

SCHEDULE

IADMS 20TH ANNUAL MEETING



Thursday, 28 October 2010

Revised 25 September 2010
Programme subject to change

8:00 - 8:45 am Registration; Tea and Coffee

8:45 - 9:00 am Opening Remarks – Theatre

Tom Welsh, PhD, President, IADMS

Steven J. Chatfield, PhD, Executive Director, IADMS

Matthew Wyon, PhD, Chair, Local Conference Host Committee

Presentation – Student Research Award (Sponsored by Harkness Center for Dance Injuries)

9:00 - 9:15 am Lifetime Service Award

Mr. A. J. G. (Justin) Howse, MB, BS, FRCS, FISEM, Founding President, IADMS

Presented by David S. Weiss, MD

Theatre – 9:15 - 11:00 am

Moderator: Matthew Wyon, PhD, West Midlands, UK

9:15 - 10:00 am Clinical Symposium:

Risk factors for and management of bone stress injuries in dancers

Roger Wolman, MD, FRCP, Royal National Orthopaedic Hospital, Stanmore, Middlesex, London, UK

10:00 - 10:50 am Applications of dance science to the training of dancers: physics, anatomy, and motor learning

Donna Krasnow, MS, York University, Toronto, Ontario, Canada; Jeffrey A. Russell, PhD, ATC, University of California, Irvine, Irvine, California; Arleen Sugano, MFA, Ballet Arkansas, Little Rock, Arkansas, USA

11:00 - 11:30 am REFRESHMENT BREAK

Concurrent Lectures (Theatre, Patrick, IMI) and Movement Session (see next page):

Theatre – 11:30 am - 1:00 pm

Moderator: Gayanne Grossman, PT, Philadelphia, Pennsylvania, USA

11:30 am - 12:00 pm Publications in dance medicine and science: a bibliographic analysis

Ruth Solomon, Professor Emerita, University of California, Santa Cruz; John Solomon, PhD, Editors-in-Chief, *Journal of Dance Medicine & Science*, Santa Cruz, California, USA

12:15 - 12:45 pm Physical and psychological aspects of talent development in young dancers: findings from a government funded pre-vocational training programme

Talent characteristics in dance and age group differences

Imogen J. Walker, MSc, PhD candidate; Sanna M. Nordin, PhD; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

Dance styles as predictors of aerobic fitness

Emma Redding, PhD; Imogen J. Walker, MSc, PhD candidate; Sanna M. Nordin, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

Climate change in the dance studio

Sanna M. Nordin, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK; Eleanor Qusted, PhD, University of Birmingham, Birmingham, UK; Imogen J. Walker, MSc, PhD candidate; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

Patrick – 11:30 am - 1:00 pm

Moderator: Helen Laws, London, UK

11:30 - 11:50 am

Knee injuries in the classical Indian dance form of Bharatanatyam: an inquiry into the injuries and health of Bharatanatyam dancers

Shyla Lakshminarayana, MSc; Andrea Schaeril, PhD Candidate, Trinity Laban Conservatoire of Music and Dance, London, UK

(Session continued on next page)

IMI – 11:30 am - 1:00 pm

Moderator: Moira McCormack, PT, London, UK

11:30 - 11:50 am

The impact of a performance profiling system using a three-year prospective injury study

Nick Allen, MSc, BSc, Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham, UK; Alan Nevill, PhD, University of Wolverhampton; John Brooks, PhD, Rugby Football Union, London; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

(Session continued on next page)

<p>12:00 - 12:10 pm Effects of long-term practice on movement coordination in street dancers Akito Miura, PhD Candidate; Kazutoshi Kudo, PhD; Tatsuyuki Ohtsuki, PhD, The University of Tokyo, Tokyo, Japan</p> <p>12:15 - 12:25 pm Injuries in hip hop dancers: breakers, poppers, lockers, and new schoolers Shaw Bronner, PhD, PT; Sheyi Ojofeitimi, DPT, MPT, ADAM Center, Long Island University, Brooklyn, New York, USA</p> <p>12:30 - 12:50 pm An appraisal of hip hop dance movements: the relationship between biomechanics and aesthetics Joanne Odro, BSc(Hons), MSc, Trinity Laban Conservatoire of Music and Dance, London, UK</p>	<p>12:00 - 12:20 pm Update on the <i>Dance USA Taskforce on Dancer Health annual post-hire health screen for professional dancers</i> Heather Southwick, MSPT, Boston Ballet, Children's Hospital, Boston, Massachusetts, USA; Nancy Kadel, MD, University of California San Francisco/Oberlin Dance Collective, San Francisco, California, USA</p> <p>12:30 - 12:50 pm Pre-season ultrasound screening of Achilles and patellar tendons in an elite ballet company Nina Newton, MBBS, PhD, University College, London; Moira McCormack, PT, MSc, Royal Ballet; Michele Calleja, MBBS, FRCR, The Royal National Orthopaedic Hospital; Andrew Clark, MBBS, FRCR, Royal National Orthopaedic Hospital, Stanmore, London; Daryl Martin, MCSP, Royal Opera House, London; Ross Roberts, BA(Hons), London; David Connell, FRCR, MMed, Royal National Orthopaedic Hospital, Stanmore, London, UK.</p>
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[Location 1 TBA] – 11:30 am - 12:20 pm

