

Dance Injuries Their Prevention And Care A Dance Horizons Book

Training in somatic techniques—holistic body-centered movement that promotes awareness and well-being—provides an effective means of improving dance students’ efficiency and ease of movement. However, dance educators do not always have the resources to incorporate this knowledge into their classes. This volume explains the importance of somatics, introduces fundamental somatic principles that are central to the dance technique class, and offers tips on incorporating these principles into a dance curriculum. The authors demystify somatic thinking by explaining the processes in terms of current scientific research. By presenting both a philosophical approach to teaching as well as practical instruction tools, this work provides a valuable guide to somatics for dance teachers of any style or level. Instructors considering this book for use in a course may request an examination copy here.

"Irmgard Bartenieff has a profound knowledge of the human body and how it moves. I am delighted that this will now be made available to many more people." -- George Balanchine of Director, New York City Ballet
"Irmgard Bartenieff's pioneering work in the multiple applications of Labananalysis has had a transforming influence on many areas of movement training. Her careful and detailed development of the spatial principles into active corrective work has illuminated and altered the training of people as varied as dancers, choreographers,

physical therapists, movement and dance therapists, and psychotherapists. Anthropologists and non-verbal communication researchers have found their world view necessarily altered by her fundamental innovations. The field of body/mind work will need to adapt to include her clear working through of basic principles." -- Kayla Kazahn Zalk of President, American Dance Guild

A dancer's performance career often short-lived due to a universal factor in the field: injuries. A dance-related injury can range in severity and scope based on extrinsic and intrinsic mechanisms. Studies surrounding injury occurrences in ballet dancers note the consequences of this fatality-leading to permanent damages if not treated. In the ballet world, dancers risk moving through injuries due to the systemic pressures within the field. Historically, sports medicine experts and dance medical professionals categorize dance-related injuries according to age, gender, injury type, and body location. For purposes of this study, this thesis will focus on injuries reported in ballet dancers. To accurately assess injuries among these groups, case studies have distinguished specific types of injuries, the cause of injuries, and prevention strategies for this dance genre. Classical ballet training involves repetitive and rigorous movements, which can be physically taxing on dancers. In this profession, it is easy to be susceptible to injury occurrences due to executing improper technique, such as misalignment of the body during balletic movements and positions. When leading or managing a dance organization, including dance companies, studios, or institutions, there are essential components that leaders understand and implement. Evaluating the factors that expose professional ballet dancers to injury occurrences are not only defined by the mechanisms of the injury but also the organizational structures that are administered.

First multi-year cumulation covers six years: 1965-70.

The Prevention and Treatment of Ballet Dancing Injuries

Mind-Body Principles of Teaching and Performance

Six Steps to Great Partnerships in Business & Life

Proceedings of the 5th International Conference on Applied System Innovation (ICASI 2019), April 12-18, 2019, Fukuoka, Japan

