

SCHEDULE  
IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

**IADMS** International Association  
for Dance Medicine & Science

Oct 20 2019  
Program subject to change

THURSDAY, October 24, 2019

- 7.30 - 9.00 am**      **Registration;** tea, coffee and light breakfast Opera Foyer
- 9.00 - 9.30 am**      **Opening remarks and welcome address** Opera A & B  
Peter Lavine, MD, President, IADMS  
Karine Rathle, MSc, IADMS local host committee chair & President, Healthy Dancer Canada (HDC)  
Alexander McKinven MSc MCSP, IADMS program committee chair  
Leigh Ponniah, Director of Operations, IADMS  
Presentation of the Student Research Award (Supported by Harkness Center for Dance Injuries)  
Presentation of IADMS Dance Educator Award nominees  
Presentation of IADMS Fellowship  
Presentation of IADMS Honorary member
- 9.30 - 10.00 am**    **Building a bridge between the health & dance sectors**  
**- towards an international benchmarking for 'Dance for Health'**  
Clare Guss-West BHum, MA<sup>1</sup>, David Leventhal BA<sup>2</sup>  
<sup>1</sup>The European Dance & Creative Wellness Foundation, Rotterdam, Netherlands,  
<sup>2</sup>Mark Morris Dance Group/Dance for PD, New York, NY, United States  
**Moderator** - Peter Lavine MD, Washington DC, USA
- 10.00 - 11.00 am**    **Creating an artiste – a panel discussion**  
Sylvie Fortin PhD<sup>1</sup>, Caitlan Maggs<sup>2</sup>, Peter Lewton-Brain DO, MA<sup>3,4</sup>, Angelique Wilkie MSc<sup>5</sup>, Lucie Boissinot  
<sup>1</sup>Université du Québec à Montréal, Montréal QC, Canada, <sup>2</sup>Cirque du Soleil, Montréal, Quebec, QC, Canada,  
<sup>3</sup>Rosella Hightower International Dance Center, Cannes-Mougins, France, <sup>4</sup>Trinity Laban Conservatoire of Music and  
Dance, London, United Kingdom, <sup>5</sup>Concordia University, Montréal, Quebec, QC, Canada, <sup>6</sup>École de danse contemporaine  
de Montréal, Montréal, Quebec, QC, Canada  
**Moderator** – Alexander McKinven, MSc, MACP, London, UK
- 11.00 - 11.30 am**    **REFRESHMENT BREAK** Opera Foyer

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Time	Symphonie 1 11.30 am - 1.30 pm Moderator: Nancy Kadel MD Seattle, WA, USA	Opera A 11.30 am - 1.30 pm Moderator: Matthew Grierson MD Seattle, WA, USA	Opera C 11.30 am - 1.30 pm Moderator: Debra Crookshanks GradDipManipTher Sydney, Australia	Symphonie 3 11.30 am - 1.30 pm Moderator: Peter Lewton-Brain DO Monte-Carlo, Monaco
11.30 am - 12.30 pm	<p><b>Screening for dancers: what can teachers do?</b>  <u>Sarah Kenny PhD<sup>1,2</sup>, Erika Mayall PT<sup>1</sup></u>  <sup>1</sup>Healthy Dancer Canada: The Dance Health Alliance of Canada, Calgary, AB, Canada, <sup>2</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada</p>	<p><b>**Contributions of qualitative research in dance medicine and science: what can it add?</b>  <u>Jill Descoteaux PhD, AT<sup>1</sup>, Elsa Urmston MSc, PGCAP<sup>2</sup>, Liliana S. Araújo PhD, C.Psychol<sup>2</sup>, Naomi Lefebvre Sell MA, PhD<sup>2</sup>, Angela Pickard PhD<sup>3</sup>, Agathe Dumont PhD<sup>4,5</sup></u>  <sup>1</sup>Cirque du Soleil, Las Vegas, NV, United States, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>3</sup>Canterbury Christ Church University, Canterbury, United Kingdom  <sup>4</sup>Centre National de Danse Contemporaine, Angers, France, <sup>5</sup>Centre National des Arts du Cirque, Châlons-en-Champagne, France</p>	<p><b>Musculoskeletal injuries in pole dancers: a prospective surveillance study</b>  <u>Joanna Nicholas BSc(Hons), PhD<sup>1</sup>, Gillian Weir BSc, PhD<sup>2</sup>, Cyril Donnelly MSc, PhD<sup>1</sup>, Ben Jackson BSc, PhD<sup>1</sup>, James Dimmock Bcom, PhD<sup>1</sup>, Jacqueline Alderson BSc, PhD<sup>1,3</sup></u>  <sup>1</sup>School of Human Sciences (Exercise &amp; Sport Science), University of Western Australia, Crawley, Australia, <sup>2</sup>University of Massachusetts, Department of Kinesiology, Amherst, MA, United States, <sup>3</sup>Auckland University of Technology, Sports Performance Research Institute New Zealand (SPRINZ), Auckland, New Zealand</p> <p><b>Injury profiling of aerial dancers</b>  <u>Emily Prior-Willeard BSc(Hons), MSc</u>            University College London, London, United Kingdom</p> <p><b>Efficacy of suspension training for vertical dance for strength and contributions to performance</b>  <u>Margaret Wilson MS, PhD, Boyi Dai MS, PhD, Jennifer Deckert MFA</u>            University of Wyoming, Laramie, WY, United States</p> <p><b>Safety guidelines for implementing chest stand and contortion work into dance and acrobatics training</b>  <u>Sarah Reis BKin, MEd, Tim Buckley BPhysio, GC Sports Physio</u>            Acrobatic Arts – Acrobatic Examining Board, BC, Canada</p>	<p><b>Intentionality vs. neutrality: challenging the myth of the neutral pelvis</b>  <u>Luc Vanier MFA, M.AMSAT<sup>1</sup>, Elizabeth Johnson MFA, M.AMSAT<sup>2</sup></u>  <sup>1</sup>University of Utah, Salt Lake City, UT, United States, <sup>2</sup>University of Florida, Gainesville, FL, United States</p>