Moderator: Jarmo Ahonen, PT, Helsinki, Finland

Movement Session – Finding a neutral pelvis through dynamic dance movement

Jane Baas, MFA, Western Michigan University, Kalamazoo, Michigan, USA

1:00 - 3:00 pm**LUNCH BREAK (with IADMS Committee Meetings reserved time)****Concurrent Lectures (Patrick, IMI) and Movement Session (see next page):**

<p>Patrick – 3:00 - 4:30 pm Moderator: Emma Redding, PhD, London, UK</p> <p>3:00 - 3:20 pm The relationship between measures of contemporary dance performance and fitness Martha Wiekens, MSc, BA; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</p> <p>3:30 - 3:40 pm Effects of a dance-specific stretch programme centered on the arabesque in professional dancers. Jennifer Mills; Sian Morgan, BSc(Hons), SRP, Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham Royal Ballet, UK; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p> <p>(Session continued on next page)</p>	<p>IMI – 3:00 - 4:30 pm Moderator: Marika Molnar, PT, New York, New York, USA</p> <p>3:00 - 3:10 pm Tendonitis of the ankle and foot joints in young non-professional female dancers Nili Steinberg, PhD, The Zinman College of Physical Education and Sports Sciences at the Wingate Institute, Isreal; Israel Hershkovitz, PhD, Smar Peleg, PhD, Gali Dar, PhD, Youssef Masharawi, PhD, Sackler Faculty of Medicine, Tel-Aviv University; Itzhak Siev-Ner, MD, Orthopedic Rehabilitation Department, Sheba Medical Center, Tel-Hashomer, Israel</p> <p>3:15 - 3:25 pm Epidemiology of injuries among elite pre-professional ballet students Christina Ekegren, MSc, BPhy (Hons), Brunel University, West London; Rachele Queded, MPhy(Sports), BPhy(Hons), Royal Ballet School, London; Anna Brodrick, MSc, BSc(Phty)(Hons), English National Ballet School and Central School of Ballet, London, UK</p> <p>3:30 - 3:40 pm Injury mechanisms and extrinsic risk factors among elite pre-professional ballet students Anna Brodrick, MSc, BSc(Phty)(Hons), English National Ballet School and Central School of Ballet, London; Christina Ekegren, MSc, BPhy(Hons), Brunel University, West London; Rachele Queded, MPhy(Sports), BPhy(Hons), Royal Ballet School, London, UK</p> <p>(Session continued on next page)</p>
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THURSDAY

<p>3:45 - 3:55 pm Effects of a 10-week creative dance programme on flexibility and aerobic capacity in 11 to 13 year-olds. Laura Blazy, MSc; Edel Quin, MSc; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</p> <p>4:00 - 4:20 pm Upper-body endurance in female university-level modern dancers and physically active non-dancers Jatin P. Ambegaonkar, PhD, ATC; Shane V. Caswell, PhD, ATC; Jason B. Winchester, PhD, CSCS; Amanda M. Caswell, PhD, ATC; Matthew J. Andre, BS, CSCS, George Mason University, Manassas, Virginia, USA</p>	<p>3:45 - 3:55 pm A six week pre-partnering strength training protocol for adolescent male dancers Johanna Leigh Heflin, MSc; Alison Deleget, MS, ATC, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA</p> <p>4:00 - 4:20 pm Effect of a six-week pre-pointe training protocol on performance of pointe-readiness functional tests Marijeanne Liederbach, PhD, PT; Megan Richardson, MS, ATC, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA</p>
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[Location 1 TBA] – 3:00 - 3:50 pm

Moderator: Boni Rietveld, MD, The Hague, The Netherlands

Movement Session – Dance alignment and correction from a medical perspective: a movement session

Kendall Alway, DPT, Healthy Dancers' Clinic, ODC Dance Company; Nancy Kadel, MD, University California San Francisco, Healthy Dancers' Clinic, San Francisco, California, USA

4:30 - 5:00 pm**REFRESHMENT BREAK****Patrick – 5:00 pm - 6:00 pm**

Moderator: Peter Lewton-Brain, DO, Monte-Carlo, Monaco

5:00 - 5:10 pm

The influence of ballet pointe shoes on peak plantar pressures in pre-professional classical ballet students: a cross-sectional study

Helen Day, BSc(Hons); Andrew Browne, BSc(Hons); Pauline Robbins, BSc(Hons), Podiatric Medicine, University of East London, London, UK

5:15 - 5:35 pm

Jazz shoes: effect on pointing and shoe stiffness

Alycia Fong Yan, BAppSc(Hons); Richard M. Smith, PhD, Exercise and Sport Science; Claire Hiller, PhD, Physiotherapy; Benedicte Vanwanseele, PhD, Exercise and Sport Science, University of Sydney, Sydney, Australia

5:45 - 5:55 pm

Rotational forces in two different types of jazz shoe in an undergraduate dance population

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

IMI – 5:00 - 6:00 pm

Moderator: Virginia Wilmerding, PhD, Albuquerque, New Mexico, USA

5:00 - 5:50 pm

Multidisciplinary research: how many ways can we study the pirouette?

Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Selina Shah, MD, Center for Sports Medicine at St. Francis Memorial Hospital, San Francisco, California, USA; Jatin P. Ambegaonkar, PhD, ATC, George Mason University, Manassas, Virginia, USA; Lynda Mainwaring, PhD, University of Toronto, Toronto, Ontario, Canada; Annabelle Couillandre, PhD, University of Paris, France; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA

[Location 1 TBA] – 5:00 - 5:50pm

Moderator: Jan Dunn, MS, Boulder, Colorado, USA

Movement Session – Creating your best plié for turnout, jumps and dance

Eric Franklin, BS, BFA, Institute for Franklin Method, Wetzikon, Switzerland

7:00 pm**WELCOME RECEPTION
Birmingham Museum and Art Gallery**

THURSDAY

Friday, 29 October 2010**[Location 1 TBA] – 8:00 - 8:50 am**

Moderator: Peter Lewton-Brain, DO, Monte-Carlo, Monaco

Movement Session – Space in the joints: a source of eternal lines of energy

Annemari Autere, University of Nice Sophia Antipolis, Nice, France

[Location 2 TBA] – 8:00 - 8:50 am

Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA

Movement Session – Teaching dance anatomy, injury prevention and rehabilitation as a non-scientist in the ballet class

Melissa Beck, MFA, University of Michigan, Ann Arbor, Michigan; Nicola Conraths-Lange, MA, Interlochen Center for the Arts, Interlochen, Michigan, USA

[Location 1 TBA] – 9:00 - 9:50 am

Moderator: Jarmo Ahonen, PT, Helsinki, Finland

Movement Session – Hands free: articulate the arms, wrists and fingers for magnificent presence, and injury free dance

Jennifer Stacey, MS, Peak Performance Pilates, San Francisco, California, USA

[Location 1 TBA] – 10:00 - 10:50 am

Moderator: Marika Molnar, PT, New York, New York, USA

Movement Session – Awakening the anti-gravity muscles for dancers: exercises to improve technique and decrease overuse injuries

Lisa Donegan Shoaf, PT, DPT, PhD; Judith Steel, MA, Virginia Commonwealth University, Richmond, Virginia, USA

FRIDAY

Patrick – 9:00 - 11:00 am

Moderator: Nancy Kadel, MD, San Francisco, California, USA

9:00 - 9:10 am

Controversies in the evaluation and management of hip pain in dancers

Judith R. Peterson, MD, Sanford School of Medicine of the University of South Dakota, Sioux Falls, South Dakota, USA

9:15 - 9:50 am

Diagnosis and treatment of pelvic dysfunction in dancers: an osteopathic approach

Carrie Janiski, DO, ATC, Michigan State University Kalamazoo Center for Medical Studies, Kalamazoo, Michigan, USA

10:00 - 10:10 am

Sagittal plane spinal kinematics during sautés

Jo Armour Smith, PT, OCS; John M. Popovich Jr., DPT, MS; Kornelia Kulig, PhD, PT, University of Southern California, Los Angeles, California, USA

10:15 - 10:50 am

Thoracic spine dysfunction and the professional dancer

Roger M. Hobden, MD, DO(Q); Benoit Aubin, MD, FRCP(C); Nathalie Bureau, MD, FRCP(C); Eric Desmarais, MD, FRCP(C), University of Montreal, Montreal, Quebec, Canada

IMI - 9:00 - 11:00 am

Moderator: Boni Rietveld, MD, The Hague, The Netherlands

9:00 - 9:50 am

The development of dance medicine and science from the dance education perspective: twenty years and beyond

Jan Dunn, MS, University of Colorado, Boulder, Colorado; Ruth Solomon, Professor Emerita, University of California Santa Cruz, California; Martha Myers, MS, Henry B. Plant Professor Emerita, Connecticut College, New London, Connecticut, USA; Rachel Rist, MA, Arts Educational School, Tring, UK; Janice Plastino, PhD, Professor Emerita, University of California, Irvine, Irvine, California, USA

10:00 - 10:50 am

Preventing, understanding and managing dance injuries with psychological research and practice

Lynda Mainwaring, PhD, CPsych, University of Toronto, Toronto, Ontario, Canada; Lana Ashton, BSc(Hons) University of Bournemouth, Dorset, UK; Daisy Singla, MA, Columbia University, New York, New York, USA; Donna Krasnow, MS, York University, Toronto, Ontario, Canada

11:00 - 11:30 am

REFRESHMENT BREAK and *Journal of Dance Medicine & Science* MEETING

[Location 1 TBA] – 11:30 am - 12:20 pm

Moderator: Yiannis Koutedakis, PhD, Trikala, Greece

Movement Session – A six-week evidence-based exercise program for the pre-pointe dancer

Megan Richardson, MS, ATC; Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, New York, USA

Patrick – 11:30 am - 12:30 pm

Moderator: David S. Weiss, MD, New York, New York, USA

11:30 - 11:50 am

Clinical Symposium:**Posterior ankle disorders in dance**

Boni Rietveld, MD, BA, Medical Centre for Dancers and Musicians, The Hague, The Netherlands

12:00 - 12:20 pm

Posterior ankle impingement in classical ballet dancers: a new perspective on an old problem

Rachele Quested, MPhty(Sports), BPhy(Hons), Royal Ballet Upper School, London, UK

IMI – 11:30 am - 12:30 pm

Moderator: Tom Welsh, PhD, Tallahassee, Florida, USA

11:30 - 11:40 am

Vitamin D deficiency: a cause for concern

Selina Shah, MD, FACP, Center for Sports Medicine at St. Francis Memorial Hospital, San Francisco, California, USA

11:45 - 11:55 am

Relationships of body fat, BMI and EAT26 scores in dancers from multiple institutions

Jane Baas, MFA, Western Michigan University; Carrie Janiski, DO, ATC, Michigan State University Kalamazoo Center for Medical Studies, Kalamazoo, Michigan; Gary Galbraith, MFA; Karen Potter, MFA, Case Western Reserve University, Cleveland, Ohio, USA

12:00 - 12:20 pm

Nutrition screening: more questions than answers?