Staging Dance

Analysis and Prevention of Common Dance Injuries

Discovering Dance is the ideal introductory text for students with little to no dance experience. Teachers can adapt this course to meet students where they are, whether they are new to dance or already have some dance experience. The material helps students consider where movement comes from and why humans are compelled to move, grasp the foundational concepts of dance, and explore movement activities from the perspectives of a dancer, a choreographer, and an observer. The result is a well-rounded educational experience for students to build on, whether they want to further explore dance or choreography or otherwise factor dance into college or career goals. Discovering Dance will help students in these ways:
[] Meet national and state standards in dance education and learn from a pedagogically sound scope and sequence that allow them to address 21st-century learning goals.
[] Discover dance through creating, performing, analyzing, understanding, responding to, connecting to, and evaluating dance and dance forms.
[] Step into a flexible dance curriculum that is appropriate for one or more years of instruction.
[] Build on their dance experience, whether they want to further explore dance or choreography or otherwise factor dance into college or career goals.
[] Use student web resources to enhance their learning. The book is divided into four parts and 16 chapters. Part I focuses on the foundational concepts of dance and art processes, wellness, safety, dance elements, and composition. Part II delves into societal facets of dance, including historical, social, folk, and cultural dance. In part III, students explore dance on stage, including ballet, modern dance, jazz dance, and tap dance, and also examine aspects of performance and production. Part IV rounds out the course by preparing students for dance in college or as a career and throughout life. Each chapter helps students
[] discover new dance genres;
[] explore dance genres through its history, artists, vocabulary, and significant works;
[] apply dance concepts through movement, written, oral, visual, technology, and multimedia assignments, thus deepening their knowledge and abilities;
[] enhance learning by completing in each chapter a portfolio assignment; and
[] use the Did You Know and Spotlight elements to expand on the chapter content and gain more insight into dance artists, companies, and events. Learning objectives, vocabulary terms, and an essential question at the beginning of each chapter prepare students for their learning experience. Students then move through the chapter, engaging in a variety of movement discovery, exploration, response, and research activities. The activities and assignments meet the needs of visual, auditory, and kinesthetic learners and help students explore dance through vocabulary, history, culture, creation, performance, and choreography. This personal discovery is greatly aided by technology—including learning experiences that require taking photos; watching or creating short videos of dancers’ performances; creating timelines, graphs, drawings, and diagrams; and creating soundscapes. Chapters conclude with a portfolio assignment or project and a chapter assignment or project to further their learning. In addition, some chapters contain Explore More elements, which trigger students to investigate selected dance styles on the web resource. These sections offer students insight into various dance genres and styles, for example, in the chapter on cultural dance, students can explore more about street dances, Mexican folkloric dance, African dance, Indian dance, and Japanese dance. The online components further strengthen the book and enrich the students’ learning experience. These resources also help teachers to prepare for and manage their classes. Here is an overview of the resources:
Teacher Web Resource
[] Learning objectives
[] Extended learning activities
[] Handouts and assignments that students can complete, save, and print to turn in
[] Explore More sections of selected chapters to introduce students to additional social, folk, cultural, and contemporary dance styles
[] Chapter glossary terms both with and without the definitions
[] Chapter PowerPoint presentations
[] Information on assessment tools
[] Interactive chapter review quizzes
[] Answer keys for handouts, assignment sheets, and quizzes
[] Unit exams and answer sheets
[] Video and audio clips for selected dance genres
[] Web links and web search terms for resources to enhance the learning
[] Additional teacher resources to support and extend the teaching and learning process (these resources include chapter learning objectives, chapter understanding and essential questions, chapter quotes, teacher-directed information to support teaching specific activities, and web links)
Student Web Resource
[] Handouts and assignments that students can complete, save, and print to turn in
[] Explore More sections of selected chapters to introduce students to additional social, folk, cultural, and contemporary dance styles
[] Chapter glossary terms both with and without the definitions so students can test their knowledge
[] Information on assessment tools
[] Interactive chapter review quizzes
[] Video and audio clips for selected dance genres
[] Web links and web search terms for resources to enhance the learning

Suitable for dance teachers and students, as well as for dance professionals, this text covers the basic anatomical and biomechanical principles that apply to optimal performance in dance. Focusing on skeletal and muscular systems, it provides the understanding needed to improve movement and reduce injuries.

A completely updated and re-designed edition of this classic text for dancers.

Dance InjuriesTheir Prevention and CarePrincetonDance Injuries: Their Prevention and Care/3rd EditionDance Technique and Injury PreventionRoutledge

Smart Science, Design & Technology

Pediatric and Adolescent Sports Medicine

Dancing Without Danger

A Dancer's View

Safe Dance Practice

Dance Medicine in Practice

Staging Dance is a practical handbook that covers all aspects of putting on a dance production. It highlights the current diversity of dance activities, choosing examples from working dance groups and from individual dancers. The book includes sections on choreography, music and sound, designing and making sets and costumes, lighting design and technical implementation and stage management. Funding, planning and publicity are also covered. Staging Dance will prove invaluable not only to dance artists, but also those working along side them: musicians, designers, lighting technicians, administrators and directors.

