

SCHEDULE

IADMS 25TH ANNUAL MEETING

Revised September 15, 2015
Program subject to change

FRIDAY, OCTOBER 9, 2015

8:00 -9:00am **Registration; Tea and Coffee**

9:00-9:15 am

Salons 2-5

Opening Remarks

Janet Karin, OAM, President, IADMS

Steven Chatfield, PhD, CFO, IADMS

Virginia Wilmerding, PhD, CEO, IADMS, Program Committee Chair

Presentation – Student Research Award, David Weiss, MD

(Sponsored by Harkness Center for Dance Injuries)

9:15 - 9:30 am

Welcome: Terrence Orr, Artistic Director, Pittsburgh Ballet Theatre

9:30- 10:15 am

Clinical Symposium:

Differences between dancers with high and low internalized shame: a psychological profile.

Paula Thomson, PsyD, S. Victoria Jaque, PhD, California State University, Northridge, California, USA

Moderator: Donna Krasnow, PhD, Valencia, California, USA

10:30-11:00

REFRESHMENT BREAK

11:00 am – 1:00 pm

Lecture and Movement Sessions:

<u>Salons 2-3</u>	<u>Salons 4-5</u>
Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA	Moderator: K Michael Rowley, Los Angeles, California, USA
<p>11:00 - 11:20 am Transverse plane motion at the knee: implications for anterior cruciate ligament injury risk in dancers Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p> <p>11:30 - 11:50 am Anterior hip pain in a dancer - an alternative diagnosis Moira McCormack, MSc, The Royal Ballet, London, UK</p>	<p>11:00 - 11:10 am Dancer aerobic fitness: ten years on Emma Redding, PhD, Edel Quin, MSc, Sonia Rafferty, MSc, Sarah Beck, MSc, Trinity Laban Conservatoire of Music and Dance, London: Imogen Aujla, PhD, University of Bedfordshire, UK; Sanna Nordin-Bates, PhD, The Swedish School of Sport and Health Sciences, Sweden</p> <p>11:15 - 11:35 Jump higher safely: depth jumps for dancers Luis Xarez, PhD, University of Lisbon, Lisbon, Portugal</p> <p>11:45 am- 12:05pm Periodization and metabolic conditioning for dancesport: potential adaptations David Outevsky, MSc, Blake Martin, PhD, York University, Toronto, Canada</p>

FRIDAY, OCTOBER 9, 2015

<p>12 noon - 12:20 Radiographic Prevalence Of Dysplasia And Femoroacetabular Impingement In Elite Ballet Joshua D Harris, MD; Brayden J Gerrie, BS; Kevin E Varner, MD; David M Lintner, MD; Andrew J Murphy, BS; Patrick C McCulloch, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA</p> <p>12:30 -12:50 pm Hip arthroscopy: what can dancers really expect: critical review of the mixed data on hip arthroscopy and dancers Peter Lavine, MD, INOVA Mt Vernon Hospital, Washington, DC, USA</p>	<p>12:15- 12:25pm The effects of jump strategy modification on energetics during dance jumps Danielle Jarvis, MS, KorneliaKulig, PhD, University of Southern California, Los Angeles, California, USA</p> <p>12:30- 12:40pm The importance of fat free mass index at static and dynamic core strength in modern dancers DemetTekin, MSc, PT, Istanbul Bilgi University; Ani Agopyan, PhD, Marmara University, Istanbul, Turkey</p> <p>12:45 - 12:55 pm Benefits of a dance specific plyometric training program on landing biomechanics and muscle strength Emily Richards, BFA; Susan Kinney, PT; Tara McCrystal, DPT, The Boston Conservatory, Boston, Massachusetts, USA</p>
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<p>Marquis A-B</p> <p><u>Movement Session – 11:00-11:50 am</u> Moderator: Janet Karin, OAM, Melbourne, Australia</p>
<p>Under the skin: dance-making workshop for integrating anatomical knowledge Anne Burnidge, MFA, CLMA, University of Buffalo, Buffalo, New York, USA</p>
<p>Marquis C</p> <p><u>Movement Session – 11:00-11:50 am</u> Moderator: Amanda Clark, MFA, Cleveland, Ohio USA</p>
<p>Re-thinking the construct of “core stability” from a neuroscience perspective Steven Chatfield, PhD, University of Oregon, Eugene, Oregon, USA</p>

Movement sessions continued on next page

FRIDAY, OCTOBER 9, 2015

<p><u>Marquis A-B</u></p> <p>Movement Session – 12:00 noon - 12:50 pm Moderator: Erin Sanchez, MSc, London UK</p>
<p>Timing Matters: Looking at the link between rhythmic logic and movement efficiency using the double-spiral model</p> <p>Rebecca Netti-Fiol, MFA, M.AMSAT, University of Illinois Urbana-Champaign, Urbana, Illinois, Luc Vanier, MFA, M.AMSAT, Texas Tech University, Lubbock, Texas; USA</p>
<p><u>Marquis C</u></p> <p>Movement Session –12:00 noon - 12:50 pm Moderator: Jeffrey A Russell, PhD, AT, Athens, Ohio, USA</p>
<p>Optimize and experience the shoulder complex in movement exercises using a theraband</p> <p>Eva Powers, MA, Wayne State University, Detroit, Michigan, USA</p>

1:00 - 2:50 pm **LUNCH BREAK - (with Committee Meetings reserved time)**
(Locations TBD)

3:00 – 5:00 pm **Lecture and Movement Sessions:**

<u>Salons 2-3</u>	<u>Salons 4-5</u>
<p>Moderator: Valerie Williams, DPT, Pittsburgh, Pennsylvania USA</p>	<p>Moderator: Moderator: Amanda Clark, MFA, Cleveland Ohio, USA</p>
<p>3:00 - 3: 50 pm Live demonstration: assisting dancers in transferring skills from partial-weight-bearing exercises to dance technique Barbara Harris, Boston Ballet, Boston, Massachusetts, USA; Leila Kester, Nederlands Dance Theatre, Amsterdam, The Netherlands; Jane Paris, The Royal Ballet, London, UK; Clarice Marshall, MFA, New York, New York, USA; Paula Baird-Colt, The Australian Ballet, Melbourne, Victoria, Australia</p>	<p>3:00 - 3:20 pm Tracing the history of dance science in academia in the United Kingdom Karen Potter, MFA; Ziyang Cui, BA, Case Western Reserve University, Cleveland, Ohio USA</p>
<p>4:00 - 4:20 pm Scoliosis in the adolescent dancer: a collaboration between dance teacher, physiotherapist and Pilates conditioning specialist Astrid Sherman, BSc, Susanne Higgins, PT, Erika Mayall, MPT, HBSc(Kin), Pro Arte Centre, North Vancouver, Canada</p>	<p>3:30 - 3:50 pm Re-framing a dance science course for BFA university dance majors: teaching strategies Judith Steel, MA; Rebecca E Brown, DPT, Virginia Commonwealth University, Richmond, Virginia, USA</p>
	<p>4:00 - 4:50 pm <u>Clinical Symposium:</u> Energy balance, metabolism, body composition and weight management in dance: exploring the evidence and challenges across dance genres Jasmine Challis BSc RD, Reading, UK</p>

FRIDAY, OCTOBER 9, 2015

4:30 - 4:40 pm

The effects of dance specific anaerobic warm-up protocols on pelvic alignment in university ballet dancers

Teal Darkenwald, MFA, BFA, East Carolina University, Greenville, North Carolina, USA; Mikum Leah Webster, MSc, BA, Pure Sports Medicine, London, UK; Paul DeVita, PhD; Patrick Rider, MA, BS; Matthew Becker, MS, MS; Amy Parrish, BFA, East Carolina University, Greenville, North Carolina, USA

4:45 - 4:55 pm

Assessing the relationship between iliopsoas tightness, pelvic tilt, and lumbar spinal alignment among dancers

Aurianna Lajaunie, BS, Connecticut College, New London, Connecticut; Elizabeth Eyermann, University of Pennsylvania, Philadelphia, Pennsylvania; Leigh Schanfein, MS, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA

Marquis A-B

Movement Session – 3:00 - 3:50 pm

Moderator: Matthew Wyon, PhD, Walsall, UK

Incorporating conditioning into a modern dance technique class

Michelle R B Strong, MFA; Alexandra Pooley, MSc, Texas A&M University, College Station, Texas, USA

Marquis C

Movement Session – 3:00 - 3:50 pm

Moderator: Lauren Elson, MD, Boston, Massachusetts USA

Non-invasive evaluation and treatment of sacrotuberous ligament and pelvic floor dysfunctions in dancers

Steven Karageanes, DO, FAOASM, MercyElite Sports Performance, St Mary Mercy Hospital, Livonia, Michigan USA; Anna Achimowicz, Centrum Medycyny Tanca, Warsaw, Poland

Marquis A-B

Movement Session – 4:00 - 4:50 pm

Moderator: Sarah Beck, MSc, London, UK

Making better and healthier dancers

Peter Lewton-Brain, DO, Monaco

Marquis C

Movement Session – 4:00 - 4:50 pm

Moderator: Rachel Rist, MA, Tring Park UK

Releasing the dancer's wings

FRIDAY, OCTOBER 9, 2015

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

5:00 - 6:00 pm REFRESHMENT BREAK AND POSTERS - Group 1

6:00 – 7:00 pm Lecure and Movement Sessions:

<u>Salons 2-3</u>	<u>Salons 4-5</u>
Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA	Moderator: Lauren Elson, MD, Boston, Massachusetts, USA
6:00 - 6:50 pm How to ask questions: an introduction to survey research Lynda Mainwaring, PhD, CPsych, University of Toronto, Toronto, Canada; Carolyn Keeler, DO, Duke University, Durham, North Carolina; Esther A. Chou, MEd, AT; Inova Sports Medicine, Fairfax, Virginia, USA; Derrick Brown, MSc, Radboud University, Nijmegen, The Netherlands; Claire Hiller, PT, PhD, University of Sydney, Sydney, Australia; Tom Welsh, PhD, University of Florida, Tallahassee, Florida; Selina Shah, MD, Center for Sports Medicine, San Francisco, California; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio; Marc I Harwood, MD, Thomas Jefferson University, Philadelphia, Pennsylvania, USA; Annabelle Couillandre, PhD, Université Paris Oueste Nanterre La Défense, Paris, France; Manuela Angioi, PhD, Queen Mary University, London, UK; Jatin Ambegaonkar, PhD, AT, George Mason University, Manassas, Virginia USA	6:00 - 6:45 pm <u>Clinical Symposium:</u> Understanding anterior knee pain in the dancer Peter G Gerbino, MD, Department of Surgery, Community Hospital of the Monterey Peninsula, Monterey, California, USA

Marquis A-B

Movement Session – 6:00 - 6:50 pm

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

Freedom in the hips: an experiential Yoga practice

Lauren Kearns, MFA, Elon University, Elon, North Carolina, USA

Marquis C

Movement Session – 6:00 - 6:50 pm

Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA

Abstracting developmental actions/intentions into three models: the simple, double spiral and four phases models

Luc Vanier, MFA, M.AMSAT, Texas Tech University, Lubbock, Texas; Rebecca Netti-Fiol, MFA, M.AMSAT, University of Illinois Urbana-Champaign, Urbana, Illinois, USA

7:30 pm

WELCOME RECEPTION

SATURDAY, OCTOBER 10, 2015

7:30 - 8:20 am

**BUSINESS MEETING - All delegates invited to attend
Salon 2-3**

8:30 – 10:30 am

Lecture and Movement Sessions:

Marquis A-B

Movement Session – 8:30 - 9:20 am

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

Increasing strength and stability through postural awareness

Tiffany Sudol, DPT,CFMT, Elite Health Services, Old Greenwich, Connecticut; Dawn M Cox, MSPT,CFMT, Prana Functional Manual Therapy, Lancaster, Pennsylvania, USA

Marquis C

Movement Session – 8:30 - 9:20 am

Moderator: Selina Shah, MD, San Francisco, California, USA

Using rotator discs to increase strength and endurance in external rotation for dancers

Carissa Armstrong, MFA; Christine Bergeron, MFA, Texas A&M University, College Station, Texas, USA

Marquis A-B

Movement Session – 9:30 - 10:20 am

Moderator: Debra Crookshanks, PT, Melbourne, Australia

Improving stability and recovery in dancers using the Parasetter

Erin Zoch, DPT; Marika Molnar, PT, LAc, Westside Dance Physical Therapy, New York, USA

Marquis C

Movement Session – 9:30 - 10:20 am

Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA

Local cueing for dancer's hip joints

Sonia DeVille, MFA, Body Dynamics, Inc, Falls Church, Virginia, USA

Lectures continued on next page

SATURDAY, OCTOBER 10, 2015

Salons 2-3	Salons 4-5
<p>Moderator: Andrea Kozai, MSc, Pittsburgh, Pennsylvania, USA</p>	<p>Moderator: Jeffrey A Russell, PhD, AT, Athens, PhD, Ohio, USA</p>
<p>8:30 - 8:50 am Nutritional concerns in vegetarian and vegan dancers Shannon Sterne, MS, RDN, Case Western Reserve University, Cleveland, Ohio, USA</p>	<p>8:30 - 8:50 am The Fascial Distortion Model: a new paradigm for pain relief and restored movement: a powerful tool for the care of dancers, athletes, and everyone Todd Capistrant, DO, MHA, Tanana Valley Clinic Banner Health, Fairbanks, Alaska, USA</p>
<p>9:00 - 9:10 am Bone mineral density and nutrition intake in dance students: an international comparison between two vocational dance schools in the UK and Portugal Tânia Amorim, MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; José Maia, PhD; José Carlos Machado, PhD, University of Porto, Porto, Portugal; George Metsios, PhD, University of Wolverhampton, Walsall, UK; Andreas Flouris, PhD; Yiannis Koutedakis, PhD, University of Thessaly, Trikala, Greece</p>	<p>9:00 - 9:10 am Autonomy, relatedness, competence and the immune response in a ballet and contemporary dance school Lucie Clements, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Eleanor Quested, PhD, Curtin University, Perth, Western Australia, Australia; James Turner, PhD, University of Bath, Bath, Somerset, UK</p>
<p>9:15 - 9:25 am Eating disorder symptoms among elite pre-professional ballet and modern dancers Rebecca K Yau, MPH; Yvonne M Golightly, PT, PhD; David B Richardson, PhD; Cristin D Runfola, PhD; Anna E Waller, ScD; University of North Carolina at Chapel Hill, Chapel Hill; Brooke N Orr, MS, RD; Ann B Potter, MSN, FNP-BC, University of North Carolina School of the Arts, Winston-Salem; Stephen W Marshall, PhD, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, USA</p>	<p>9:15 - 9:25 am A study of the efficacy of suboccipital release compared to proprioceptive neuromuscular facilitation in hamstring extensibility in dancers Katy Chambers, MSc, BSc, Trinity Laban Conservatoire of Music and Dance, James Brouner, BSc, Kingston University, London, UK</p>
<p>9:30 - 9:40 am The role of L-Leucine in the dancer's metabolic health and performance Victor Prisk, MD, Allegheny Health Network, Blawnox Pennsylvania, USA</p>	<p>9:30 - 9:50 am Missed diagnoses in dance medicine: critical evaluation techniques for ribs and pelvis Meredith Butulis, DPT, MSPT, Twin Cities Orthopedics, Edina, Minnesota, USA</p>
<p>9:45 - 9:55 am Substance use habits of collegiate dancers. Jillian Descoteaux, MSc, LAT, Ohio University, Athens, Ohio, USA</p>	