Jasmine Challis, BSc, RD, Reading, Berkshire, UK

12:30 - 2:30 pm**LUNCH BREAK – with Round-Table Discussions (by advance registration)****[Location 1 TBA] – 2:30 - 3:20 pm**

Moderator: Helen Laws, London, UK

Movement Session – Integrating Bartenieff Fundamentals into the ballet class; attuning, exploring, embodying

Anne Burnidge, MFA, CLMA, State University of New York at Buffalo, Buffalo, New York, USA

Patrick – 2:30 - 4:00 pm

Moderator: Virginia Wilmerding, PhD, Albuquerque, New Mexico, USA

2:30 - 2:40 pm

Physiological differences between class, rehearsal and performance in a professional contemporary dance company

Luís Xarez, PhD, Technical University of Lisbon, Lisbon, Portugal

2:45 - 2:55 pm

Body composition and injuries in professional ballet dancers

Chloe Naalchigar, BSc(Hons), MSc candidate, University of Wolverhampton, Walsall; Lygeri Dimitriou, PhD, Middlesex University, London; Moira McCormack, PT, Royal Ballet Company, London; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

(Session continued on next page)

IMI – 2:30 - 4:00 pm

Moderator: Jeff Russell, PhD, Irvine, California, USA

2:30 - 2:40 pm

Comparing dynamic balance of hypermobile dance students and controls using the modified Star Excursion Balance Test (mSEBT)

Ramona Peoples, MSc, Katherine Watkins, BSc, MCSP, Trinity Laban Conservatoire of Music and Dance, London, UK

2:45 - 2:55 pm

A comparison of balance between female dancers and physically active non-dancers

Jatin P. Ambegaonkar, PhD, ATC; Shane V. Caswell, PhD, ATC; Jason B. Winchester, PhD, CSCS; Amanda M. Caswell, PhD, ATC, George Mason University, Manassas, Virginia, USA

(Session continued on next page)

FRIDAY

<p>3:00 - 3:20 pm Heart rate and VO₂ responses to standardized ballet skills Steven J. Chatfield, PhD, University of Oregon, Eugene, Oregon, USA</p> <p>3:30 - 3:50 pm Physiological differences between students, pre-professional and professional dancers Terry Clark, MMus; Laura Blazy, MSc; Ashley McGill, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Shantel Ehrenberg, MSc, University of Manchester, Manchester, UK; Sarah Irvine, MSc, Houston, Texas, USA; Edel Quin, MSc; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</p>	<p>3:00 - 3:20 pm Postural sway in ballet dancers with different levels of turnout Kelly Jo Trimble, MS, ATC; Carrie Docherty, PhD, ATC; John Schrader, HSD, ATC; Joanne Klossner, PhD, ACT, Indiana University, Bloomington, Indiana, USA</p> <p>3:30 - 3:50 pm Performance strategies in college-age dancers on the modified Star Excursion Balance Test: preliminary quantitative and qualitative findings Glenna Batson, PT, ScD, Department of Physical Therapy, Winston-Salem State University; Martin L. Tanaka, PhD, Wake Forest University Medical School, Wake Forest University; Ben L. Long, MS, Laboratory Manager, Department of Physical Therapy, Winston-Salem State University, Winston-Salem, North Carolina; Margaret Wilson, PhD, MA, Department of Dance; Qin Arthur Zhu, PhD, Division of Kinesiology and Health; Jennifer Deckert, MFA, Department of Dance; Matthew Bundle, PhD, Division of Kinesiology and Health, University of Wyoming, Laramie, Wyoming, USA</p>
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4:00 - 5:00 pm

REFRESHMENT BREAK & POSTER SESSION

(Poster authors will be available to answer questions at their poster during this time)

<p>[Location 1 TBA] – 5:00 - 5:50 pm Moderator: Ruth Solomon, Professor Emerita, Santa Cruz, California, USA</p>
<p>Movement Session – Conditioning the iliopsoas for extension, stability and alignment in dance Eric Franklin, BS, BFA, Institute for Franklin Method, Wetzikon, Switzerland</p>

<p>Patrick – 5:00 - 6:30 pm Moderator: Yiannis Koutedakis, PhD, Trikala, Greece</p> <p>5:00 - 5:20 pm The effects of a targeted conditioning program on reducing the differential between active and passive turnout in pre-professional dancers: bridging the gap Astrid Sherman, FISTD, BSc(Kin) candidate; Erika Mayall, MPT, HBSc(Kin), Pro Arte Centre, North Vancouver, British Columbia, Canada</p> <p>5:30 - 5:50 pm The variance of dancers' turnout throughout the demi plié and grand plié in first, second, fourth and fifth positions Barbara May, MBA; James Shippen, PhD, Coventry University, Coventry, UK</p> <p>6:00 - 6:20 pm The sacroiliac joint and turnout/turn-in: unseen influences Peter Lewton-Brain, DO, MA, Ecole Supérieure de Danse de Cannes, Rosella Hightower, Cannes, France; Gayanne Grossman, PT, EdM, Muhlenberg College, Allentown, Pennsylvania, USA; Annabelle Couillandre, PhD, PT, Université Paris Ouest Nanterre La Défense, Paris, France</p>	<p>IMI – 5:00 pm - 6:30 pm Moderator: Donna Krasnow, MS, Toronto, Ontario, Canada</p> <p>5:00 - 5:20 pm Integrating dance science into the undergraduate curriculum Toby Bennett, BSc; Ashley McGill, MSc, Roehampton University, London, UK</p> <p>5:30 - 5:50 pm From question to design: a research primer for students and new researchers Jeffrey A. Russell, PhD, ATC, University of California, Irvine, Irvine, California; Jatin P. Ambegaonkar, PhD, ATC, George Mason University, Manassas, Virginia, USA</p>
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FRIDAY