Describes graduate programs in art, dance, music, and theater, and lists undergraduate programs.

Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment, physical therapy, and dance instruction. In this newly revised and expanded edition, Dr Howse reviews the subject's five main areas: Anatomy and Physiology, Injuries (general), Injuries (specific) - Their Cause and Treatment, Strengthening Exercises, and Technical Faults and Anatomical Variations. The new set of strengthening exercises is a special feature of this edition. Comprehensively illustrated with more than 320 diagrams and photographs, Dance Technique and Injury Prevention 3/e deserves a place in every professional's library and treatment room.

Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. Dancer Wellness will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. Four Primary Areas Dancer Wellness covers four primary topics: 1. Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning 2. Mental components of dancer wellness, which investigates the psychological aspects of a dancer's training—including injury prevention, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery 3. Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges to maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid 4. Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilderming, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological."

Dance, Creative/Rhythmic Movement Education

Ballet artists in new roles

Never Far from Dancing

A Conceptual Approach for K-12 Curriculum Development

From the Brazil-United Kingdom DMS Network.

The Role of the Sports Medicine Team

Featuring a diverse range of authors from a wide variety of disciplines, this text presents a detailed and accurate reflection of the concerns of dance medicine and science as they have emerged over the last 30 years.

This practical resource discusses the numerous physical, psychological, and medical issues pertaining to the young dancer as they relate to injury prevention. Chapters on injury are arranged anatomically and cover etiology, diagnosis, treatment strategies, and rehabilitation. Additional chapters cover screening, nutrition, training technique, and the role of the physical therapist. This comprehensive text addresses the unique needs of these athletes and stresses how their bodies differ in significant ways from those of adults, requiring that their training and clinical management be overseen by specialized personnel. The book opens with a discussion of the epidemiology of injury in the young dancer, followed by a description of screening procedures and a sample screening program. Physical therapy and resistance training are then covered, along with common conditions and injuries at the spine, hip, knee, and foot/ankle complex. There are chapters on the use of diagnostic and interventional ultrasound, nutrition and bone health, psychological matters such as anxiety, eating disorders, and peer relationships, and lastly the preventive hip injuries. Prevention of Injuries in the Young Dancer is an essential resource with regard to the challenges facing aspiring young dancers. It is relevant reading for dance medicine, sports medicine, and orthopedic professionals, as well as dancers, their parents, and especially those persons who promote their careers.

Presents a step-by-step guide to effectively managing the personal side of business partnerships, offering a six-step program designed to help partners know and work with each other.

Discusses why dance injuries occur; looks at ways to prevent injuries through proper conditioning, nutrition, and psychological factors; describes the principles of injury care; and identifies musculoskeletal conditions common to dance, their prevention, evaluation, and management.

Anatomy, Dance Technique and Injury Prevention

Dance Medicine & Science Guide

Proceedings of the 1990 Glasnost Dance Medicine Conference and Workshop, Boston, Massachusetts, May 16, 19, 1990

Dance Lessons

Health Information in a Changing World: Practical Approaches for Teachers, Schools, and School Librarians

A Study of Injury and Its Prevention in First-Year University Dance Students

Dancers represent a unique athletic population. They can often be required to perform a variety of shows of differing intensity and styles: professional ballet dancers may perform up to 150 shows a year, across eighteen different productions. The dynamic and demanding nature of dance can however lead to injury, making injury prevention and management a vital part of dance training. Drawing on research and knowledge from both sports and dance medicine.

this book will provide dance and healthcare professionals with a fundamental understanding of dance terminology, physiology and movement requirements, and how these relate to specific injuries commonly sustained in dance. Proposed models and structures of pathology-specific rehabilitation and usable examples are illustrated with step-by-step photographs and anatomical diagrams, as well as case studies for common injuries. Training programmes, conditioning exercises and advice are supported by findings from contemporary medical literature to ensure an informed, conclusive and evidence-based approach to the healthcare of dancers. Chapters will cover a range of issues including the unique challenges seen in dance and how they differ from other athletic populations: physical preparation and conditioning for dance; injury prevention, tracking and management models and an exploration of the regional anatomical injuries commonly seen in dance. Structured rehabilitation and detailed exercise programmes are covered and dance criteria for musculoskeletal injuries, concussion and post-surgery are discussed.