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<p>12.30 - 1.30 pm</p>	<p><b>Establishing a safe turn progression protocol for the injured dancer</b> <u>Jennifer Janowski PT, DScPT<sup>1</sup>, Kelli Schneider PT, DPT<sup>1</sup>, Melody Hrubes MD<sup>2</sup>, Rachel Wise PT, DPT<sup>1</sup></u> <sup>1</sup><i>Athletico Physical Therapy, Chicago, IL, United States,</i> <sup>2</sup><i>Rothman Orthopaedics, New York, NY, United States</i></p>	<p><b><u>IADMS 'Allegro' presentations</u></b> <b>(7 minutes each, 10 minutes for questions, via the IADMS app, at the end of the session)</b></p> <p><b>Periodization in practice: a descriptive analysis of periodized scheduling in a liberal arts dance environment</b> <u>Sarah DiPasquale DPT, Jason Ohlberg MFA</u> <i>Skidmore College, Saratoga Springs, NY, United States</i></p> <p><b>Stress and recovery in pre-professional ballet dancers: a longitudinal cohort study using the RESTQ-Sport 76 tool, over one academic year</b> <u>Amal Hassan MBChB, MSc<sup>1</sup>, Manuela Angioi PhD<sup>1</sup>, Karen Sheriff MSc<sup>2</sup></u> <sup>1</sup><i>Queen Mary University of London, London, United Kingdom,</i> <sup>2</sup><i>Royal Ballet School, London, United Kingdom</i></p> <p><b>Analysis of injury, illness and training load in professional contemporary dancers: a prospective cohort study</b> <u>Annie Jeffries MclinExp<sup>1</sup>, Lee Wallace PhD<sup>1</sup>, Aaron Coutts PhD<sup>1</sup>, Ashlea Mary Cohen M Physio<sup>2</sup>, Alan McCall PhD<sup>1,3</sup>, Franco Impellizzeri PhD<sup>1</sup></u> <sup>1</sup><i>Human Performance Research Centre, Faculty of Health, University of Technology Sydney, Australia,</i> <sup>2</sup><i>Sydney Dance Company, Sydney, Australia,</i> <sup>3</sup><i>Arsenal Performance and Research Team, Arsenal Football Club, London, United Kingdom.</i></p> <p><b>Injury rate calculations: comparison between units of exposure measure</b> <u>Marijeanne Liederbach PhD, PT, Nick Dill BFA, MS, Lauren McIntyre ATC</u> <i>Harkness Center for Dance Injuries, NYU Langone Orthopedic Hospital, New York, NY, United States</i></p>	<p><b>The show must go on: collaborative injury management in the circus arts</b> <u>Stephanie Greenspan BSEd, DPT<sup>1</sup>, Luc Fecteau BSPT, DPT<sup>2</sup></u> <sup>1</sup><i>Samuel Merritt University, Oakland, CA, United States,</i> <sup>2</sup><i>University of California San Francisco, San Francisco, CA, United States</i></p> <p><b>Injury patterns and rates in different disciplines within the circus arts: a pilot study</b> <u>Stephanie Greenspan BSEd, DPT</u> <i>Samuel Merritt University, Oakland, CA, United States</i></p> <p><b>Medical and recreational cannabis: rudimentary information, research findings and application for dancers and healthcare providers</b> <u>Katherine Ewalt MS, ATC</u> <i>PAARTS Wellness Studio, San Diego, CA, United States</i></p> <p><b>Chronic pain and self-medication practices and discourses of dancers about their daily health</b> <u>Agathe Dumont PhD<sup>1,2</sup></u> <sup>1</sup><i>Centre National de Danse Contemporaine, Angers, France,</i> <sup>2</sup><i>Centre National des Arts du Cirque, Châlons-en-Champagne, France</i></p>	<p><b>Learning about fascia through movement</b> <u>May Kesler MS, MA</u> <i>Kesler Physical &amp; Massage Therapy, Chevy Chase, MD, United States</i></p>
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		<p><b>Sleep disturbance prevalence and risk of injury in collegiate dancers</b>  <u>Andrea Lasner DPT</u><sup>1,2</sup>, Rajwinder Deu MD<sup>3</sup>  <sup>1</sup>The Johns Hopkins Hospital, Rehabilitation Network, Baltimore, MD, United States, <sup>2</sup>Towson University, Dance Department, Towson, MD, United States, <sup>3</sup>Johns Hopkins University, Department of Orthopaedics, Baltimore, MD, United States</p> <p><b>Dance exposure hours and self-reported musculoskeletal injuries in elite adolescent ballet dancers: is there a pattern?</b>  <u>Valeriya Volkova BSc(Hons)</u><sup>1</sup>, Sarah Kenny PhD<sup>1,2,3</sup>  <sup>1</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, <sup>2</sup>Alberta Children's Hospital Research Institute, University of Calgary, Calgary, AB, Canada, <sup>3</sup>O'Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada</p> <p><b>Dance injury epidemiology in collegiate dancers: activity-based exposure or time-based exposure? The Supporting Healthy Arts Research (SHARE) Consortium</b>  <u>Amanda Donahue MS ATC</u><sup>1</sup>, Victoria Fauntroy BS ATC<sup>2</sup>, Jena Hansen-Honeycutt DAT, ATC<sup>2</sup>, Shanks Todd<sup>1</sup>, Stephen Ursprung BA, MFA<sup>1</sup>, <u>Jatin Ambegaonkar PhD, ATC</u><sup>2</sup>  <sup>1</sup>Dean College, Franklin, MA, United States, <sup>2</sup>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States</p>		
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**1.30 – 3.30 pm LUNCH BREAK**