Saturday, 30 October 2010**[Location 1 TBA] – 8:00 - 8:50 am**

Moderator: Ruth Solomon, Professor Emerita, Santa Cruz, California, USA

Movement Session – Fitness Yoga as an effective form of conditioning for dancers: a taster session

Charlotte Tomlinson, MSc, BA, Leicester College, Leicester, UK

[Location 2 TBA] – 8:00 - 8:50 am

Moderator: Nancy Kadel, MD, San Francisco, California, USA

Movement Session – The use of breath and imagery in Gyrokinesis to decompress the spine and joints

Eva Powers, MA, Wayne State University, Detroit, Michigan, USA

[Location 1 TBA] – 9:00 - 9:50 am

Moderator: Tom Welsh, PhD, Tallahassee, Florida, USA

Movement Session – Assessing and facilitating sound use of turnout

Gayanne Grossman, PT, EdM, Muhlenberg College, Allentown, Pennsylvania, USA; Peter Lewton-Brain, DO, MA, Ecole Supérieure de Danse de Cannes, Rosella Hightower, Cannes, France

Patrick – 9:00 - 10:30 am

Moderator: Emma Redding, PhD, London, UK

9:00 - 9:10 am

Effect of leg length on range of motion, vertical jump and leg dexterity in dance

Matthew Wyon, PhD; Alan Nevill, PhD, Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, UK; Kim Dekker, BA, Faculty of Human Movement Sciences, Vrije University, Amsterdam, The Netherlands; Derrick Brown, MSc; Frances Clarke, BA(Hons); Emily Twitchett, PhD; Yiannis Koutedakis, PhD, Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, UK

9:15 - 9:25 am

Changes in vertical jump characteristics as a result of different movement requirements in ballet dancers

Borut Fonda, AT, Wise Technologies, Laboratory for Advanced Measurement Technologies, Ljubljana, Slovenia; Ryan Lawrence, BFA, Danshuis Station Zuid, Tilburg, The Netherlands; Nejc Sarabon, PhD, University of Primorska, Science and Research Centre, Koper, Slovenia and Danshuis Station Zuid, Tilburg, The Netherlands

9:30 - 9:40 am

Inter-muscular coordination in ballet-specific jumping/landing and its application to the knee joint problems

Nejc Sarabon, PhD, University of Primorska, Science and Research Centre, Koper, Slovenia and Danshuis Station Zuid, Tilburg, The Netherlands

9:45 - 10:05 am

Vertical jump height and lower extremity strength and local muscle endurance in female college basketball players and dancers

Rose Schmiege, PT, DHSc, Shenandoah University, Winchester, Virginia, USA

10:15 – 10:25 am

Effects of supplemental training on dancers' perception of fatigue and observed alignment in a jumping test

Jennifer Deckert, MFA; Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming, USA

IMI – 9:00 - 10:30 am

Moderator: Moira McCormack, PT, London, UK

9:00 - 9:10 am

Reliability of self-report injury questionnaires

Sian Morgan, BSc(Hons), SRP; Nick Allen, MSc, BSc, Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham Royal Ballet, Birmingham; Matthew Wyon, PhD University of Wolverhampton, Walsall, UK

9:15 - 9:25 am

Dancer injuries: findings from a recent survey of professional dancers

Ana Alvarez, MSc, PT; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

9:30 am - 9:50 am

Proposing a new research paradigm for dance medicine and science

Margaret Wilson, PhD, MS, University of Wyoming, Laramie, Wyoming, USA

10:00 - 10:20 am

A system for dance exposure data collection via email

Gary Galbraith, MFA, DancerWellnessProject.com, New York, New York, USA

SATURDAY

[Location 1 TBA] – 3:00 pm - 3:50 pm

Moderator: Moira McCormack, PT, London, UK

Movement Session – Awakening the anti-gravity muscles for dancers: exercises to improve technique and decrease overuse injuries

Lisa Donegan Shoaf, PT, DPT, PhD; Judith Steel, MA, Virginia Commonwealth University, Richmond, Virginia, USA

[Location 1 TBA] – 4:00 - 4:50 pm

Moderator: Peter Lewton-Brain, DO, Monte-Carlo, Monaco

Movement Session – Using constructive rest so that dancers rest constructively, prevent injury and enhance performance.