Now consisting of fifty innovative chapters authored by internationally recognised scientists and clinicians, the extensively revised third edition of the Oxford Textbook of Children's Sport and Exercise Medicine is the fundamental reference work on paediatric exercise medicine and sport science. Using a scientific evidence-based approach and new insights into understanding the exercising child and adolescent, this title covers a complex and rapidly evolving field. Designed to inform, challenge and support all involved in the study and treatment of the exercising child and adolescent, the Oxford Textbook of Children's Sport and Exercise Medicine presents complex scientific and medical material in an accessible and understandable manner. With extensive sections on Exercise Science, Exercise Medicine, Sport Science and Sport Medicine, chapters comprehensively cover training, physical activity in relation to health issues, the physiology of the young athlete and injury using the research and practical experience of a renowned author team. Fully illustrated and extensively revised, new topics and fully updated material complement the state-of-the-art approach of previous editions. With an increased focus on molecular exercise physiology, close to 75% of the content found in this edition is new material, reflecting the many advances and developments across this discipline.

Provide effective treatment of hip and pelvic disorders! Orthopedic Management of the Hip and Pelvis offers evidence-based information on the care of non-surgical and surgical patients with common pathologies and injuries. Comprehensive guidelines cover a wide range of topics, from anatomy and assessment to strains, tears, and disorders that affect groups such as females, children, dancers, and patients with arthritis. Full-color illustrations and real-life case studies demonstrate how concepts can be applied in clinical practice. Written by physical therapy and orthopedics experts Scott Cheatham and Morey Kolber, this is the first book in the market to focus solely on disorders of the hip and pelvis region.

The subject of dance and injury has become an increasingly important area of study for sports medicine, education, and dance studies. However, the majority of current research focuses on professional dancers or pre-professional dancers in a conservatory training context. The research typically overlooks dancers in a university setting who pursue baccalaureate-level dance programs. This small-scale research study therefore focuses on collegiate dancers in their first year of study in a liberal arts dance program. As this population often sustains injuries, the thesis project seeks to examine the management of injury strategies and to create injury prevention guidelines for the liberal arts dance department, its dance classes, and a hypothetical syllabus for a first-year injury prevention course. The research methodology adopts three approaches: a survey of the incoming freshman dance class at Temple University; a detailed study of six previously or currently injured dance students through interview; and a critical assessment of the research on dance injury. The injury prevention guidelines developed from the student injury surveys, interviews, and assessments will focus on basic, yet essential, information regarding injury management and misconceptions, and the guidelines will prepare collegiate-level dancers for future injury challenges they may face.

Principles and Practice

Teaching Dance Studies

Dance Injuries: Their Prevention and Care/3rd Edition

Body Movement

Dancer Wellness

Dance and Somatics

Karen Clippinger's first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers. What's New?
• A suite of online instructor and student ancillaries to support the text
• An improved organization that will help teachers better cover the content in their courses
• A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know
• Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field
Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems, send movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. New Ancillaries
• An instructor guide featuring a sample syllabus and course outline, chapter outlines, lab assignments, answers to review questions, and sample tests
• A presentation package providing slides with text and graphics that reinforce key points
• A student web resource including assignments, outlines, study sheets, and 20 video clips that demonstrate technique and correction guidelines
This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as "most likely to become the definitive text in dance anatomy, kinesiology, and conditioning classes" (Journal of Dance Medicine and Science); "a must for any dance teacher who is serious about helping their students" (Australia Dance Teacher Magazine); and "the most substantive dance science resource to date" (Journal of Dance Education).

