
9:15-9:30 AM		Myths and realities of the use of pointe shoes and the scientific approach of a professional fitting <u>Gabriela Martínez MS/c</u> , <u>Elsa Noreña-Barroso PhD</u>	Investigation of Hip Dysplasia in Junior Ballet Dancers <u>Ririko Seo MD PhD</u> , Anna Uemura BS, PT, Nozomi Suzuki AT/ATC, Lac, Haruka Yoshikawa MBBS, PT, Osamu Asada BS, Lac, Maiko Hashimoto		
9:30-9:45 AM		Movement beyond muscle: the fascial connection in dance <u>Ashley Parov BA MFA</u> , <u>Brenda Critchfield AT/ATC MS/c</u>	Investigation of Chronic Ankle Instability in ballet dancers <u>Haruka Yoshikawa MBBS PT</u> , Anna Uemura BS, PT, Nozomi Suzuki AT/ATC, Lac, Osamu Asada BS, Lac, Maiko Hashimoto, Ririko Seo MD PhD		
9:45-10:00 AM	Q&A	Q&A	Q&A	Q&A	Q&A
Topic	Rehabilitation	Dance Science	IADMS Research	Dance Training	Dance Training
Moderator	Alexander McKinven MSc, PT	Mandy Zang MD	Kelli Sharp DPT	Zahra Carpenter BFA	Manuela Angioi PhD, FIADMS
10:00-10:15 AM	Managing dancers with relative energy deficiency in sport (REDs) and bone stress injuries <u>Rosa Pasculli MD</u> , <u>Courtney Gleason MD</u> , Amanda Blackmon DPT, PT, Emma Faulkner DPT, PT, Val Schonberg RD	Identity Crisis: psychological and social vulnerabilities of dancer-mothers <u>Angela Pickard PhD MA</u>	Dance Science: The value of mixed methods research - part 2 <u>Allison Seifert Gonzales PhD</u> , <u>Aline Nogueira Haas PhD</u> , <u>Catherine Haber MS/c MFA</u> , <u>Angela Pickard PhD MA</u>	Pilates and S&C training: Stronger together <u>Laura Hillenius BA PT</u> , <u>Leila Kester</u>	From port de bras to pas de deux prep – training stability of the shoulder complex during dance load <u>Sophie Ryan PT</u> , <u>Maria Yee PT</u>

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Sunday, October 20					
	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
10:15-10:30 AM	Managing dancers with relative energy deficiency in sport (REDs) and bone stress injuries (CONT)	Healthcare considerations for the older dancer Patricia Cavaleri DPT, PT , Megan Richardson AT/ATC , Lac. Sarah Plumer-Holzman DPT	Dance Science: The value of mixed methods research - part 2 (CONT)	Pilates and S&C training: Stronger together (CONT)	From port de bras to pas de deux prep – training stability of the shoulder complex during dance load (CONT)
10:30-10:45 AM		Dance it for me -- casting the role of narrative in Dance Medicine Jeremy Leslie-Spinks BA, MS/c			
10:45-11:00 AM	Q&A	Q&A	Q&A	Q&A	Q&A
11:00-11:30 AM	Beverage Break				
Topic	General Research	Dance Training	Dance Training	Dance for Health	Dance Training
Moderator	Lauren Elson MD	Claire Hiller PT, PhD	Jatin Ambegaonkar PhD ATC FIADMS	Zahra Carpenter BFA	Elizabeth Yutzey MFA
11:30-11:45 AM	Dancers' 'Surrender' in the Flow Cycle: Implications of Somatic Interventions on Wellbeing and Flow Melody H. Y. Fung PhD	Promotion of periodization in dance: how to apply sports medicine principles to the artistic athlete Andrea Lasner DPT , Monique DeLuca Watson PT, DPT, PT , Lindsay Backiev BFA, DPT	Capitalizing on passion: A mixed-methods investigation into ballet culture and psychological abuse Sanna Nordin-Bates PhD , Charlotte Downing MS/c, PhD , Ulrika Tranaeus PhD	Dance/movement therapy for patients with traumatic brain injury: An interactive workshop Anna Do QT , Abraham Armenta OT , Diana Owrey PT , Alberto Velasco PT	PNF techniques to improve dancers' flexibility: the example of cou-de-pied Luís Xarez PhD
11:45-12:00 PM	Short-term whole-body vibration training on dynamic stability in healthy female recreational dancers Jeanette Chua MS/c , Adam Brazil BS, PhD	An introduction to studio-based strength training for dance students, dancers and dance educators Emily Twitchett PhD	Dancing with dissonance: The identity work of professional dancers Pip Kyle PhD, MA		
12:00-12:15 PM	Spiral dynamics of the pelvis and the standing leg for a more efficient and healthier dance practice Emmanuelle Lyon MA , Marine Combrade MA , Romain Panassié MA		Understanding the abdominal canister and the role of breath work Erika Leeds BFA, DPT		
12:15-12:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A