Ann Cowlin, MA, Yale University, New Haven, Connecticut, USA

(Patrick – 3:00 - 5:00 pm

Moderator: David S. Weiss, MD, New York, New York, USA

3:00 - 3:50 pm

Clinical Symposium:**Achilles and patella tendinopathy: everything you wanted to know, but were afraid to ask!**

Otto Chan, MD, MBBS, FRCS(Ed), FRCS(Glas), FRCR(UK), ATLS, Consultant Radiologist, The London Independent Hospital, London, UK

4:00 - 4:20 pm

Case study of insertional Achilles tendinopathy

Jane Salier Eriksson, PT, MSc, Royal Swedish Ballet, Stockholm, Sweden; Henrik Bauer, Professor, Orthopaedic Department, Karolinska Hospital, Stockholm, Sweden

4:30 - 4:50 pm

Acute tear of the flexor hallucis longus muscle in an elite female ballet dancer: a case report and video presentation of the rehabilitation program

Sophie Emery, BPhysio; Paula Baird-Colt, APMA Level 4; The Australian Ballet; Andrew Garnham, MD MBBS, Deakin University, Melbourne; Susan Mayes, BAppSci(Physio); The Australian Ballet, Melbourne, Australia

IMI – 3:00 - 5:00 pm

Moderator: Emma Redding, PhD, London, UK

3:00 - 3:10 pm

Dance 4 your life: a dance and health study

Mary Kate Connolly, MA; Edel Quin, MSc; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

3:15 - 3:35 pm

Elite dance students' views on perfectionism and achievement striving

Jennifer Cumming, PhD, University of Birmingham, Birmingham; Sanna M. Nordin, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK; Joan L. Duda, PhD, University of Birmingham, Birmingham, UK

3:45 - 4:05 pm

Measuring dancers' perceptions of their teaching environment: what do we know and where should we go?

Eleanor Quedsted, PhD; Joan L. Duda, PhD, University of Birmingham, Birmingham, UK

4:15 - 4:25 pm

Sleep patterns in collegiate dancers

Jacque Price, BFA; Elizabeth Nicks, BFA; Robin Kish, MS, MFA, Chapman University, Orange, California, USA

4:30 - 4:40 pm

Moving toward an understanding of burnout in elite ballet: the roles of perfectionism and motivational orientation

Sanna M. Nordin, PhD, Royal Ballet School, London, UK; Pierre-Nicolas Lemyre, PhD, Norwegian School of Sports Sciences, Oslo, Norway

4:45 - 4:55 pm

Ethical issues in the training and development of dance teachers in the private sector

Sho Botham, MA, PhD candidate, University of Brighton, Eastbourne, East Sussex, UK

5:00 - 5:30 pm

REFRESHMENT BREAK

SATURDAY

SATURDAY

<p>[Location 1 TBA] – 5:30 – 6:20 pm Moderator: Marika Molnar, PT, New York, New York, USA</p>	
<p>Movement Session – Fabulous feet, effortless jumping Eric Franklin, BS, BFA, Institute for Franklin Method, Wetzikon, Switzerland</p>	
<p>Patrick – 5:30 - 6:30 pm Moderator: Helen Laws, London, UK</p> <p>5:30 - 5:50 pm Working on virtuosity: Louise Lecavalier’s training work for contemporary dancers Agathe Dumont, PhD Candidate, Sorbonne Nouvelle University – Institute of Performing Arts, Paris, France</p> <p>(Session continued on next page) 6:00 - 6:20 pm Emerging independent dancers and podcasts for fitness training: a pilot project Danielle Aways, MSc, BFA; Dennie Wilson, MA, BA(Hons), University of Wolverhampton, Walsall, UK</p> <p>6:30 pm Closing Remarks Tom Welsh, PhD IADMS President</p>	<p>IMI – 5:30 - 6:30 pm Moderator: Janet Karin, OAM, Melbourne, Victoria, Australia</p> <p>5:30 - 5:50 pm Exploring predictors of life satisfaction, on the stage and in the stadium: a test of basic needs theory among dancers and soccer players Isabel Balaguer, PhD, Universidad de Valencia, Valencia, Spain; Eleanor Quested, PhD, University of Birmingham, Birmingham, UK; Isabel Castillo, PhD; Marisol Alvarez, PhD, Universidad de Valencia, Valencia, Spain; Joan L Duda, PhD, University of Birmingham, Birmingham, UK</p> <p>(Session continued on next page) 6:00 - 6:20 pm Event segmentation: how are movements represented in the dancer’s mind Corinne Jola, PhD; Helen Murphy, University of Glasgow, Glasgow; Kedzie Penfield, BA, Queen Margaret University, Edinburgh, UK; Anna Kuppuswamy, PhD, Imperial College London, UK and National Institute of Health, Bethesda, Maryland, USA; Frank Pollick, PhD, University of Glasgow, Glasgow, UK</p> <p>6:30 pm Closing Remarks Matthew Wyon, PhD Local Conference Host Committee Chair</p>

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

Programme subject to change.

Posters Presentations

Posters will be on display for the entire IADMS Annual Meeting

Poster Session: Friday, 29 October 2010, 4:00 - 5:00 pm

(Poster authors will be available to answer questions at their poster during this time)

Years of experience in modern dance and the improvement of coordinative abilities

Ani Agopyan, PhD; Nuri Topsakal, PhD, School of Physical Education and Sports, Marmara University; Aydin Ersoz, MA, Art and Design Faculty, Yildiz Technical University; Beril Durmus, PhD, Faculty of Economic and Administrative Sciences, Marmara University; Demet Tekin, MSc, School of Physical Education and Sports, Marmara University, Istanbul, Turkey

Development of modified hexagonal agility test protocol for dancers: a qualitative preliminary approach

Manuela Angioi, PhD; George S Metsios, PhD; Yiannis Koutedakis, PhD; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

An examination of mirrors in studio sports: visual feedback delay and the learning of a novel balance task

Anna Botterill, BS; Brian H. Jackson, PhD, Pacific University, Forest Grove, Oregon, USA

A neuro-cognitive test of dance skills

Steven J. Chatfield, PhD, University of Oregon, Eugene, Oregon, USA

Dance for health: a recent literature review for future consideration

Annabelle Couillandre, PhD, PT; Laurence Kern Morea, PhD, Université Paris Ouest, UFR STAPS, Centre de REcherche sur le Sport et le Mouvement, Paris, France.