SATURDAY, OCTOBER 10, 2015

<p>10:00 - 10:10 am The association between benign joint hypermobility syndrome and low bone mineral density; a systematic review of the literature Amal Hassan, MBChB, BSc (Hons), MRCP; Manuela Angioi, PhD, University of Bristol, London, UK</p> <p>10:15 - 10:25 am The effect of dietary protein consumption on body composition in female collegiate dancers Ann F Brown, CISSN; Christopher W Bach, MS; Giuliana De Almeida; Shawn M Leonard; Tom Welsh, PhD; Michael J Ormsbee, PhD, Florida State University, Tallahassee, Florida, USA</p>	<p>10:00 - 10:20 am Acupuncture: a biopsychosocial approach to caring for the dancer Megan Richardson, LAc, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p>
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10:30- 11:00 am REFRESHMENT BREAK AND JDMS Editorial Board meeting

11:00 am – 1:00 pm Lecture and Movement Sessions:

<u>Salons 2-3</u>	<u>Salons 4-5</u>
<p>Moderator: Jatin Ambegaonkar, PhD, Manassas, Virginia, USA</p> <p>11:00 - 11:10 am Examining dance injuries treated with physical therapy Lindsay Harmon-Matthews, PT, DPT; Randi Love, PhD; Ohio State University, Columbus, Ohio, USA</p> <p>11:15 - 11:25 am Preferred providers for dance-related injury among student and professional dancers in France Stephanie Alimena, BA, BS, University of Connecticut School of Medicine, Farmington, Connecticut; Mary E Air, Kaiser Permanente San Rafael Medical Center, San Rafael, California, USA</p> <p>11:30 - 11:50 am Screening the young dancers: summarizing 30 years of screenings TzakiSiev-Ner, MD, Sheba Medical Center , Tel-Hashomer; NiliKnopp-Steinberg, PhD, The Wingate Institute, Netanya,Israel</p>	<p>Moderator: K Michael Rowley, Los Angeles, California, USA</p> <p>11:00 - 11:20 am The science of motor learning: creating a model for dance training Donna Krasnow, PhD, California Institute of the Arts, Los Angeles, California; Virginia Wilmerding, PhD, University of New Mexico, Albuquerque, New Mexico, USA</p> <p>11:30 - 11:40 am The language of plié Kathleen Bower, DPT, Brent Anderson, PhD, PT, Miami City Ballet, Miami, Florida USA</p> <p>11:45 - 11:55 am Building an environment for creative movement exploration in early childhood: considerations to support motor skill development Christina Salgado, BA, MA, Pittsburgh Ballet Theater, Pittsburgh, Pennsylvania, USA</p>

SATURDAY, OCTOBER 10, 2015

<p>12:00 noon - 12:10 pm Factors influencing prediction of injuries at a walk-in clinic during a summer dance intensive Julie Canfield, BS, SPT; MelanaTysowsky, BFA, SPT; Susan Kokot, BS, SPT; Jacqueline McNeill, BS, SPT; Norah Cetin, BS, SPT; Charles Sheets, MPT, OCS; Rosalinda CCanizares, DPT, SCS; Robert J Butler DPT, PhD, Duke University, Durham, North Carolina, USA</p> <p>12:15 - 12:25 pm Review of injuries across multiple professional dance companies for the 2014/15 season Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio USA</p> <p>12:30 - 12:40 pm Contemporary floor work and risk for potential injury Chad VanRamshorst, BFA, Chapman University, Orange, California, USA</p> <p>12:45 - 12:55 pm Hypermobility as a predictor of injury in pre-professional modern dancers Naomi G Bauer, SPT; Northeastern University, Boston, Massachusetts; Shaw Bronner, PhD, PT, ADAM Center, Brooklyn, New York, USA</p>	<p>12:00 noon - 12:10 pm Pulling up and rooting down: the physiology of making space Ilya Vidrin, EdM; Lauren Elson, MD, Harvard University, Cambridge, Massachusetts, USA</p> <p>12:15 - 12:25 pm A reason to dance Jason Ohlberg, MFA, University of Washington, Seattle, Washington, USA</p> <p>12:30 - 12:40 pm Using body ability in choreography Sara Puchowska, PhD, Academy of Performing Arts, Prague, Czech Republic</p> <p>12:45 - 12:55 pm Attentional focus in classical ballet: a survey of professional dancers Clare Guss-West, BHum, BA, European Network for Opera and Dance Education, Zurich, Switzerland; Gabriele Wulf, PhD, University of Nevada, Las Vegas, Nevada, USA</p>
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<p><u>Marquis A-B</u></p> <p><u>Movement Session – 11:00 - 11:50 am</u> Moderator: Debra Crookshanks, PT, Melbourne, Australia</p>
<p>Implementing a comprehensive pre-pointe preparation program Alice Hobden, Kew School of Dance; Jane Andrewartha, Movement & Dance Education Centre, Melbourne, Australia</p>
<p><u>Marquis C</u></p> <p><u>Movement Session – 11:00 - 11:50 am</u> Moderator: Emma Redding, PhD, London, UK</p>
<p>Movement Session: Gaga, OhadNaharin's movement language Bobbi Smith, MA, Yossi Naharin, Gaga Movement, LTD, Haniel, Isreal</p>

Movement Sessions continued on next page

SATURDAY, OCTOBER 10, 2015

<u>Marquis A-B</u>
<p><u>Movement Session – 12:00 noon - 12:50 pm</u> Moderator: Jeffrey A Russell, PhD, AT, Athens, Ohio, USA</p>
<p>Breathing, core connecting, and the importance of individualized cueing Clarice S Marshall, MFA, New York City; Christine Bratton, PT, OCS, Brooklyn, New York, USA</p>
<u>Marquis C</u>
<p><u>Movement Session – 12:00 noon - 12:50 pm</u> Moderator: Debra Crookshanks, PT, Melbourne, Australia</p>
<p>Motor control training for the hip: a movement session Sally Donabauer, DPT, Cleveland Clinic, Cleveland, Ohio, USA</p>

1:00 – 2:50 pm ROUND TABLE LUNCH

<p><u>Roundtable</u> Dance Education Dance Research Psychology Nutrition Medical Doctors PT/AT Somatics Standardization</p>	<p><u>Moderator</u> Rachel Rist Donna Krasnow Paula Thompson Jasmine Challis Freddie Fu Paula Baird Colt Margaret Wilson Marijeanne Leiderbach</p>
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3:00 – 5:00 pm Lecture and Movement Sessions:

<u>Salons 2-3</u>	<u>Salons 4-5</u>
<p>Moderator: Victor Prisk, MD, Blawnox, Pennsylvania, USA</p>	<p>Moderator: Donna Krasnow, PhD, Valencia, California USA</p>
<p>3:00 - 3:20 pm Painful ostrigonom excision in dancers via an open posteromedial approach Jessica H Heyer, MD, George Washington University, Washington, DC; Donald Rose, MD, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p>	<p>3:00 - 3:10 pm Optimal scheduling of a calf strengthening program for adolescent female ballet dancers Janet Karin, OAM, GradCert, Australian Ballet School; Diana Crossing, BExSc; Elizabeth Bradshaw, PhD; Vanessa Rice, PhD, Australian Catholic University, Melbourne, Australia</p>
<p>3:30 - 3:40 pm Clinical significance of ultrasonography in preoperative planning for posterior ankle impingement syndrome in ballet dancers Kenichiro Takeshima, MD, Saitama National Hospital, Saitama; Eiichi Hiraishi, MD Eiju General Hospital; Kanako Kudo, MD; Hiroko Ikezawa, MD, Keio University Hospital, Norio Usami, MD, Usami Orthopedics Clinic, Tokyo, Japan</p>	<p>3:15 - 3:25 pm Kinematic and kinetic analysis of repetitive and static relevé among adolescent female dance students Amit Abraham, MAPhty, Haifa University, Haifa; Ayelet Dunsky, PhD, Wingate Institute, Netanya; Ruth Dickstein, DSc, Haifa University, Haifa, Israel</p>