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Sunday, October 20					
Room	Anfiteatro (Main Lecture Hall)	Arengo (Lecture Hall)	Arco (Lecture Hall)	Castello 1 (Movement Room)	Castello 2 (Movement Room)
Topic	Dance for Health	Biomechanics	Nutrition/Mental Health	Dance Training	Dance Science
Moderator	Lauren Elson MD	Johanna Osmala PT	Jatin Ambegaonkar PhD ATC FIADMS	Sarah Needham-Beck MSc, PhD	Elizabeth Yutzey MFA
12:30-12:45 PM	Participant experience of Scottish Ballet's dance-based long COVID support programme <u>Tiffany Stott</u> , Keir Philip PhD	Biomechanical impact of fatigue on wing execution in tap dance <u>Megan Drabant BFA, MFA, James Brouner PhD, MS/c</u>	Body image & disordered eating guidelines: a framework for action & prevention of eating disorders <u>Susan Mayes PhD, PT</u> , Beth Shelton PsyD, PhD Sonya Morrissey MD Daniel Bryne, Sharni Spencer, Kirsty Martin EdM, Lilli Sachinidis PsyD Aoife McDonnell EdD, Teri Conrad	Complementary training to balance lumbopelvic and hip stability and mobility with a resistance loop <u>Teal Darkenwald BS, MFA</u>	Facilitating Body-Brain Release to Increase Flexibility in the Posterior Chain of Muscles Safely <u>Vincent Yong BFA</u>
12:45-1:00PM	"MOSAICO - Movimento Integrado": a dance protocol for older people at risk of functional decline <u>Raquel Arigony Corrêa Sant'Anna Prates MS/c, BS</u> , Aline Nogueira Haas PhD, Marilia de Rosso Krug BS, PhD	Kinematic assessment of the metatarsophalangeal joint and the ankle joint of ballroom female dancers <u>Adrianna Banio-Krajnik PhD</u>	Avoiding the Land Minds of Eating Disorders When Working with Dancers <u>Dawn Smith-Theodore MA, BA</u>		
1:00-1:15 PM	Mindfulness and Ballet: Exploring the Effects of Mindfulness Training on Ballet Training and Well-be <u>Alexandra Pooley MFA, MS/c</u> Diane Bedford BFA, MFA	The single leg heel rise test – a useful tool for dance science? <u>Anna Schrefl MS/c, Andrea Schärli PhD</u> , Daniel Erlacher PhD, Nico Kolokythas PhD			
1:15-1:30 PM	Q&A	Q&A	Q&A	Q&A	Q&A
1:30-1:45 PM	Break				
1:45-2:15 PM	Closing Remarks				