The dancing self/other: a conceptual overview

Shantel Ehrenberg, MFA, MSc, University of Manchester, Manchester, UK

Proprioception and balance profile of the classical ballet dancers and comparison to athletes in different sports

Borut Fonda, AT; Andrej Panjan, BSc, Wise Technologies, Laboratory for Advanced Measurement Technologies, Ljubljana, Slovenia; Nejc Sarabon, PhD, University of Primorska, Science and Research Centre, Koper, Slovenia and Danshuis Station Zuid, Tilburg, The Netherlands

Kinetic analysis of the fouetté turn in classical ballet: its physical demands on the dancer's body

Akiko Imura, PhD; Yoichi Iino, PhD; Takeji Kojima, MS, Department of Sports Sciences, Graduate School of Arts and Sciences, The University of Tokyo, Tokyo, Japan

Pain tolerance and response in ballet dancers

Evan D. Johnston; Shannan F. Slagle; Jeffrey A. Russell, PhD, ATC, University of California, Irvine, California, USA

Performance anxiety in college dancers: the elephant in the studio

Jenna Keiper, BFA, BA; Robin Kish, MS, MFA, Chapman University, Orange, California, USA

The biomechanical differences between novice and advanced dancers when performing tendus, dégagés, and battements

Bridget Kelly; Caroline Ketcham, PhD, Elon University, Elon, North Carolina, USA

Establishment of the first association for dance medicine and science in Japan and results of questionnaires by participants of the first annual meeting

Mayumi Kuno-Mizumura, PhD, Ochanomizu University Tokyo; Hiromi Ashida, MD, Arima Hospital, Kyoto; Eiichi Hiraishi, MD, Eiju General Hospital, Tokyo; Yoshiko Hashimoto; Darren Hindley, Bodyworks, Tokyo, Japan

Physiological responses to a one-year dance-specific fitness training programme among full-time university modern dance students

Yooyoung Lee, MSc; Emma Redding, PhD; Edel Quin, MSc; Sarah Irvine, MSc; Sonia Rafferty, Trinity Laban Conservatoire of Music and Dance, London, UK

Comparison of the metabolic demands of three mobility devices during a standardized dance activity

Larry Mengelkoch, PhD, PT; M. Jason Highsmith, DPT, CP; Kathryn DeLaurentis, PhD; Stephanie Carey, PhD; Merry Lynn Morris, MFA, University of South Florida, Tampa, Florida, USA

Rehabilitation in water for dancers

Jennifer Mills, Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham Royal Ballet, Birmingham, UK

Evaluation of an assistive mobility device for dance training and performance

Merry Lynn Morris, MFA; Kathryn DeLaurentis, PhD; M. Jason Highsmith, DPT, CP; Stephanie Carey, PhD; Larry Mengelkoch, PhD, PT, University of South Florida, Tampa, Florida, USA

Effects of increase in hip muscle contraction on postural control during quiet stance.

Naoko Oba, PhD candidate, The University of Tokyo, Tokyo, Japan

Anatomy and function of the patellofemoral joint in ballet dancers

Monica R. Sanders, BA; Jeffrey A. Russell, PhD, ATC, University of California, Irvine, Irvine, California, USA

Searching for a reliable, sensitive, and valid tools for the evaluation of balance.

Nejc Sarabon, PhD, University of Primorska, Science and Research Centre, Koper, Slovenia, Danshuis Station Zuid, Tilburg, The Netherlands; Andrej Panjan, BSc, Wise Technologies, Laboratory for Advanced Measurement Technologies, Ljubljana, Slovenia.

3-Dimensional analysis of turnout

James Shippen, PhD; Barbara May, MBA, Coventry University, Coventry, UK

Is ballet training necessary for contemporary dancers? Comparative screening of two dance programmes: one with and one without ballet training

Liane Simmel, MD, DO, Spiraldynamik Munich, Germany; Andrea Schärli, MSc, PhD candidate, Zurich University of the Arts, Zurich, Switzerland

Challenges in measuring extreme plantar flexion in female ballet dancers

Shannan F. Slagle; Evan D. Johnston; Jeffrey A. Russell, PhD, ATC, University of California, Irvine, Irvine, California, USA

The effects of different intensity warm up on energy cost and energy sources when performing a classical ballet variation

Yoko Takei, BA; Yasuyuki Yoshida, PhD; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Facilitating creativity in young talented dancers: findings from the UK Centres for Advanced Training

Deborah E. Watson, MSc; Sanna M. Nordin, PhD, Trinity Laban Conservatoire of Music and Dance, London; Kerry Chappell, PhD, Exeter University, Exeter, UK