SATURDAY, OCTOBER 10, 2015

<p>3:45 - 3:55 pm Toe flexor strength, flexibility and function and flexor hallucis longus tendon morphology in dancers and non-dancers K Michael Rowley, BS, BA; Danielle N Jarvis, PhD, ATC, University of Southern California, Los Angeles, California, USA; Toshiyuki Kurihara, PhD, Ritsumeikan University, Kusatsu, Shiga, Japan; Yu-Jen Chang, PhD, PT; Abbigail L. Fietzer, DPT; Kornelia Kulig, PhD, PT, University of Southern California, Los Angeles, California, USA</p> <p>4:00 - 4:20 pm Achilles tendon structure and function in classical ballet dancers Jennifer Zellers, DPT, Katrina M Van Ostrand, PT, MPT; Karin Grävare Silbernagel, PT, PhD, University of Delaware, Newark, Delaware, USA</p> <p>4:30 - 4:50 pm Common and uncommon ossicles of the foot and ankle: an update on presentation, diagnosis and treatment Cassidy Foley, DO, Childrens Healthcare of Atlanta, Atlanta, Georgia; Andrew J M Gregory, MD, FAAP, Vanderbilt University, Nashville, Tennessee, USA</p>	<p>3:30 - 3:40 pm Could Pilates training improve <i>Grand dè Battement</i>? Kinematic and kinetic analysis Misato Tachibana, MS&ATC; Doshisha University, Kyoto City, Japan; Kasumi Momoda, BS, Doshisha University, Kyoto City, Japan; Yasuo Nakamura, PhD, Doshisha University, Kyoto City, Japan; Tatsuya Hojo, MD&PhD, Doshisha University, Kyoto City, Japan</p> <p>3:45 - 3:55 pm The test-retest reliability of total body kinematic assessment of dancers landing from a forward <i>Grand Jeté</i> Valerie Williams, DPT, MS; Heather Bansbach, MS; John Abt, PhD, ATC, University of Pittsburgh, Pittsburgh, Pennsylvania, USA</p> <p>4:00 - 4:20 pm Biomechanical metrics of aesthetic perception in dance Shaw Bronner, PhD, PT, ADAM Center, Brooklyn, New York, USA; James Shippen, PhD, CEng, Coventry University, Coventry, UK</p> <p>4:30 - 4:50 pm The effect of classical dance training on balance, agility, flexibility, and strength in college-aged students Sarah DiPasquale PT, DPT; Hannah Swomley, BA; Madeline Morser; Meaghan Wood, Skidmore College, Saratoga Springs, New York USA</p>
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Marquis A-B

Movement Session – 3:00 - 3:50 pm

Moderator: Debra Crookshanks, PT, Melbourne, Australia

Functional Awareness[®] Anatomy in action: innovative strategies to improve dance training through experiential anatomy

Nancy Wanich-Romita, MFA, Towson University, Towson, Maryland, USA

Marquis C

Movement Session – 3:00 - 3:50 pm

Moderator: Matthew Wyon, PhD, Walsall, UK

Changing how we teach: the art of integrating science into a dance class

Bianca Jugaranu, BFA, Bianca Lilly Ballet, Albuquerque, New Mexico, Christina Noel Adcock, Arvada Center for the Arts and Humanities, Denver, Colorado USA

Movement sessions continued on next page

SATURDAY, OCTOBER 10, 2015

Marquis A-B

Movement Session – 4:00 - 4:50 pm

Moderator: Andrea Kozai, MSc, Pittsburgh, Pennsylvania USA

Functional Movement Assessment (FMA) for dancers.

Amy Slattery, MS, PT, Vesla Sports Performance & PT, Pittsburgh, Pennsylvania, USA

Marquis C

Movement Session – 4:00 - 4:50 pm

Moderator: Rachel Rist, MA, Tring Park, UK

What does it mean to support the arabesque from underneath? A biomechanical and energetic breakdown of the relationships of the extended back, the level hip and the inner thigh

Diane Abbey Alter, MFA, BPhil, Walnut Lodge Yoga and Movement Center, Sharon, Pennsylvania, USA

5:00 - 6:00 pm

REFRESHMENT BREAK AND POSTERS - Group 2

6:00 – 7:00 pm

Lecture and Movement Sessions:

Salons 2-3

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

6:00 – 6:50 pm

Clinical Symposium:

A potpourri of things often missed

William G Hamilton, MD, Senior Attending Mt. Sinai-Roosevelt Hospital, Clinical Professor of Orthopaedic Surgery at the Icahn School of Medicine at Mt. Sinai Hospital; Orthopaedic Consultant, New York City Ballet, School of American Ballet, American Ballet Theatre, Jacqueline Kennedy Onassis School at American Ballet Theatre; New York, New York, USA

Salons 4-5

Moderator: Sarah Beck, MSc, London, UK

6:00 - 6:10 pm

Publishing your research: advice from the experts

Amanda Clark, MFA, Case Western Reserve University, Cleveland, Ohio; Stephanie Alimena, BA, BS, University of Connecticut, Farmington, Connecticut; Andrea Alvarez, Case Western Reserve University, Cleveland, Ohio, USA; Lucie Clements, MSc, Trinity Laban Conservatoire of Music and Dance, London; Siobhan Mitchell, MSc, University of Bath, Bath, UK; Carina M. Nasrallah, MS, AT, Shenandoah University, Winchester, Virginia, USA

6:15 - 6:25 pm

Undergraduate student research: facilitating, mentoring, and guiding new researchers in dance medicine and science

Jennifer Deckert, MFA; Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming; Tom Welsh, PhD, Florida State University, Tallahassee, Florida; Robin Kish, MS, MFA, Chapman University, Orange, California, USA

SATURDAY, OCTOBER 10, 2015

	<p><i>(Lectures continued on next page)</i></p> <p>6:30 - 6:40 pm IADMS engaging the international dance community through social media K Michael Rowley, BS, BA, University of Southern California, Los Angeles, California, USA; Sarah Beck, MSc; Hannah Etlin-Stein, MSc; Gemma Harman, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Luke Hopper, PhD, Edith Cowan University, Western Australia, Australia; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan; Adrienne Stevens, PhD, Performing Health, NY, USA</p> <p>6:45 - 6:55 pm Student and young professional networking workshop Amanda Clark, MFA, Cleveland, Ohio; Stephanie Alimena, BA, BS, University of Connecticut School of Medicine, Farmington, Connecticut; Andrea Alvarez, BS, Case Western Reserve University, Cleveland, Ohio, USA; Lucie Clements, MRes, MSc, Trinity Laban Conservatoire of Music & Dance, London, UK; Carina M. Nasrallah, MS, ATC, Shenandoah University, Winchester, Virginia, USA; Siobhan Mitchell, MRes MSc, University of Bath, Bath, UK</p>
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Marquis A-B

Movement Session – 6:00 - 6:50 pm

Moderator: Erin Sanchez, MSc, London, UK

Principles of strength and conditioning for training and rehabilitation in dance: a movement session

Katie C Rodrick MS, ATC, Cleveland Clinic Rehabilitation and Sports Therapy, Cleveland, Ohio; Angela L Seitz, Prana Yoga and Dance Studio, Broadview Heights, Ohio, USA

Marquis C

Movement Session – 6:00 - 6:50 pm

Moderator: Janet Karin, OAM, Melbourne, Australia

Maximizing a dancer's capacity for career longevity: a sensory approach to Pilates matwork for dancers

Teresa Maldonado Marchok, MPT, Stanford University, Stanford, California; Kimberly Dye, MS, BC-DMT, CEO Dye-namic Movement Products, Issaquah, Washington, USA

8:00 – 11:00 pm
Salons 2-4

EVENING - DANCE PARTY

SUNDAY, OCTOBER 11, 2015

7:00 – 7:45 am

Pre-meeting Lectures:

<u>Salons 2-3</u>	<u>Salons 4-5</u>
<p>How to peer review a paper? An introduction for future reviewers and tips for experienced reviewers Jatin Ambegaonkar PhD, ATC, George Mason University, Manassas, Virginia; Jeffrey A Russell, PhD, AT, Ohio University, Ohio, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Ruth Solomon, Professor Emerita, University of California, Santa Cruz, USA</p>	<p>Update from the Standard Measures Consensus Initiative (SMCI) Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p>

8:00 – 10:00 am

Lecture and Movement Sessions:

<p><u>Marquis A-B</u> <u>Movement Session - 8:00 - 8:50 am</u> Moderator: Peter Lewton-Brain, DO, Monaco</p>
<p>Manualtherapy techniques specific to the dancer: a movement session Catherine Vargo, DPT, OCS, University of Pittsburgh, Pittsburgh, Pennsylvania USA</p>
<p><u>Marquis C</u> <u>Movement Session - 8:00 - 8:50 am</u> Moderator: Margaret Wilson, PhD, Laramie, Wyoming, USA</p>
<p>Sensory cueing and imagery in ballet technique classes Janet Karin, OAM, GradCert, Australian Ballet School; Diana Crossing, BExSc; Elizabeth Bradshaw, PhD; Vanessa Rice, PhD, Australian Catholic University, Melbourne, Australia</p>

<p><u>Marquis A-B</u> <u>Movement Session - 9:00 - 9:50 am</u> Moderator: Peter Lewton-Brain, DO, Monaco</p>
<p>Attentional focus in ballet: practical implications of a professional dancer's survey Clare Guss-West, BHum, BA, European Network for Opera and Dance Education, Zurich, Switzerland</p>
<p><u>Marquis C</u> <u>Movement Session - 9:00 - 9:50 am</u> Moderator: Emma Redding, PhD, London, UK</p>
<p>Pilates-based exercises for prevention of injury in the adolescent dancer: a movement session Amanda Blackmon DPT, OCS, Motion Stability at Atlanta Ballet, Atlanta, Georgia; Meghan L Gearhart PT, DPT, Drayer Physical Therapy Institute, Roaring Spring, Pennsylvania; Emma Faulkner, SPT, Emory University, Atlanta, Georgia, USA</p>

Lectures continued on next page

SUNDAY, OCTOBER 11, 2015

Salons 2-3	Salons 4-5
<p>Moderator: Tom Welsh, PhD, Tallahassee, Florida, USA</p>	<p>Moderator: Selina Shah, MD, San Francisco, California, USA</p>
<p>8:00 - 8:10 am Effects of bilateral differences on dynamic postural stability during landing using time to stabilisation protocols Frances Clarke, MSc; Matthew Wyon, PhD, Wolverhampton University, Walsall, UK</p> <p>8:15 - 8:25 am Codependency between dynamic stability and jumps' power and height among ballet school students Paulina Mira, MPhty; Robert Smigielski, MD; MalgorzataKowalczyk, MPhty; Marcin Plenzler, MPhty, Carolina Medical Center, Warsaw, Poland</p> <p>8:30 - 8:40 am Ground reaction forces in ballet: differences according to footwear and jump conditions Alyssa McPherson, MS, ATC; Carrie Docherty, PhD, ATC; John Schrader, HSD, ATC, Indiana University, Bloomington, Indiana, USA</p> <p>8:45 - 8:55 am Asymmetry in adolescent dancers: difference between gluteal activation, ground reaction force and hip adduction strength in preferred and non-preferred limbs Cassandra Conway, BS, MExSci; Elizabeth Bradshaw, PhD, Vanessa Rice, PhD, Australian Catholic University; Janet Karin, OAM, The Australian Ballet School; Ross Clark, PhD, Australian Catholic University, Melbourne, Australia</p> <p>9:00 - 9:10 am Biomechanical analysis of three dance jumping tasks Diana Soares, MSc; Tina Smith, PhD; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p> <p>9:15 - 9:25 am Horizontal but not vertical lower body power predicts injury incidence in female collegiate dancers Jatin Ambegaonkar, PhD, ATC; Catherine Suzy Schock, MS, ATC; Shane Caswell, PhD, ATC; Amanda Cary, MS; Tijana Popovic, BS; Nelson Cortes PhD, George Mason University, Manassas, Virginia, USA</p>	<p>8:00 - 8:50 am Clinical Symposium: Concussion in dancers, a real headache? Julian Widdowson, MBBS, FFSEM, MSc, SEM, Royal United Hospital Bath Foundation Trust, Bath, UK</p> <p>9:00 - 9:10 am Establishing normative concussion values for university and professional dancers Lauren McIntyre, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p> <p>9:15 - 9:25 am Recognition and management of concussion in dancers enrolled in collegiate dance departments Alexandria Gosnell, LMT, SPT; Kelly James; Andrea Fergus, PT, PhD; Rose Schmiegl, DHSc, MSPT; Shenandoah University, Winchester, Virginia, USA</p>

SUNDAY, OCTOBER 11, 2015

<p>9:30 - 9:40 am Reaching new heights: a dance-specific plyometric training following ACL reconstruction in a university dancer Melissa Strzelinski, PT, MPT, Howard Head Sports Medicine, Vail, Colorado, USA</p> <p>9:45 - 9:55 am Lower extremity and spine characteristics dancers with and without patellofemoral pain NiliKnopp-Steinberg, PhD, The Wingate Institute, Netanya, ItzhakSiev-Ner, MD, Sheba Medical Center , Tel-Hashomer, Israel</p>	<p>9:30 - 9:40 am A visual approach: mapping processes to optimise efficiency in a new organization for dancers Celia Widdowson, BSc Hons PGCE , Dance Again Foundation, Bath; Lana Ashton, BSc Hons, Performeffectv, Somerset, UK</p> <p>9:45 - 9:55 am Creating and revising IADMS resource papers Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming; Adrienne Stevens, EdD, Performing Health, New York, New York, USA; Jasmine Challis, BSc, RD, Reading, UK</p>
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10:00 - 10:30 am

REFRESHMENT BREAK

10:30 am – 12:30 pm

Lecture and Movement Sessions:

<p><u>Marquis A-B</u></p> <p><u>Movement Session - 10:30 -11:20 am</u> Moderator: Janet Karin, OAM, Melbourne, Australia</p>
<p>Understanding the dancer with scoliosis: a warm up and recovery program Suzanne Koucheravy, BS; Jenna M. Calo, DPT, OCS, Body Dynamics Inc., Falls Church, Virginia, USA</p>
<p><u>Marquis C</u></p> <p><u>Movement Session - 10:30 - 11:20 am</u> Moderator: Matthew Wyon, PhD, Walsall, UK</p>
<p>To stretch or not to stretch? Recognizing the stretch reflex; how to approach it, and use it to our advantage in dance and Pilates Jennifer Stacey, MS, Peak Performance Pilates, San Francisco, California USA</p>

<p><u>Marquis A-B</u></p> <p><u>Movement Session - 11:30 am -12:20 pm</u> Moderator: Rachel Rist, Tring Park, UK</p>
<p>The creative use of Therabands to enhance performance in dance KarineRathle, MSc, London, UK</p>
<p><u>Marquis C</u></p> <p><u>Movement Session - 11:30 am -12:20 pm</u> Moderator: Amanda Clark, MFA, Cleveland, Ohio, USA</p>
<p>Usingtechnology for movementanalysis in the dance studio Robin Kish, MS, MFA, Chapman University, Placentia, California, USA</p>