**IADMS committee meetings**

**HDC annual general meeting**

**Namely, Muscles, a performance**

Claire Porter MA, CMA

Montclair State University, Montclair, NJ, United States

**Symphonie 2**

**Opera C (1.30 – 2.30 pm)**

**Symphonie 1 (2.30 – 3.30 pm)**

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Time	Symphonie 1 3.30 – 5.30 pm Moderator: Kathleen Davenport MD Miami, FL, USA	Opera A 3.30 – 5.30 pm Moderator: K. Michael Rowley PhD Providence, RI, USA	Opera C 3.30 – 5.30 pm Moderator: Gayanne Grossman PT Allentown, PA, USA	Symphonie 3 3.30 – 5.30 pm Moderator: Lauren Elson MD Boston, MA, USA
3.30 - 4.30 pm	<b>Strong Dancer Program: rational for bringing science into the studio and introducing an accessible format for remote users</b> <u>Dinah Hampson BA, BScPT<sup>1,2,3</sup></u> <u>Genevieve Renaud MCISc., PT<sup>2,4</sup></u> <sup>1</sup> University of Toronto, Toronto, ON, Canada, <sup>2</sup> Pivotdancer, Toronto, ON, Canada, <sup>3</sup> Pivot Sport Medicine Physiotherapy Orthopaedics, Toronto, ON, Canada, <sup>4</sup> AMPED Sports Lab, Ottawa, ON, Canada	<b>**Current management of structural hip ‘pathology’</b> <u>Cara Lewis<sup>^</sup> PT, PhD</u> <i>Boston University, Boston, MA, United States</i>	<b>*Stretching and range of movement for dancers: physiological underpinnings and literature evidence</b> <u>Matthew Wyon PhD<sup>1,2</sup>, Nick Allen PhD<sup>2,3</sup></u> <sup>1</sup> Sport and Physical Activity Research Centre, Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup> National Institute of Dance Medicine and Science, Walsall, United Kingdom, <sup>3</sup> Birmingham Royal Ballet, Birmingham, United Kingdom  <b>*Hypermobility disorders in the dancer – what do dance scientists need to know?</b> <u>Linda Bluestein MD<sup>1,2</sup>, Bonnie Robson MD, FRCPC<sup>4</sup>, Jennifer Milner<sup>3</sup></u> <sup>1</sup> Medical College of Wisconsin, Wausau, WI, United States, <sup>2</sup> Wisconsin Integrative Pain Specialists, Weston, WI, United States, <sup>3</sup> Bodies in Motion, Dallas, TX, United States, <sup>4</sup> Dance USA, Washington DC, United States	<b>At the intersection of art and health: the impact of dance for people with Parkinson’s</b> <u>David Leventhal BA</u> <i>Mark Morris Dance Group, Brooklyn, NY, United States</i>
4.30 - 5.30 pm	<b>Integrating shoulder girdle, thorax and pelvis: tips for dance pedagogy?</b> <u>Hanna Pohjola PhD, PT</u> <i>University of Eastern Finland, Kuopio, Finland</i>	<b>Is the Dance Functional Outcome Survey (DFOS) feasible in adolescent dancers?</b> <u>Teresa Smith PT, DPT<sup>1</sup>, Alyson Filipa PT, DPT<sup>2</sup>, Shaw Bronner PT, PhD<sup>3,4</sup>, Mark Paterno PT, PhD<sup>2</sup>, Samantha Riverton SPT<sup>5</sup>, Melissa Strzelinski PT, PhD<sup>6,7</sup></u> <sup>1</sup> KORT Physical Therapy, Louisville, KY, United States, <sup>2</sup> Cincinnati Children’s Hospital Medical Center, Cincinnati, OH, United States, <sup>3</sup> ADAM Center, Brooklyn, NY, United States, <sup>4</sup> Alvin Ailey, New York, NY, United States, <sup>5</sup> Cleveland State University, Cleveland, OH, United States, <sup>6</sup> Colorado Ballet, Denver, CO, United States, <sup>7</sup> Strive 2 Thrive Physiotherapy, Ltd., Edwards, CO, United States	<b>The relationship between hypermobility and proprioception among adolescent dancers</b> <u>Leanne Steel BA(Hons), MSc<sup>1</sup>, Emma Redding MSc, PhD<sup>1</sup>, Sanna Nordin-Bates PhD<sup>2</sup>, Imogen Aujla PhD<sup>3</sup></u> <sup>1</sup> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup> The Swedish School of Sport and Health Sciences, GIH, Stockholm, Sweden, <sup>3</sup> University of Bedfordshire, Bedford, United Kingdom	<b>Practical application of yoga on ballet training for post-secondary dance training and use of spirals</b> <u>Barbara Leese MA<sup>1,2,3,4</sup></u> <sup>1</sup> York University, Toronto, ON, Canada, <sup>2</sup> Sheridan College, Oakville, ON, Canada, <sup>3</sup> Pivotdancer, Toronto, ON, Canada, <sup>4</sup> The National Ballet of Canada, Toronto, ON, Canada