EMG investigation of abdominal and spinal muscle activity in arabesque penchée

Irina Wunder, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

Sunday, 31 October 2010**A Day for Teachers**
Safe and Effective Dance Practice

- 9:15 - 10:00 am** **Welcome: Registration and refreshments**
- 10:00 - 10:10 am** **Opening Remarks**
Rachel Rist, MA, Director of Dance, Tring Park School for Performing Arts, Tring, Hertfordshire, UK;
Donna Krasnow, MS, York University, Toronto, Ontario, Canada, and California State University at Northridge, California, USA
- 10:10 - 11:05 am** **Session 1: Alignment and anatomy**
Donna Krasnow, MS, York University, Toronto, Ontario, Canada, and California State University at Northridge, Northridge, California, USA
- 11:05 - 12:00 pm** **Session 2: Sequencing the dance class**
Rachel Rist, MA, Director of Dance, Tring Park School for Performing Arts, Tring, Hertfordshire, UK
- 12:00 - 1:00 pm** **LUNCH BREAK (Box lunch may be reserved during on-line registration)**
- 1:00 - 1:50 pm** **Session 3: Injury prevention and management**
Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK
- 1:50 - 2:40 pm** **Session 4: Promoting healthy environments**
Virginia Wilmerding, PhD, University of New Mexico, Albuquerque, New Mexico, USA
- 2:40 - 3:00 pm** **Experiential session**
Jan Dunn, MS, Denver Dance Medicine Associates, University of Colorado, Boulder, Colorado, USA
- 3:00 - 3:40 pm** **IADMS/Trinity qualification on safe and effective dance practice: information for course providers and candidates**
Maggie Morris, MA, Trinity College London; Sonia Rafferty, BA(Hons), MSc, Trinity Laban Conservatoire of Music and Dance, London, UK
- 3:40 - 4:00 pm** **Final panel discussion**
Moderator: Donna Krasnow, MS
Panelists: Jan Dunn, MS; Maggie Morris, MA; Sonia Rafferty, BA(Hons), MSc; Emma Redding, PhD; Rachel Rist, MA; Virginia Wilmerding, PhD

Programme subject to change.

Sunday, 31 October 2010**A Day for Physiotherapists and Athletic Trainers****The Hypermobile Dancer: Evaluation, Treatment, And Rehabilitation**

8:30 - 9:00 am	Registration and refreshments
9:00 - 9:10 am	Opening remarks Katherine Ewalt, MS, ATC, PAARTS Wellness Studio, San Diego Ballet Company, San Diego Dance Theater, Malashock Dance, San Diego, California, USA
9:10 - 9:55 am	The scientific basis for the joint hypermobility syndrome Rodney Grahame, CBE, MD, FRCP, FACP, FRSA, Consultant Rheumatologist, University College Hospital and Honorary Consultant in Paediatric Rheumatology, Great Ormond Street Hospital for Children; Honorary Professor, University College London in the Department of Medicine, London, UK
9:55 - 10:55 am	Acquiring hypermobility for dance: does spinal hypermobility enhance performance? (Lecture/Lab) Suzanne Martin, DPT, CLT, Smuin Ballet, Pilates Therapeutics, Dance Studio Life, San Francisco, CA, USA
10:55 - 11:05 am	BREAK
11:05 - 12:05 pm	Evaluation and treatment of a hypermobile shoulder girdle in the dancer patient (Lecture/Lab) Kendra Sakamoto, MS, ATC, , Cirque du Soleil - "Kooza" North American Tour, USA
12:05 - 1:05 pm	LUNCH BREAK (Box lunch may be reserved during on-line registration)
1:05 - 2:05 pm	Training and rehabilitation issues for the hypermobile hip (Lecture/Lab) Gayanne Grossman, PT, EdM, Muhlenberg College, Allentown, Pennsylvania, USA
2:05 - 3:05 pm	Foot loose and dancing free? (Lecture/Lab) Sian Morgan, MSCP, SRP, Birmingham Royal Ballet, Birmingham, UK
3:05 - 3:15 pm	BREAK
3:15 - 3:45 pm	The Birmingham Royal Ballet/ Jerwood Centre Medical Model: "state of the art" (Lecture/Tour) Nick Allen, MSc(Sports Med), BSc(Hons), , The Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham, UK
3:45 - 4:00 pm	Closing remarks and evaluation Katherine Ewalt, MS, ATC, PAARTS Wellness Studio, San Diego Ballet Company, San Diego Dance Theater, Malashock Dance, San Diego, CA, USA

Programme subject to change.

Sunday, 31 October 2010**Biomechanics and Dance Workshop**

**Location: Motion Capture Laboratory, Coventry University
[Coventry is approximately 18 miles/30 km from Birmingham]**

9:45 - 10:00 am	Registration and refreshments
10:00 - 10:10 am	Welcome Martin Woolley, PhD, Coventry University, Coventry, UK
10:10 - 10:40 am	Session 1: Biomechanical theory related to dance applications James Shippen, PhD, Coventry University, UK
10:40 - 11:10 am	Session 2: Elements of motion capture Shaw Bronner, PhD, ADAM Center, Long Island University, Brooklyn, New York, USA
11:10 - 11:30 am	REFRESHMENT BREAK
11:30 - 12:00 pm	The use of a motion analysis laboratory in the diagnosis and management of movement-related injuries David Pratt, PhD; Jonathan Spriggs, MSc, Clinical Measurements Laboratory, Birmingham, UK
12:00 - 1:00 pm	LUNCH BREAK
1:00 - 2:30 pm	Workshop Session 3: A hands-on workshop on motion capture and analysis of dance movements Young-Hoo Kwon, PhD, Biomechanics Laboratory, Texas Woman's University, Denton, Texas, USA
2:30 - 3:00 pm	REFRESHMENT BREAK
3:00 - 4:00 pm	Workshop Session 4: Free form motion laboratory practice Led by James Shippen, PhD, Coventry University, Coventry, UK and Shaw Bronner, PhD, ADAM Center, Long Island University, Brooklyn, New York, USA

Programme subject to change.