Sessions continued on next page

SUNDAY, OCTOBER 11, 2015

<u>Salons 2-3</u>	<u>Salons 4-5</u>
Moderator: Erin Sanchez, MSc, London, UK	Moderator: Victor Prisk, MD, Blawnox, Pennsylvania, USA
<p>10:30 - 10:50 am Inability to perform due to pain/injury in elite adult Irish dance: a prospective investigation of contributing factors Roisin Cahalan, PhD, BSc Physio; Kieran O'Sullivan, PhD, M Manip Ther; Helen Purtill, PhD, MSc; Norma Baggary, PhD, BSc; Orfhlaith Ni Bhriain, PhD, MA, University of Limerick; Ireland, Peter O'Sullivan, PhD, PgDipManipTher, Curtin University of Technology, Perth, Australia</p> <p>11:00 - 11:10 am A day in the life: training intensity, rest, and sleep profiles of professional ballet dancers of varying rank and gender Andrea Kozai, MSc, CSCS, Virtuoso Fitness, Pittsburgh, Pennsylvania, USA; Emily Twitchett, PhD, Midlands Independent Dance Associate Scheme, Warwick; Sian Morgan, BSc, Birmingham Royal Ballet, Birmingham; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK</p> <p>11:15 - 11:25 am Change in Profile of Mood States scores among elite dancers following time-loss injury Leigh Schanfein, MS; Megan Richardson, LAc, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</p> <p>11:30 - 11:40 am Guiding the dance community to adopt healthy body image standards Tina Hidai, BFA, BS, Chapman University, Orange, California.</p> <p>11:45 - 11:55 am Self-perceived body image in university performing arts students with special emphasis on dancers Kandis Maust, MS, AT, Ohio State University, Columbus; Jeffrey ARussell, PhD, AT; Ohio University, Athens, Ohio, USA</p>	<p>10:30 - 10:40 am Risk factors for lower extremity musculoskeletal injury in pre-professional dancers: A systematic review Sarah Kenny, MSc; Jackie Whittaker PT, PhD; Carolyn Emery, PT, PhD, Sport Injury Prevention Research Centre, University of Calgary, Calgary, Alberta, Canada</p> <p>10:45 - 10:55 am My calf pain depends on how good my core is! Moira McCormack, MSc, The Royal Ballet, London, UK</p> <p>11:00 - 11:20 am A new technique to repair ankle ligaments on a dancer Lawrence Kosova, DPM, Family Podiatry Center, Naperville, Illinois, USA</p> <p>11:30 - 11:40 am Musculoskeletal injuries in professional modern dancers: a 15-year prospective cohort study Caroline McBride; Allison Gill, Northeastern University, Boston, Massachusetts; Shaw Bronner, PhD, PT, ADAM Center, Brooklyn, New York, USA</p> <p>11:45 am - 12:05 pm Adolescent dancer with inter-metatarsal bursitis and first ray stress reaction with underlying recurring cuboid subluxation Maribeth Crupi, PT, Maribeth Crupi Physical Therapy LLC, Wilmington; Heather Southwick, MSPT, Boston Ballet; Bridget Quinn, MD, Children's Hospital Medical Center, Boston, Massachusetts, USA</p>

SUNDAY, OCTOBER 11, 2015

<p>12 noon - 12:20 pm Addressing physical limitations that threaten the dancer identity Linda Hamilton, PhD, New York City Ballet, New York City, New York, USA</p>	<p>12:15 - 12:25 pm Relationship between ankle dorsiflexion range of motion and dancers' musculoskeletal complaints Mariah Nierman, DPT, AT; Lindsay Harmon-Matthews, PT, DPT; Samantha Amway, PT, DPT; Nienke Willigenburg, PhD; Timothy EHewett, PhD, Ohio State University, Columbus, Ohio, USA</p>
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12:30 - 1:00

Closing Plenary Session

(Note: Raffle winner must be present at the closing plenary to win.)

POSTER PRESENTATIONS, FRIDAY OCTOBER 9, 2015

5:00 – 6:00 pm

Are prediction equations required to assessment of body composition for modern dancers?

Ani Agopyan, PhD, Marmara University; Demet Tekin, MSc, PT, Istanbul Bilgi University, Istanbul, Turkey

Injury prevention videos featuring a teen dance company: a collaborative effort

Kendall Alway, DPT; Kimi Okada, ODC Healthy Dancers' Clinic, San Francisco, California, USA

Are female dancers at risk of developing low bone mineral density? A systematic review

Tânia Amorim, MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; José Maia, PhD; José Carlos Machado, PhD; Franklim Marques, PhD, University of Porto, Porto, Portugal; George Metsios, PhD, University of Wolverhampton, Walsall, UK; Andreas Flouris, PhD; Yiannis Koutedakis, PhD, University of Thessaly, Trikala, Greece

DanceFit Prime: A dance-based physical activity and nutritional intervention for Primary Care

Sheetal Dandgey, BSc, MSc, Chigwell Medical Centre, Essex; Amal Hassan, MBChB, MRCP; Manuela Angioi, MSc, PhD, Queen Mary University of London; Thomas Dannhauser, MRCP, PhD, University College London; Faye Dannhauser, MBBS, MRCP, Chigwell Medical Centre, Essex; Bethany Ainsley, MA, PGCE, Nouveau Fitness Community Interest Company, Peterlee, Durham, England, UK

Positive Effects of Platelet Rich Plasma Injections: Case Study of 50% Achilles Rupture

Kathleen Bower, DPT, Brent Anderson, PhD, PT, Miami City Ballet, Miami, Florida USA

A Comparison and Analysis of Injury Risk using the Functional Movement Screen™ in the Dancing Arts

Kaitlin A Chrastek, MS, AT; Stephen C Gamma, MS, AT, ; Amanda J Widman, MS, AT; Juan J Torres, MS, AT; Aaron H Sahle, MS, AT; Thomas R Silberberger, MS, AT, Moscow, Idaho, USA

A retrospective analysis of a cross-training and awareness intervention for managing low back pain in university dancers

Loren Davidson, MFA; Veoletta Range, MFA; Tom Welsh, PhD; Tyressa Judge, PT, Florida State University Tallahassee, Florida, USA

Posterior Tibial Nerve Entrapment in a Classical Ballet Dancer: A Case Study

Alison Deleget, MS, ATC; Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York; Jenna Neumann, ATC; Western Carolina University, Cullowhee, North Carolina, USA

Self-reported injury and management in a collegiate dance department

Sarah DiPasquale, PT, DPT; Nicole Becker; Sarah Green; Kim Sauers, BS, Skidmore College, Saratoga Springs, New York, USA

The role of osteopathic manipulative medicine in caring for dance injuries

Evelyn Eakin, OMSIV; Jeffrey A Russell, PhD, AT; Timothy D Law, Sr, DO, MBA, Ohio University, Athens, Ohio, USA

Pre-participation screens in dance

Raquel Fraticelli, BA, BFA, Chapman University, Orange, California, USA

Incidence and Prevalence of Musculoskeletal Injury in Ballet: A Systematic Review

Preston J Smith, MD; Brayden J Gerrie, BS; Kevin E Varner, MD; Patrick C McCulloch, MD; David M Lintner, MD; Joshua D Harris, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

POSTER PRESENTATIONS, FRIDAY OCTOBER 9, 2015

5:00 – 6:00 pm

Hip Subluxation in Elite Ballet

Ron J Mitchell, MD; Brayden J Gerrie, BS; Andrew J Murphy, BS; Kevin E Varner, MD; David M Lintner, MD; Patrick C McCulloch, MD; Joshua D Harris, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

Iliopsoas Tendonitis in Dancers: Raising Awareness of a Treatable Condition

ElisabethGold, BS, University of Delaware, Newark, Delaware, USA

Inter-rater and intra-rater reliability of a clinical protocol for measuring turn out in collegiate dancers

Amanda Greene, DPT, COMT; Andrea Lasner, MSPT; RajwinderDeu, MD; Seth Oliphant, MD; Ken Johnson, PT, Johns Hopkins Hospital, Baltimore, MD

Microinstability of the Hip and The Splits X-ray

Joshua D Harris, MD; Brayden J Gerrie, BS; David M Lintner, MD; Kevin E Varner, MD; Andrew J Murphy, BS; Patrick C McCulloch, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

The association between benign joint hypermobility syndrome and low bone mineral density in female dancers: A cross-sectional study

Amal Hassan, MBChB, BSc (Hons); Manuela Angioi, PhD, Queen Mary University of London, London, UK

Regenerative amniotic growth factor and it's use in Dance Medicine

Lawrence Kosova, DPM, Family Podiatry Center, Naperville, Illinois, USA

Correlation Between Functional Movement Screen (FMS™) Scores and Injury in a Professional Ballet Company

Jill Kropa, MD, Thomas Jefferson University; Julie Green, MSPT, OCS, Pennsylvania Ballet; Jeremy Close, MD; Marianna LaNoue, PhD, MS; Marc I Harwood, MD, Thomas Jefferson University, Philadelphia, Pennsylvania, USA

Injuries in a Professional Ballet Dance Company: a 10-year Retrospective Study

Prem N Ramkumar, BA, Hospital for Special Surgery, New York, USA; Joseph Farber, MD; Johnny Arnouk, MD; Kevin E Varner, MD; Patrick C McCulloch, MD, Houston Methodist Orthopedics & Sports Medicine, Houston, Texas, USA