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		<p><b>Injury epidemiology in collegiate dancers – a 2-year prospective study: the SHARE consortium</b>  Victoria Fauntroy BS, ATC<sup>1</sup>, Jena Hansen-Honeycutt DAT, ATC<sup>1,2</sup>, Shane Caswell PhD, ATC<sup>1</sup>, Nelson Cortes PhD<sup>1</sup>, Jatin Ambegaonkar PhD, ATC<sup>1</sup>  <sup>1</sup>Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, VA, United States, <sup>2</sup>School of Dance, George Mason University, VA, United States</p> <p><b>Burden of musculoskeletal injuries in pre-professional ballet dancers: a 3-year prospective cohort study</b>  Sarah Kenny PhD<sup>1,2,3</sup>, Emily White<sup>4</sup>  <sup>1</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, <sup>2</sup>Alberta Children’s Hospital Research Institute, University of Calgary, Calgary, AB, Canada, <sup>3</sup>O’Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada, <sup>4</sup>O’Brien Centre for the Bachelor of Health Sciences, Cumming School of Medicine, University of Calgary, Calgary, AB, Canada</p> <p><b>Dance and injury incidence pre and post implementation of 11+Dance injury prevention intervention</b>  Nico Kolokythas MSc<sup>1,2</sup>, Yiannis Koutedakis PhD<sup>3</sup>, Shaun Galloway PhD<sup>2</sup>, Matthew Wyon PhD<sup>2</sup>, George Metsios PhD<sup>2</sup>  <sup>1</sup>Elmhurst Ballet School, Birmingham, United Kingdom, <sup>2</sup>Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, <sup>3</sup>University of Thessaly, Thessaly, Greece</p>	<p><b>The lived experience of hypermobility in the professional dance environment</b>  Wendy Timmons MSc<sup>1</sup>, John Sproule PhD, Rosemary Mulholland PhD  University of Edinburgh, Edinburgh, Scotland, United Kingdom</p> <p><b>*Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders: an update on diagnostic criteria and treatment approaches</b>  Amanda Greene DPT, BA<sup>1</sup>, Howard Levy MD, PhD<sup>2</sup>  <sup>1</sup>Johns Hopkins Hospital, Baltimore, MD, United States, <sup>2</sup>Division of General Internal Medicine &amp; McKusick-Nathans Institute of Genetic Medicine, Johns Hopkins University School of Medicine, Baltimore, MD, United States</p>	
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		<p><b>Monitoring the health of dancers: lessons learned from the development of the Performing artist and Athlete Health Monitor (PAHM)</b>  <i>Janine Stubbe PhD<sup>1,2,3</sup>, Annemiek Tiemens PhD<sup>1,2</sup>, Stephanie Keizer-Hulsebosch MSc<sup>1,2</sup>, Rogier van Rijn PhD<sup>1,2,1</sup>Codarts, University of the Arts, Rotterdam, Netherlands, <sup>2</sup>Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, <sup>3</sup>Rotterdam Arts &amp; Sciences Lab (RASL), Rotterdam, Netherlands</i></p>		
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**5.30 – 7.00 pm**  
**POSTER PRESENTATIONS – Group S**  
**Opera B**  
**Moderator:** Alexander McKinven MSc, MCSP, London, UK

**7.30 pm**  
**WELCOME RECEPTION**  
**Supported by Tourism Montréal**  
**Opera Foyer**

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**FRIDAY, October 25, 2019**