A series of interviews with some of the foremost dancers in twentieth-century ballet, Never Far from Dancing reflects on the paths that their careers have taken since they retired from the stage. Barbara Newman has expertly edited each of her interviews to read as a monologue, addressing every aspect of ballet, from its styles and technical demands to its personalities, its celebrated roles and, most of all, to what happens when the dancing stops. While ballet invites all manner of writing from critics, admirers and academics, the thoughts and experiences of the dancers themselves are seldom recorded. Here, those who scaled the heights of their art hand down their wisdom and recount lives spent in this most enduring of art forms.

Teaching Dance Studies is a practical guide, written by college professors and dancers/choreographers active in the field, introducing key issues in dance pedagogy. Many young people graduating from universities with degrees – either PhDs or MFAs – desire to teach dance, either in college settings or at local dance schools. This collection covers all areas of dance education, including improvisation/choreography; movement analysis; anthropology; theory; music for dance; dance on film; kinesiology/injury prevention; notation; history; archiving; and criticism. Among the contributors included in the volume are: Bill Evans, writing on movement analysis; Susan Foster on dance theory; Ilene Fox on notation; Linda Tomko addresses new approaches to teaching the history of all types of dance; and Elizabeth Aldrich writing on archiving.

Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment, physical therapy, and dance instruction.

Prevention of Athletic Injuries

Discovering Dance

Coping with the Environment

The Real-World Admission Guide for Dance, Music, and Theater Majors

Orthopedic Management of the Hip and Pelvis - E-Book

Current Catalog

This holistic guide explains how school librarians and teachers can successfully integrate relevant health concepts and life skills throughout the curriculum for students K through 12. • 15 original line drawings illustrating health issues, plus many images drawn from major image collections such as the National Library of Medicine and the Library of Congress • Extensive bibliographies of material that can be used to teach health issues, including selected listings of major health textbooks used in the United States and Canada • List of helpful selection aids and sources for online health information sites

Dance Medicine in Practice is the complete physical textbook for dance, written specifically to help dancers understand the anatomy, function and care of their bodies. Specific chapters are devoted to focusing on the spine, pelvis, hips, knees, feet, shoulders and arms. Each of these covers the following key aspects: Anatomy: bone structure, musculature, and function. How each part of the body moves and how it responds under pressure Pitfalls: Common examples of bad practice and the effect that these can have on the body Self Analysis: How to become aware of and muscle groups and the capacity of each joint. Injury Prevention: Tips and advice on how to best avoid and prevent injury both in training and everyday life Exercises: Simple and effective methods of strengthening, mobilising and relaxing joints and muscles Checklists: Dos and Don'ts for the best dance technique. The best dancers know that looking after their bodies is the key to their success, and Dance Medicine in Practice also covers how to ensure the best possible nutrition, plan and manage training schedules, and ensure that injuries are kept to a minimum both in frequency and impact. It is the best possible companion to a life in dance.

Smart Science, Design & Technology represents the proceedings of the 5th International Conference on Applied System Innovation (ICASI 2019), which was held in Fukuoka, Japan, April 12–18, 2019. The conference received more than 300 submitted papers from at least 20 different countries, whereby one third of these papers was selected by the committees and invited to present at ICASI 2019. The resulting book aims to provide an integrated communication platform for researchers active in a wide range of fields including information technology, communication science, applied mathematics, computer science, advanced material science, and engineering. Major breakthroughs are being made by interdisciplinary collaborations between science and engineering technologists in academia and industry within this unique international network. Smart Science has emerged as a separate discipline, involving innovative practices, methodologies and processes.