Establishing normative data for a novel, minimally invasive, method of body composition measurement in dancers

Siobhan BMitchell, MRes, MSc, University of Bath, Bath; Jasmine Challis, BSc, RD, Reading; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK

Correlations between extrinsic factors and injury prevalence in Irish dancers

Jan Mussallem, MSPT; Laura Moyer, MS, LAT; Kristy Kotecki, DPT, CSCS, University of Wisconsin, Madison, Wisconsin USA

Effects of targeted training on hip snapping in university dancers

VeolettaRange, MFA; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA

Return to Performance: Operative and Non-operative Rehabilitation Progressions for the Dancer

Kristen Hope Schuyten, DPT, SCS, University of Michigan, Ann Arbor, Michigan, USA

Prevalence and risk factors of injuries in first year dance students

POSTER PRESENTATIONS, FRIDAY OCTOBER 9, 2015
5:00 – 6:00 pm

Janine H Stubbe, PhD, Codarts University of the Arts, Rotterdam; Anne-Marie MC van Beijsterveldt, PhD, Amsterdam University of Applied Sciences, Amsterdam; Suze Steemers, MSc; Anita Radier, PT; Julia Monning, PT, Codarts University of the Arts, Rotterdam; Jantine Slinger, PhD; Jasper P Stege, MSc, Netherlands Organization For Applied Scientific Research, Leiden; Stephanie C Keizer-Hulsebosch, MSc, Codarts University of the Arts, Rotterdam, The Netherlands

The Use of the Functional Movement Screen for Recreational Dancers: A Systematic Review

Maureen K Watkins DPT, OCS; Laura Pempkowski DPT/s; Philip Gauthier DPT/s; Alycia Markowski DPT, OCS; Northeastern University, Boston, Massachusetts, USA

POSTER PRESENTATIONS, SATURDAY OCTOBER 10, 2015

5:00 – 6:00 pm

Trust, satisfaction, and confidence in physicians among student and professional dancers in France

Stephanie Alimena, BA, University of Connecticut School of Medicine, Farmington, Connecticut; Mary E Air, MD, Kaiser Permanente San Rafael Medical Center, San Rafael, California, USA

Five basics of dance

Jane Andrewartha, Movement and Dance Education Centre, Melbourne, Australia

Building a safe environment for private dance sectors: a business model to provide healthcare for dancers

Sarah Baker, BFA, BS; Robin Kish, MS, MFA, Chapman University, Orange, California, USA

The relationship between proprioception and hypermobility in dancers

Megan Bane, AT; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA

Dance wellness education in the studio-a call to action

Hannah Barna, MFA; Dani Dowler, MFA, Case Western Reserve University, Cleveland, Ohio, USA

Daily Company Class; the workings of a soul-killing machine

Soraya Bruno, Royal Academy of Dance, London, UK; Clare Guss-West, BHum, BA, European Network for Opera and Dance Education, Zurich, Switzerland; Dennie Wilson, Staatsballet Berlin, Berlin, Germany

Aging Dancers - Activities and Pain: An International Survey

Janine Bryant, BFA, Eastern University, St. Davids, Pennsylvania, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Georgia, USA, Alan Nevill, PhD, University of Wolverhampton, Walsall, UK

Comparing Range of Motion, Strength, and Balance Measures Between Demographics of Collegiate Dancers

Elizabeth Corwin, DPT; Srikant Vallabhajosula, PhD; Kristel Tedesco, BFA, BS; Susan Chinworth, PT, PhD, Elon University, Elon, North Carolina, USA

Dancers vs. Volleyball Players: A Comparative EEG Study

Claudia Daronch, MS, Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul; Lucas Fürstenau de Oliveira, Ph.D, Caxias do Sul University, Caxias do Sul/RS, Brazil

Does the outfit make the dancer?

Sophia Dawidoff; Robin Kish, MS, MFA, Chapman University, Orange California, USA

Strength and flexibility in jazz dance: a case study with beginner dancers

Isabel Giovannini Komerowski, Dance Graduate; Mariana Garcia Bahlis, BS; Aline Nogueira Haas, PhD, Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul, Brazil

The Effects of Auditory and Visual Feedback on Knee Valgus in Jump Landings in Parallel and External Hip Rotation

Beatrice Hui, BS, MFA; Kelli Sharp, DPT, University of California, Irvine, California, USA

Emotional Expressions through Hip Hop Dance Steps: Focusing on New Jack Swing

Rie Kojima, MA, Osaka University, Osaka; Teruo Nomura, PhD; Noriyuki Kida, PhD, Kyoto Institute of Technology, Kyoto, Japan

Spinal curvatures in DanceSport and track and field athletes

Helena Kruusamäe; Katre Maasalu, University of Tartu, Estonia; Matthew Wyon, University of Wolverhampton, Walsall, UK; Jarek Mäestu; Jaak Jürimäe, University of Tartu, Estonia

POSTER PRESENTATIONS, SATURDAY OCTOBER 10, 2015

5:00 – 6:00 pm

Pelvic Tilt and Knee Alignment in Student and Professional Ballet Dancers

Elizabeth Eyerhmann, University of Pennsylvania, Philadelphia, Pennsylvania; Aurianna Lajaunie, BS, Connecticut College, New London, Connecticut; Leigh Schanfein, MS, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA

Differences in sway area observed in ballerinas en demi pointe and en pointe

Jayma Lallathin, PhD, University of Georgia, Athens, Georgia, USA

Eyes closed single limb balance is not related to hypermobility status in dancers

Tiffany Marulli, PT, DPT; Lindsay Harmon-Matthews, PT, DPT; J Hope Davis-Coen, AT, MS, The Ohio State University's Wexner Medical Center; Nienke Willigenburg, PhD; Timothy E Hewett, PhD, The Ohio State University's Sports Health and Performance Institute, Columbus, Ohio, USA

Developing a dancer wellness program at a community-based dance training centre

Erika Mayall, MPT, HBSc(Kin) ; Susanne Higgins, PT; Astrid Sherman, BSc. Physiotherapy, Pro Arte Centre, North Vancouver, British Columbia, Canada

Improving dancing skills among children from ballet school – does static and dynamic stability matter?

Paulina Mira, MPhty; Robert Smigielski, MD; Dariusz Straszewski, MPhty; Marcin Plenzler, MPhty, Carolina Medical Center, Warsaw, Poland

The role of puberty in the making and breaking of young dancers: The dance teacher's perspective

Siobhan B Mitchell, MRes, MSc, University of Bath, Bath; Anne M Haase, PhD, University of Bristol, Bristol; Sean P Cumming, PhD, University of Bath, Bath, UK

Relationship between general joint laxity and ballet-related injuries in female classical ballet dancers

Marina Nara, BS, PT, Ochanomizu University, Tokyo; Saichi Wakayama, PhD, Hirosaki University, Aomori; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Dance Injury Education in the University Setting: Prioritizing Programs and Prevention

Stevie Oakes, MFA, State University of New York, Brockport, Rochester, New York, USA

Aging co-operation between the dancer and choreographer

Sara Puchowska, PhD, Academy of Performing Arts, Prague, Czech Republic

A ground reaction force analysis of jump and drop landings in collegiate dancers compared to other athletes: a pilot study

Lauren Smith; Mostafa Hegazy, PhD, University of Idaho, Moscow, Idaho, USA

Teaching Methods in Dance

Mariah Spears, Chapman University, Orange, California, USA

Can textured insoles improve ankle proprioception and performance in dancers?