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Works in Progress
Group A-Friday 5:30-6:30pm Acro room Moderator: Kelli Sharp DPT
Assessing Lower Limb Asymmetries in Pre-Professional Dancers Grace Bulkeley BS, Juan Ventura MS/c, Catherine Haber MS/c, MA Ballet culture's influence on dancer mental health and counseling effectiveness: an autoethnography Philippa Ziegenhardt, Katherine Hurrell PhD, BS Dance for Perinatal Health and Wellbeing: case study examples from the UK and Ireland Aisling McCormick BA, MA Dancing with cancer: A scoping review of dance programming for those living with and beyond cancer. Stephanie Liew BS, Laura Reid MA, MS/c, Sarah Kenny PhD Determining warm-up routines among elite competitive Irish dancers Kayla Perry, Michele Pye AT/ATC, PhD Dynamic postural control in a group of adult pre-professional dance students Giulia Marchese BA, Teresa Rospetti BA, MA, Ilaria Severi MA, Federico Di Maio BA Exploring the barriers for young people engaging in dance and Tai Chi activities. Jie Lu BA, MS/, Matthew Wyon CSCS, PhD, Tracey Devonport MS/c, PhD, Jake Ngo MS/c Integrating dance training to street dance Ana Cabaco DPT Mastering spinning technique in aerial fitness: A qualitative study Krystle Celis-Palaganas AT/ATC, MS/c, Annette Karim DPT, PhD, PT Sensitive markers for prevention and diagnosis of REDs in professional ballet dancers: a pilot study Joanne Penner MS/c, PhD, Matthew Wyon MS/c, PhD, Tracey Devonport MS/c, PhD, Yanan Dang PhD, MS/c

Group B-Saturday
4:00-5:00pm Acro room Moderator: Johanna Osmala PT
Achilles tendon response to 4-month period of Swan Lake season and relation to clinical symptoms. Bruna Tessarin PT, Susan Mayes PhD, PT, Sean Docking PhD, Melinda Privopoulos PT, Thomas Swords, Melanie Fuller PT, PhD, Anelise Cabral Silveira PT, MS/c, Anne Charlotte Anker-Petersen PhD, PT, Ebonie Rio PhD, PT Associations between maturation status and medical attention injuries in adolescent ballet dancers Madeleine Graham, Meghan Critchley PhD, Leigh Gabel MS/c, PhD, Sarah Kenny PhD Combining oriental dance, multiple sclerosis and dance training Ana Cabaco DPT Developing pro-equity policies with professional dancers Pip Kyle PhD, MA Evaluating allied health directed performing arts programs for children and youth: A scoping review Maria Yee PT, Leanne Johnston PhD, PT, Georgina Clutterbuck PT, PhD, Verity Pacey PhD, PT Injury epidemiology in collegiate dancers - A 4-year prospective study Victoria Fauntroy AT/ATC, MS/c Relative Energy Deficiency in artistic athletes: a review of aetiology, incidence, and outcomes Joanne Penner MS/c, PhD, Matthew Wyon MS/c, PhD, Tracey Devonport MS/c, PhD Sensory based coping strategies for the mental health of collegiate dancers Victoria Courtright, Michele Pye AT/ATC, PhD The experience of injury among Italian dancers: fears, thoughts, and beliefs. A qualitative study. Elisabetta Bigi BS, Angela Contri BS, MS/c, Andrea Menozzi MS/c The influence of training frequency on strength adaptations in elite pre-professional ballet Jamie Harding BS, MS/c, Jamie Tallent PhD, Louis Howe PhD, Luke Olsson PhD, Joseph Shaw PhD, Karen Sheriff BS, MS/c, Chris McCann BS, MS/c, Nelson Cortes PhD