Time	Symphonie 1 8.00 – 10.00 am Moderator: Selina Shah MD, FACP Walnut Creek, CA, USA	Opera A 8.00 – 10.00 am Moderator: K. Michael Rowley PhD Providence, RI, USA	Opera C 8.00 – 10.00 am Moderator: Andrea Kozai MSc, CSCS Pittsburgh, PA, USA	Symphonie 3 8.00 – 10.00 am Moderator: Annabelle Couillandre PhD, PT. Paris, France
8.00 - 9.00 am	<p><b>Hanging assessment and corrective exercises for aerial artists</b> Emily Scherb DPT<sup>1,3,4</sup>, Lynnette Khoo-Summers DPT<sup>2</sup> <sup>1</sup>Pure Motion Physical Therapy, PLLC, Seattle, WA, United States, <sup>2</sup>Washington University in St. Louis School of Medicine, St. Louis, MO, United States, <sup>3</sup>Acrobatic Conundrum, Seattle, WA, United States, <sup>4</sup>SANCA Seattle, Seattle, WA, United States</p>	<p><b>Directional preferences in pirouettes en dehors: a kinematical analysis</b> Hiu Tung Yu MSc, MFA<sup>1</sup>, James Brouner PhD<sup>1,2</sup> <sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>Kingston University, Surrey, United Kingdom</p> <p><b>Analyzing the use of the fifth position in dance training</b> Merry Morris MFA, PhD, Paula Nunez, Andee Scott BA, MFA, Stephanie Carey PhD University of South Florida, Tampa, FL, United States</p> <p><b>The effects of a 9-week hip focused weight training program on hip and knee kinematics and kinetics in amateur and professional female dancers</b> Sandro Rajic MSc St Mary's University, Twickenham, Surrey, United Kingdom</p> <p><b>The effects of fatigue on hip and knee landing kinematics in dancers</b> Rachel Abergel BA, BS, Danielle Jarvis PhD, ATC California State University, Northridge, Canoga Park, CA, United States</p>	<p><b>**The research process for students in dance medicine and science</b> Paige E. Rice MSc<sup>1</sup>, Elizabeth F. Yutzey MFA<sup>2</sup>, Lauren F. Copping MFA<sup>2</sup>, Catherine M. Haber BA<sup>3</sup>, Emily K. Hornyak MSc<sup>4</sup>, Carolyn T. Meder AT, ATC<sup>5</sup>, Leanne Steel MSc<sup>2</sup>, Jill Descoteaux PhD, AT<sup>6</sup> <sup>1</sup>Edith Cowan University, Joondalup, WA, Australia, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>3</sup>University of Bern, Bern, Switzerland, <sup>4</sup>St. Luke's University Health Network and Moravian College, Fountain Hill, PA, United States, <sup>5</sup>Cincinnati Ballet, Cincinnati, OH, United States, <sup>6</sup>Cirque du Soleil, Las Vegas, NV, United States</p>	<p><b>Be creative and move beyond pain</b> Émilie Demers BSc<sup>1</sup>, Simon Ampleman<sup>2</sup> <sup>1</sup>Centre Hospitalier de l'Université de Montréal (CHUM), Montréal, QC, Canada, <sup>2</sup>AmplemanDanse, Montréal, QC, Canada</p>
9.00 - 10.00 am	<p><b>Movement screening and the hip: the importance of task</b> Cara Lewis<sup>^</sup> PT, PhD Boston University, Boston, MA, USA</p>	<p><b>The effects of an 8-week neuromuscular training program on jump performance and landing biomechanics in female adolescent recreational dancers: a controlled trial</b> Karen Sudds MSc<sup>1,2,3</sup>, Nico Kolokythas MSc<sup>1</sup>, Philipp Maurus MSc<sup>2</sup>, Sandro Nigg<sup>2</sup>, Matthew Wyon PhD<sup>2</sup> <sup>1</sup>Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup>University of Calgary, AB, Canada, <sup>3</sup>Healthy Dancer Canada: The Dance Health Alliance of Canada, Calgary, AB, Canada</p>	<p><b>**Moving to move: an approach to the art of technique</b> Angelique Wilkie<sup>^</sup> MSc Concordia University, Montréal, Quebec, QC, Canada</p>	<p><b>"At home" conditioning: daily work when you are a freelance dancer</b> Agaathe Dumont PhD<sup>1,2</sup> <sup>1</sup>Centre National de Danse Contemporaine, Angers, France, <sup>2</sup>Centre National des Arts du Cirque, Châlon-en-Champagne, France</p>

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	<p><b>Force attenuation properties of padded dance support socks</b> Jeffrey Russell PhD, AT, Isabella Mueller BS <i>Ohio University Laboratory for Science and Health in Artistic Performance, Division of Athletic Training, Athens, OH, United States</i></p> <p><b>Jumping to conclusion: is the search for symmetry upstaging the injury screen?</b> Eric Bengtson PT, ATC<sup>1</sup>, Kevin Robinson PT, DSc<sup>1</sup>, Lindsay Ison PT, OCS<sup>2</sup> <sup>1</sup><i>Belmont University, Nashville, TN, United States,</i> <sup>2</sup><i>Susan Underwood Physical Therapy, Nashville, TN, United States</i></p> <p><b>Relationship between maximal ankle strength and saut de chat leaping performance</b> Paige E. Rice MSc, Sophia Nimphius PhD <i>Edith Cowan University, Joondalup, WA, Australia</i></p>	
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10:00 – 10:30 am  
REFRESHMENT BREAK Opera Foyer