Experience the raw energy and aesthetic beauty of dance as you perfect your technique with Dance Anatomy. Featuring hundreds of full-color illustrations, Dance Anatomy presents more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries. The exercises are drawn in stunning detail, capturing the dancer in motion and highlighting the active muscles associated with each movement so you can develop and strengthen different areas of the body. You will clearly see how muscular development translates into greater poise and elegance on the stage. Each chapter addresses a key principle of movement to help you improve performance, beginning with the center of the body, where dance begins. You will learn exercises to target specific areas, such as shoulders and arms, pelvis, and lower legs to enhance flexibility and ensure safety. You will also discover more efficient ways of improving your lines and technique by implementing a supplementary conditioning program that takes into account your changing cycles of classes, practices, and times of rest. Regardless of your ability level or dance style, Dance Anatomy will help you master the impeccable balance, intense muscular control, and grace to prepare you for your next leading role!

Oxford Textbook of Children's Sport and Exercise Medicine

Their Prevention and Care

Dance Technique and Injury Prevention

Prevention of Injuries in the Young Dancer

Dance Anatomy

Safe Dance Practice bridges the gap between research and application for dancers and dance educators at all levels. The book presents integrated guidelines and principles that will maximize physical and mental well-being without compromising creativity and expression.

The inaugural actions of the Brazil-United Kingdom Dance Medicine & Science Network (BRUK NET) emerged through the organization of the symposium "The Potentials and Challenges of Research in Dance Medicine & Science: building innovation collaborations between the United Kingdom and Brazil" held in Goiânia, in 2016. In this bilingual Portuguese-English book, 23 leading researchers/authors from the BRUK NET write about their experiences in this field. The idea of the book is to share part of their knowledge and to build paths and theoretical, conceptual and methodological constructs around DMS, from where visibility, access and sustainability could develop. The desire for an interinstitutional, interdisciplinary, collective and supportive cooperation has enabled us to create a book of cross-cutting contexts and diverse views. The demand for DMS services and knowledge is growing. It requires that professionals from different backgrounds; dance, health, education and many others, ethically reflect and debate over the breadth and rigor necessary for the growth and valorization of this field of study.

The information shared in this document represents a dialogue between the United States and the Soviet Union on the discipline of dance medicine, which involves the care of injured dancers as well as prevention of injuries. An introduction including a preface, opening remarks, and an overview of dance medicine comprises section 1. The second section contains presentations: "Anatomic, Physiologic, and Developmental Concerns: Dance Injury"; "Orthopaedic Aspects of Dance Medicine"; "Stress Fractures in the Dancer"; "Dance Medicine in the Soviet Union"; "The Role of Physical Therapy in Dance Medicine"; "Workshop: Physical Therapy and Dance"; "Treatment and Rehabilitation of Common Dance Injuries"; "Strapping for Prevention of Lower Extremity Injuries"; "The Psychological Aspect of Dance and the Dancer"; "Dancers in Transition"; Aspects of Dance and the Dancer"; "Dancers in Transition"; Prevention of Dance Injury"; and "A Prospective Study of Physiological Characteristics of Ballet Dancers." Section 3 is a roundtable discussion entitled "The Dancer and Injury"; this section contains: "The Role of the Artistic Director and Choreographer"; "The Life of the Dance Teacher"; "Life and Training of a Professional Ballet Dancer in the United States"; and "Dance Training in the Soviet Union: Experiences of an American Student and Performer." Sections 4 and 5 consist of questions, answers, and short biographies of presenters. (LL)

The gold-standard physical medicine and rehabilitation text is now in its Fourth Edition—with thoroughly updated content and a more clinical focus. More than 150 expert contributors—most of them new to this edition—address the full range of issues in contemporary physical medicine and rehabilitation and present state-of-the-art patient management strategies, emphasizing evidence-based recommendations. This edition has two separate volumes on Physical Medicine and Rehabilitation Medicine. Each volume has sections on principles of evaluation and management, management methods, major problems, and specific disorders. Treatment algorithms and boxed lists of key clinical facts have been added to many chapters.

Physical Medicine and Rehabilitation

Resources in Education

Injury Prevention Strategies for Pre-professional and Professional Ballet Dancers

Soviet-American Dance Medicine

Dance Injuries

Anatomy, Injury Prevention, Training