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E-Poster
E-Poster Group 1 -Friday 3:30-4:30 Foyer C Moderator: Johanna Osmala PT & Courtney Gleason MD
Biomechanics
Pirouette success through angular momentum generation of university level contemporary dance cohorts Jessica Talbot BS, MS/c Edel Quin BA, MS/c Penny Hudson BS, PhD
Biomechanics in arts of dance: a measurement for aesthetics? Henrike Zimmermann I do not have a degree Maximilian Stasica MS/c , Martin Puttke, André Seyfarth PhD
Vogue Femme dance: kinesiological analysis of the dip element in the lower limbs Bru Likes Borba BA , Danrlei Senger BA, Lucas Liz Alves BA, André Ivaniski Mello BA, MS/c, Isabela Panosso MS/c, BA, Aline Nogueira Haas PhD
Establishing maximal jump landing force in dancers. A biomechanical observational study Emily Sandow DPT , Sarah Edery-Altas PT
Correlation between balance and jumping ability in young female ballet dancers Aikaterini Tsanaka MS/c , Evangelos Marmaras BS, Aikaterini Katsigianni MS/c, Vasiliki Manou PhD
Dancing in High Heels: footwear alters lower limb kinematics and joint loads in Latin Dance athletes Clara Egner MS/c , Hans Kainz PhD
Dance Education
Embedded research in higher education: Exploring external focus of attention in dance class settings Katja Bjorneboe MA , Clare Guss-West MA
Dance binarism: Gender's influence on collegiate dance education Andrea Valentini BA
Ballet Teachers' perceptions of the transition from Associate Programmes into Vocational Training. Emma Van Boolen BA, MS/c , Wendy Timmons PhD
Rethinking rhythm in dance education: insights from Chinese folk dance Yuxi Jiang MFA, MS/c, Wendy Timmons PhD
Examining the effects of various teaching styles on the neurodivergent (ND) dancer Madeleine Milner
Tacit Understandings and Embodied Knowledge: traditions shaping the voice of the master pedagogue Dennie Wilson BA, MA , Pamela Richards PhD, MS/c
Evidence-Based Health Promotion in Dance Education: Implementing a Health Policy Marc Geifes BA , Anna Julia Esser MS/c, BA Dora Meyer MS/c, PhD Hans Hauner MD
Dance for Health
Effects of a 4-week Malaysian Joget dance intervention on balance for female adults over 70 years Emma Sng BS , Jessica Santer BA
The effects of dance training in the management of vertigo: a pilot study Carolina Giansante BA
Enhancing Self-Expression in Students through Dance/Movement Activities in a Special Needs School Miho Yamada PhD , Shingo Okada PhD, Taichi Akutsu PhD, Yutaka Nakanishi MA, Tadamitsu Matsuda PhD
Quality of Life Measures in Young Pre-professional Dancers Compared to Non-athletes and Non-dancer A Phillip Montana MD , Andrea Stracciolini MD, Bridget Quinn MD
Dance for elderly with substance use syndrome: a pilot study Åsa Nyberg Åström BA , Maija Segle Konstenius BA, PhD
The effect of Dance for Parkinson's classes on balance and walking. Isobel Jupp BS, MS/c , Andrew Murphy PhD
Adapted Argentine Tango as a treatment for various physical and mental conditions Carolyn Stoklosa PT

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Dance Science

The thickness of trunk muscles and sagittal alignment during the basic posture in ballet [Mao Hayashi MA](#), Mayumi Mizumura PhD

Respiratory effort modulation of the urge-to-stop and exercise performance [Paul Davenport BA, PhD](#) [Kathleen Davenport BA, MD](#)

Cardiorespiratory demands of a Bharatanatyam dancer, a pilot study [Jaleea Price MA, BA](#), Lara Sercar BAm Sarah Needham-Beck MS/c, PhD

Pain perceptions in ballet dance: biopsychosocial considerations and the culture of risk [Anneliese Browne BFA, MS/c](#), Wendy Timmons PhD

Conformity to the dance ethic [Sarah McGee BS, MS/](#), Ashley Stirling BS, MS/c, PhD

Physical Performance Profile of Elite Pre-professional Ballet Dancers [Louis Howe PhD](#) Jamie Harding MS/c Karen Sheriff BS, MS/c Chris McCann BS, MS/c Nelson Cortes PhD Luke Olsson PhD Niall MacSweeney MS/c Jamie Tallent PhD Joseph Shaw PhD