Time	Symphonie 1 10.30 am – 12.30 pm Moderator: K. Michael Rowley PhD Providence, RI, USA	Opera A 10.30 am – 12.30 pm Moderator: Selina Shah MD, FACP Walnut Creek, CA, USA	Ovation 10.15 am – 12.30 pm Moderator: Margaret Wilson MS PhD, Laramie, WY, USA	Opera C 10.30 am – 12.30 pm Moderator: Nancy Kadel MD Seattle, WA, USA	Symphonie 3 10.30 am – 12.30 pm Moderator: Sarah Kenny PhD Calgary, AB, Canada
10.30 - 11.30 am	<p><b>Making foot intrinsic work functional</b> Alyssa McPherson MS, ATC, Marissa Ramos BS, ATC, Kelley Wiese BS, ATC <i>Indiana University, Bloomington, IN, United States</i></p>	<p><b>*Managing concussion symptoms: myths, science, consensus and practical strategies</b> Lynda Mainwaring PhD, C.Psych.<sup>1</sup>, Marika Molnar PT Lac<sup>2</sup>, Kaleigh Ferdinand-Pennock MSc. MSS<sup>3</sup> <sup>1</sup><i>University of Toronto, Toronto, ON, Canada,</i> <sup>2</sup><i>Westside Dance Physical Therapy New York City Ballet, New York, NY, United States,</i> <sup>3</sup><i>University of Toronto, Toronto, ON, Canada</i></p>	<p>10.15am start ADFT's World Café</p> <p><b>Can Vegans dance?</b> Monika Saigal RD, CEDRD-S<sup>1,2</sup>, Dawn Smith-Theodore MA, MFT<sup>3</sup>, Jasmine Challis BSc MRes<sup>4</sup> <sup>1</sup><i>Private Practice, New York, NY, United States,</i> <sup>2</sup><i>The Julliard School, New York, NY, United States,</i> <sup>3</sup><i>Private Practice, Los Angeles, CA, United States,</i> <sup>4</sup><i>Freelance RD, Reading, United Kingdom</i></p>	<p><b>Anthropometric differences between the genres</b> Matthew Wyon PhD<sup>1,2</sup>, Nico Kolokythas MSc<sup>1,2,5</sup>, Nicola Stephens MSc MACP<sup>3</sup>, Kim Hutt MSc<sup>4</sup> <sup>1</sup><i>Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom,</i> <sup>2</sup><i>National Institute of Dance Medicine and Science, Walsall, United Kingdom,</i> <sup>3</sup><i>Performers College, Corringham, United Kingdom,</i> <sup>4</sup><i>London Contemporary Dance School, London, United Kingdom,</i> <sup>5</sup><i>Elmhurst Ballet School, Birmingham, United Kingdom</i></p>	<p><b>Upper extremity taping techniques for dancers across all genres</b> Emma Faulkner PT, DPT<sup>2,3,4</sup>, Amanda Blackmon PT, DPT<sup>1,3,4</sup>, Abigail Misenheimer SPT, ATC<sup>2,3,4</sup> <sup>1</sup><i>Mercer University, Atlanta, GA, United States,</i> <sup>2</sup><i>Emory University, Atlanta, GA, United States,</i> <sup>3</sup><i>Atlanta Ballet, Atlanta, GA, United States,</i> <sup>4</sup><i>Atlanta Dance Medicine, Atlanta, GA, United States</i></p>

<sup>1</sup>Invented speaker. Podium presentations are 10 minutes with 5 minutes for questions except \*denotes a 20 minute presentation with 10 minutes for questions \*\*denotes a 50 minute presentation with 10 minutes for questions \*\*\*45 minute session \*60 minute plus. All symphonie/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. <sup>5</sup>Student research support winners

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**IADMS 29<sup>TH</sup> ANNUAL CONFERENCE**

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		<p><b>*Interpreting the cycle of concussion knowledge: lessons from sport to dance</b>  <u>Braeden McKenzie MSc</u>, Lynda Mainwaring PhD, C.Psych, Kaleigh Ferdinand Pennock, MSc, MSS  <i>University of Toronto, Toronto, ON, Canada</i></p>	<p><b>Balance board – friend or foe?</b>  <u>Claire Hiller PhD<sup>1</sup></u>, <u>Gayanne Grossman PT, EdM<sup>2</sup></u>  <sup>1</sup><i>University of Sydney, Sydney, Australia</i>  <sup>2</sup><i>Muhlenberg College, Allentown, PA, United States</i></p> <p><b>The stretching debate</b>  <u>Jennifer Deckert MFA<sup>1</sup></u>, <u>David Outevsky PhD<sup>2</sup></u>  <sup>1</sup><i>University of South Carolina, Columbia, SC, United States</i>, <sup>2</sup><i>Independent Dance Science researcher, New York, NY, United States</i></p> <p><b>How much is too much?</b>  <u>Liza Kovacs MA, MSc<sup>1</sup></u>, <u>Beverley Hutchinson<sup>2</sup></u>  <sup>1</sup><i>Pole National Supérieure de Dance Rosella Hightower, Cannes-Mougins, France</i>, <sup>2</sup><i>École Supérieure de Ballet du Québec, Québec, QC, Canada</i></p>	<p><b>Biomechanical determinants of partner selection in sport ballroom dancing couples</b>  <u>Adrianna Banio PhD</u>  <i>University of Szczecin, Department of Physical Education and Health Promotion, Szczecin, Poland</i></p> <p><b>Associations among Selective Functional Movement Assessment (SFMA) dysfunctions and injuries in university dancers</b>  <u>Jena Hansen-Honeycutt DAT, ATC<sup>1,2</sup></u>, <u>Olivia Link<sup>1</sup></u>, <u>Victoria Fauntroy BS, ATC<sup>2</sup></u>, <u>Esther Nolton Med ATC<sup>2</sup></u>, <u>Jatin Ambegaonkar PhD, ATC<sup>2</sup></u>  <sup>1</sup><i>School of Dance, George Mason University, Fairfax, VA, United States</i>, <sup>2</sup><i>George Mason University, Fairfax, VA, United States</i></p> <p><b>Smartphone accelerometry and balance assessment in dancers: future applications</b>  <u>Elizabeth Coker MA, EdD</u>  <i>Department of Dance New York University, Tisch School of the Arts, New York, NY, United States</i></p>	
11.30 - 12.30 pm	<p><b>Building anatomical fluency through creative practices</b>  <u>Megan Brunsvold Mercedes BFA, MFA</u>  <i>California State University, Sacramento, CA, United States</i></p>	<p><b>Integrating dance-specific demands into a post-concussion return-to-dance protocol</b>  <u>Melody Hrubes MD<sup>1</sup></u>, <u>Jennifer Janowski PT, DScPT<sup>2</sup></u>, <u>Kelli Schneider PT, DPT<sup>2</sup></u>, <u>Rachel Wise PT, DPT<sup>2</sup></u>  <sup>1</sup><i>Rothman Orthopaedics, New York, NY, United States</i>, <sup>2</sup><i>Athletico, Chicago, IL, United States</i></p>	<p><b>**Student and young professional networking workshop</b>  <u>Elizabeth Yutzey MFA<sup>1</sup></u>, <u>Paige Elizabeth Rice MSc<sup>2</sup></u>,  <sup>1</sup><i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i>, <sup>2</sup><i>Edith Cowan University, Joondalup, Australia</i></p>	<p><b>Assessing lumbopelvic stability in dancers: functional tests compared to ultrasound measurements</b>  <u>Justine Benoit-Piau PT<sup>1</sup></u>, <u>Mélanie Morin PT, PhD<sup>1</sup></u>, <u>Sylvie Fortin PhD<sup>2</sup></u>, <u>Christine Guptill OT, PhD<sup>3</sup></u>, <u>Nathaly Gaudreault PT, PhD<sup>1</sup></u>  <sup>1</sup><i>Université de Sherbrooke, Sherbrooke, QC, Canada</i>, <sup>2</sup><i>Université du Québec à Montréal, Montréal, QC, Canada</i>, <sup>3</sup><i>University of Alberta, Edmonton, AB, Canada</i></p>	<p><b>Utilizing strategies from motor learning to enhance verbal cueing for dancers</b>  <u>Lisa Donegan Shoaf DPT, PhD<sup>1</sup></u>, <u>Judith Steel MA, CMA<sup>2</sup></u>  <sup>1</sup><i>Mary Baldwin University, Fishersville, VA, United States</i>, <sup>2</sup><i>Virginia Commonwealth University, Richmond, VA, United States</i></p>