Nili Knopp-Steinberg, PhD, The Wingate Institute, Netanya, Israel; Janet Karin, OAM, The Australian Ballet School, Melbourne; Gordon Waddington, PhD, University of Canberra, Canberra; Roger Adams, PhD, Sydney University, Sydney; Oren Tirosh, PhD, Victoria University, Victoria, Australia

The development of a nationwide survey of specialized healthcare services for dance students in higher education

Carina M Stern, MS, ATC, Shenandoah University, Winchester, Virginia; Esther A. Chou, MEd, AT; Inova Sports Medicine, Fairfax, Virginia, USA; Erica Helm, MFA, Shenandoah University, Winchester, Virginia; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio; Denise Massie, ATC, DPT, Shenandoah University, Winchester, Virginia, USA

POSTER PRESENTATIONS, SATURDAY OCTOBER 10, 2015
5:00 – 6:00 pm

**The pull-up posture difference between adult ballet practitioners and ballet dancer:
Consideration from trunk muscles cross sectional area and spinal column alignment change**
Noriko Sueyoshi, Niigata University; Tamaki Ohta, MD, Nekoyama Hospital; Toshio Murayama, PhD,
Niigata University, Niigata, Japan

Qualitative Approaches to Defining Aesthetic Performance in Professional Concert Dancers
Lauren Warnecke, MS, ACSM-CPT, University of Illinois at Chicago, Chicago, Illinois, USA

**Inter rater and intra rater reliability of visually assessing joint position during basic dance
movements**
Valerie Williams, DPT, OCS; Mallory Sell, MS, ATC; Timothy Sell, PT, PhD, University of Pittsburgh,
Pittsburgh, Pennsylvania, USA

THURSDAY, OCTOBER 8, 2015

ADAYFORTEACHERS:

Maximizing Positive and Healthy Teaching Environments

- 8:00-8:25am **Registration;TeaandCoffee**
- 8:35-8:45am **OpeningRemarks**
MargaretWilson, PhD, UniversityofWyoming,Laramie,Wyoming
Member-at-Large,IADMSBoardofDirectors
Chair,IADMSEducationCommittee
- 8:45–10:15am **OptimizingtheTeachingEnvironment:Psychology**
andMotivationforTeachersandStudents.
TomWelsh, PhD, Professor of Dance, Florida StateUniversity, USA
- 10:15-10:45 am **RefreshmentBreak**
- 10:45 am-
12:15pm **PuttingtheSciencetoWorkinaClass:TheImportanceof**
FitnessandConditioningforDance
EmmaRedding,PhD, Head of Dance Science, Trinity Laban
Conservatoire of Music and Dance, London UK
- 12:15-1:30 pm **Lunch**
- 1:30 - 3:00 pm **The Science and the Art: More than just a Tendu...**
Peter Lewton-Brain, DO, MA Osteopath and Dance Educator,
Association DanseMédecineRecherche, Monaco
- 3:00-3:15pm **ClosingRemarks**

Please notethatdiscussionwill be acomponentof eachpresentation.

Programsubjecttochange.

THURSDAY, OCTOBER 8, 2015

COLLOQUIUM ON CLINICAL CARE OF DANCERS

Co-Chairs:

Kathleen Davenport, MD

Company Physician, Miami City Ballet
Preferred Orthopedics of the Palm Beaches
Boynton Beach, Florida, USA

Lindsay Harmon-Matthews, PT, DPT

OSU Sports Medicine, Performing Arts Medicine
The Ohio State University's Wexner Medical Center
Columbus, Ohio, USA

8:00–8:25

Registration; Tea and Coffee

8:25–8:30

Opening Remarks

Jeffrey A. Russell, PhD, AT
Coordinator, Colloquium on Clinical Care of Dancers
Assistant Professor, Athletic Training
Director, Science and Health in Artistic Performance
Ohio University
Athens, Ohio, USA

8:30–9:40

Hot Topics in Our Fields

Moderator: Kathleen Davenport, MD

Physician Perspective, 8:30–8:45

Lauren Elson, MD
Physical Medicine and Rehabilitation
Instructor, Harvard Medical School
Wellesley, Massachusetts, USA

Physical Therapy Perspective, 8:45–9:00

Moira McCormack, PT
Head of Physiotherapy, Ballet Healthcare
Royal Opera House
London, UK

Athletic Training Perspective, 9:00–9:15

Alison Deleget, MS, ATC
Program Manager, Harkness Center for Dance Injuries
New York, New York, USA

Psychology Perspective, 9:15 – 9:30

Lynda Mainwaring, PhD, CPsych
Associate Professor, Faculty of Kinesiology and Physical
Education
University of Toronto
Toronto, Ontario, Canada

Discussion 9:30–9:40

THURSDAY, OCTOBER 8, 2015

9:40 – 10:40

Case Studies

Moderator: Lindsay Harmon-Matthews, PT, DPT

Elisabeth Wheeler, PT, DPT, 9:40–9:55

Allegheny Chesapeake Physical Therapy
Pittsburgh, Pennsylvania, USA

Peter Lewton-Brain, DO, MA, 9:55–10:10

Osteopath and Dance Educator, Association
DanseMédecineRecherche
Monaco

A.B.M. (Boni) Rietveld, MD, BA(Mus), 10:10–10:25

Medical Centre for Dancers & Musicians (MCDM)
The Hague, The Netherlands

Steve Graef, PhD, 10:25 – 10:40

Licensed Psychologist, Ohio State University Sports
Medicine
Columbus, Ohio, USA

10:40–11:00

Break

11:00 – 12:00

Reaching Dancers in Different Communities

Note: This session utilizes PechaKucha as its lecture format (PechaKucha.org).

Introduction to Session and PechaKucha, 11:00–11:05

Moderator: Kathleen Davenport, MD

Professional Ballet Company, 11:05–11:10

Valerie Williams, PT, DPT, MS, OCS
Physical Therapist, UPMC/Centers for Rehab Services
Pittsburgh, Pennsylvania, USA

Freelance/Small Companies, 11:10–11:15

Selina Shah, MD, FACP
Center for Sports Medicine
Walnut Creek, California, USA

University Program, 11:15–11:20

Laura Santos, MS, LAT, ATC
Head Athletic Trainer, University of North Carolina School of the
Arts
Winston-Salem, North Carolina, USA

National Dance Outreach, 11:20–11:25

Helen Laws
Dance UK
Manager, National Institute of Dance Medicine and Science

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Multidisciplinary Center, 11:25–11:30

Marijeanne Liederbach, PhD, PT, ATC, CSCS
Director, Harkness Center for Dance Injuries
New York, New York, USA

Outpatient Care and Wellness Facility, 11:30–11:35

Jennifer Gamboa, DPT, OCS, MTC
CEO, Body Dynamics, Inc., Center for Sustainable Health
Falls Church, Virginia, USA

Discussion 11:35–12:00

12:00–13:15

Lunch

13:15– 15:30

The State of the Screen: Applying Clinical Tools to Clinical Outcomes

Moderator: Lindsay Harmon-Matthews, PT, DPT

Screening: A Status Report of Current Practices and Tools, 13:15–13:35

Gary Galbraith, MFA
Dancer Wellness Project
New York, New York, USA

Research Perspectives, 13:35–13:55

Matthew Wyon, PhD
Institute of Sport and School of Performing Arts,
University of Wolverhampton
Division of Surgery and Intervention Science, Institute
of Orthopaedics and Musculoskeletal Science
University College London
National Institute of Dance Medicine and Science, UK
Walsall, UK

Functional Testing and Outcome Measures, 13:55–14:15

Esther A. Chou, MEd, AT
Clinical Research Analyst
Inova Sports Medicine
Adjunct Faculty, Athletic Training Education Program,
George Mason University, USA
Falls Church, Virginia, USA

Fitness Screening, 14:15–14:30

Emma Redding, PhD
Head of Dance Science, Trinity Laban Conservatoire of
Music and Dance

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Concussion Screening, 14:30–14:45

Elaine Winslow-Redmond, MS, ATC
Director of Athletic Training and Wellness, The Rockettes
Radio City Music Hall
New York, New York, USA

Nutritional Screening, 14:45–15:00

Jasmine Challis, BSc, RD
Reading, UK

Clinical Relevance of Screening, 15:00–15:15

Brad Moser, MD
Founder and Director, Minnesota Dance Medicine
Foundation
Twin Cities Orthopedics
Minneapolis, Minnesota, USA

Discussion 15:15–15:30

15:30

Closing Remarks

Please note that discussion will be a component of each section.

Program subject to change.