Fascia and movement - make it work for you and your dancers [Lobke Mienis BA](#)

Survey for severity of injury in Japanese baton twirlers [Yui Terao BS, PT](#) Noriaki Maeda PhD, PT Tsubasa Tashiro PT, PhD Honoka Ishihara MS/c, PT Satoshi Onoue MS/c, PT Sakura Oda MS/c, PT Yukio Urabe PhD, PT

Is ballet training creating a physiological stimulus for aerobic capacity adaptation in dancers? [Alfarook Al-khaddar](#), Manuela Angioi MS/c, PhD

Creating a Conditioning Program for High School Dancers [Carisa Armstrong MFA, BS](#) Christine Bergeron MFA Alexandra Pooley MFA

Rethinking Notions of Neutrality: Standing Upright [Luc Vanier MFA, BFA](#), Elizabeth Johnson BFA, MFA

Using principles of Strength Training & Contact Improvisation with physical performers [Mike Doolan BA, MFA](#)

How do elite athletes experience fatigue? A qualitative study [Anna Julia Esser MS/c](#)

Hypermobility and Foot & Ankle

Hypermobility and increased risk of ankle injury in dancers: a systematic review. [Anne-Violette Bruyneel](#)

Understanding joint hypermobility: the knowledge and experience amongst dance educators. [Sasha Bonewell](#)

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E-Poster Group 2-Saturday

5:00-6:00pm Foyer C

Moderator: Kelli Sharp DPT & Matthew Wittstein PhD

Dance Training

Tools for implementation, part one: An insight into the process of designing an integrated health an [Scott Sinclair BS, MS/c](#) Catherine Haber MS/c, MA Michael Doolan MFA Natasha Goldstein-Opasiak MA

The Effects of Pilates Mat on Abdominal Core Control & Dance Performance: A Pilot Study [Christine Bergeron MFA](#)

Integrating Progressing Ballet Technique in Ballet Training: A Journey from Studio to Stage [Noemi Verboczi](#) Marie Walton-Mahon

Breakdance and doping rules [Tamara Despot Ognjen Brborović MD, PhD](#), Hana Brborović MD, PhD, Milan Milošević MD, PhD, Roko Žaja MD, Ivan Zeljković MD, PhD

A narrative review of développé à la seconde research [Peter Lewton-Brain DO, PhD](#) Emma Redding PhD Annabelle Couillandre PhD, PT

The effect of a conditioning intervention on modifiable risk factors and injury incidence in pre-pro [Sarah Kenny PhD](#), Meghan Critchley PhD

Spinal alignment using rotative movement chains from the extremities [Sebastian Hoffmann](#), Clara Egnér MS/c

General Clinical

How the age ballet dancers began pointe affect bone mineral density. Abigail Wardle BS, A. Wayne Johnson BS, DPT, MS/c, PhD Josh Sponbeck AT/ATC, BS, PhD

An interesting discrepancy: Professional Ballet Dancer's relationship with sleep Laura Hillenius BA, PT Maarten Groothuis BA, PT

A Clinical Case Report on Peripheral Nerve Compression in a Professional Ballet Dancer Alex Howard DPT, PT Sarah Kate Fischer DPT, PT Bridget Quinn MD

Associations among body composition, Vitamin D, jump height, menstruation and bone mineral density [Juncal Roman BS, MS/c](#) Myriam Turgay-Leuenberger MS/c Lygeri Dimitrou PhD

Prevalence of pelvic floor dysfunction in dancers and its relationship to hip dysfunction [Bridgette Saba AT/ATC](#), Melinda Steimling DPTm Emily Dochterman MS/c, AT/ATC

General Research

Age of menarche may influence achilles tendon thickness in pre-professional female ballet dancers [Annie Smedley BS, MS/c](#) A. Wayne Johnson BS, DPT, MS/c, PhD Josh Sponbeck AT/ATC, BS, PhD