<sup>^</sup>Invented speaker. Podium presentations are 10 minutes with 5 minutes for questions except \*denotes a 20 minute presentation with 10 minutes for questions \*\*denotes a 50 minute presentation with 10 minutes for questions \*\*\*45 minute session \*60 minute plus. All symphonie/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. <sup>§</sup>Student research support winners

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		<p><b>Computerized dynamic posturography for assessment of fatigue- and concussion-related balance deficits in dancers</b> Margaret Wilson MS, PhD<sup>1</sup>, Jennifer Deckert MFA<sup>1</sup>, Jeffrey Russell PhD, AT,<sup>2</sup>, Boyi Dai MS, PhD<sup>1</sup>, Qin Zhu MS, PhD<sup>1</sup>, Guido Pagnacco PhD<sup>1</sup>, Elena Oggero PhD <sup>1</sup>University of Wyoming, Laramie, WY, United States, <sup>2</sup>Ohio University, Athens, OH, United States</p> <p><b>*An overview of the research on dancers' balance ability: implications for future methodological approaches</b> Frances Clarke MSc, BA(Hons)<sup>1,2</sup>, Yiannis Koutedakis PhD<sup>3,4</sup>, Margaret Wilson PhD<sup>5</sup>, Matthew Wyon PhD<sup>2,4</sup> <sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom, <sup>3</sup>Department of Sport and Exercise Sciences, University of Thessaly, Trikala, Greece, <sup>4</sup>Sport and Physical Activity Research Centre and School of Performing Arts, University of Wolverhampton, Walsall, United Kingdom, <sup>5</sup>Department of Theatre and Dance, University of Wyoming, WY, United States</p>		<p><b>The validity of inertial measurement units in three-dimensional lower body analysis of classical ballet movements</b> Rachel Ward PhD, Meg Letton BexPhys, Jeanette Thom BSc(Hons), PhD University of New South Wales, Sydney, Australia</p> <p><b>*Technology in dance: reflecting on a data-driven rehab</b> Adam Mattiussi MSc, BSc<sup>1,2</sup> <sup>1</sup>The Royal Opera House, London, United Kingdom, <sup>2</sup>St Mary's University, Twickenham, Surrey, United Kingdom</p>	
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12.30 – 2.30 pm LUNCH BREAK

**DANCE EDUCATORS ROUNDTABLES (supported by Gaynor Minden)**  
**DANCE FOR HEALTH NETWORKING EVENT**  
**STUDENT NETWORKING EVENT (supported by Shenandoah University)**

**Ovation**  
**Symphonie 2**  
**Ovation**

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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