Improved brain plasticity through the use of relaxation in dance technique practice [Autumn Mist Belk BA, MFA](#) Tara Mullins BA, MFA

Health problems and ability to dance of professional dancers from five companies during the season [Anja Hauschild MD](#) Rogier van Rijn PhD Janine Stubbe PhD Astrid Junge PhD

Feasibility of a Social Dance-Based Protocol for Future Concussion Rehabilitation [Alise Borne ARNP, MS/c](#) Peter Fino PhD Lee Dibble PhD, DPT Madeleine Hackney PhD

Clinical Tests For The Measurement Of Turn Out In Pre-Professional Classical Ballet [Charlotte Williamson BS, MS/c](#)

Mental Health

The relationships between self-compassion and indicators of mental health in dance students [Emma Morgan MS/c, BA](#)

Mindfulness and the experience of flow within a creative collaboration process [Deliah Seefluth MA, MS/c](#)

A User Friendly Anxiety Toolkit for Dancers [Rose Schmieg AT/ATC](#), PT Victoria Courtright BS

A pilot study for Positive Balance: a positive psychology intervention for vocational dance students [Rosie Davis BS, MS/c](#) Jieying Huang BS, MS/c Manuela Angioi MS/c, PhD Elisabetta Versace PhD, MS/c Sevasti Foka MS/c, PhD Juncal Roman BS, MS/c Karen Sheriff BS, MS/c Christian Uitzinger MS/c, BS Elke Vlemincx PhD, MS/c Ioanna Christodoulou MS/c, PhD

Building psychological resilience for dancers: a systematic replication [Casey Copeland BFA, MA](#) Tom Welsh PhD, MA Jon Bailey PhD, Rebecca Chuhak, Sydney Neibert, Alana Moses, Isabella Munoz, Samantha Randall

An exploratory case study of dance teachers' responses to self-harm in UK private dance schools. [Maria Kolitsida BS, MS/c, MA](#) Erin Sanchez MS/c Jennifer Cumming MA, PhD Anna Lavis PhD, BA

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Dietary Risk Action Graphic: A Tool for Identifying and Addressing Nutritional Concerns in Dancers Kendall Alway DPT, PT Melissa Lineburg BA, MS/c

Debunking dance nutrition trends – a 2024 perspective [Jasmine Challis RD, MS/c](#) Monika Saigal RD

The importance of Carbohydrate intake in REDs recovery [Maja Berry MS/c, RDN](#)

Eating disorders & injury in the aesthetic athlete [Violet Wray BS](#) Kimberly Pritchard AT/ATC, PhD Michele Pye AT/ATC, PhD

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Blood Flow Restriction (BFR) therapy and Dance: utilization recommendations based on best evidence [Catherine Vargo DPT, PT](#)

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Why do ballet dancers have fewer non-contact ACL injuries compared to traditional sport athletes? [Rachel Pitchford BS](#) Kimberly Pritchard AT/ATC, PhD Michele Pye AT/ATC, PhD

Occurrence and severity of lower extremity musculoskeletal complaints in adolescent dancers [Carissa Stoddard DPT, PhD](#) Sharon Wang PhD, DPT Eric Arguello DPT, PhD

Coping strategies and injury risk among preprofessional dancers idir Chatar MS/c, PsyD, BS Philippe Robert MD, PhD Valeria Manera PsyD

The incidence and risk factor of asymptomatic anterior tibial stress fracture in ballet dancers [Jemura Anna PT, MS/c](#) Haruka Yoshikawa MBBS, PT Nozomi Suzuki AT/ATC, LAc Osamu Asada BS, LAc Maiko Hashimoto Ririko Seo MD, PhD

Chronic atraumatic hip pain in a young male ballet dancer of common and uncommon etiologies. [Philip Colucci MD](#) Stephanie Buza MD Darius Melisaratos MD