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Time	Symphonie 1 2.30 – 5.30 pm Moderator: Moira McCormack MSc London, UK	Opera A 2.30 – 5.30 pm Moderator: Annabelle Couillandre PhD, PT, Paris, France	Ovation 2.30 – 3.15 pm Moderator: Jatin Ambegaonkar PhD ATC Manassas, VA, USA	Opera C 2.30 – 5.30 pm Moderator: Frances Clarke BA(Hons), MSc, Walsall, UK	Symphonie 3 2.30 – 5.30 pm Moderator: Gayanne Grossman PT Allentown, PA, USA
2.30 - 3.30 pm	<p><b>Surface EMG 101: clinical applications of surface electromyography (sEMG) in dancers</b> Matthew Grierson MD<sup>1</sup>, Nancy Kadel MD<sup>1</sup>, Kathleen Davenport MD<sup>2</sup>, Leigh Schanfein MS<sup>3</sup> <sup>1</sup>Seattle Clinic for Performing Artists at Seattle Spine and Sports Medicine, Seattle, WA, United States, <sup>2</sup>Memorial Healthcare System, Hollywood, FL, United States, <sup>3</sup>Barnard College, New York, NY, United States</p>	<p><b>Movement and medicine: a novel, dance-based approach to provider education</b> Nina Shevzov-Zebrun BA<sup>1</sup>, Elizabeth Barchi MD<sup>1,2</sup>, Katie Grogan DMH, MA<sup>1</sup> <sup>1</sup>NYU School of Medicine, New York, NY, United States, <sup>2</sup>NYU Langone Health, Harkness Center for Dance Injuries, New York, NY, United States</p> <p><b>The Dance and Community Effects Research (DanCER) project and the Pacific community in Sydney, Australia</b> Kathryn Dovey BHSc, MHSc<sup>1</sup>, Della Maneze MD, PhD<sup>2</sup>, Helen Parker BSc, PhD<sup>1</sup>, Lee-Fay Low BSc, PhD<sup>1</sup>, Alycia Fong Yan BappSc, PhD<sup>1</sup> <sup>1</sup>The University of Sydney, Sydney, Australia, <sup>2</sup>South Western Sydney Health Promotion Service, Campbelltown, Australia</p> <p><b>*Move Dance Feel: exploring dance and wellbeing with women affected by cancer</b> Emily Jenkins PgDip, MA Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>*Journal of Dance Medicine &amp; Science – editorial review</b> Ruth Solomon BA, CMA<sup>1,2,3</sup>, John Solomon PhD<sup>1,2</sup> <sup>1</sup>Journal of Dance Medicine &amp; Science, Santa Cruz, Soquel, CA, United States <sup>2</sup>University of California, Santa Cruz, Soquel, CA, United States, <sup>3</sup>Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</p> <p><b>IADMS Standard Measures Consensus Initiative</b> Marijeanne Liederbach PhD, PT<sup>1</sup>, Jennifer Gamboa DPT, OCS<sup>2</sup>, Marshall Hagins PhD, PT<sup>1</sup>, Tom Welsh PhD<sup>3</sup> <sup>1</sup>Harkness Center for Dance Injuries, NYU Langone Health, New York, NY, United States, <sup>2</sup>Body Dynamics, Inc., Falls Church, VA, United States, <sup>3</sup>Florida State University, Tallahassee, FL, United States</p>	<p><b>Dancers' perceptions of strength and conditioning training</b> Melanie Kerr MSc, BA(Hons)<sup>1</sup>, Imogen Aujla MSc, PhD<sup>1</sup> <sup>1</sup>University of Bedfordshire, Bedford, Bedfordshire, United Kingdom</p> <p><b>Injury associated with dance education: a systematic review</b> Meghan Critchley MSc<sup>1</sup>, Sarah Kenny PhD<sup>1,2,3</sup>, Ashleigh Ritchie MA<sup>4</sup>, Katy Chambers PT, MSc<sup>4,5</sup>, Carly McKay PhD<sup>6</sup> <sup>1</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, Canada, <sup>2</sup>Alberta Children's Hospital Research Institute, University of Calgary, Calgary, Canada, <sup>3</sup>O'Brien Institute for Public Health, University of Calgary, Calgary, Canada, <sup>4</sup>Royal Academy of Dance, London, United Kingdom, <sup>5</sup>Trinity Laban Conservatoire of Music &amp; Dance, London, United Kingdom, <sup>6</sup>Department for Health, University of Bath, Claverton Down, United Kingdom</p> <p><b>The effect of the Flipped Classroom Model on altering knowledge and behavior in collegiate dancers</b> Margaret Willoughby MS, Mary Petrizzi MS, Michele Pye PhD, Kimberly Pritchard PhD Shenandoah University, Winchester, VA, United States</p>	<p><b>Pre-class neuromuscular warm-up for prevention and self-management of sacroiliac joint dysfunction and anterior hip impingement</b> Sally Donaubaauer DPT<sup>1</sup>, Natalie Imrisek MSPT<sup>2</sup>, Megan Richardson Lac, ATC<sup>3</sup> <sup>1</sup>Chicago, IL, Forest Park, IL, United States, <sup>2</sup>Framework Physical Therapy &amp; Dance Medicine, Los Angeles, CA, United States, <sup>3</sup>Harkness Center for Dance Injuries, Megan Richardson Wellness, New York, NY, United States</p>

<sup>1</sup>Invited speaker. Podium presentations are 10 minutes with 5 minutes for questions except \*denotes a 20 minute presentation with 10 minutes for questions \*\*denotes a 50 minute presentation with 10 minutes for questions \*\*\*45 minute session \*60 minute plus. All symphonie/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. <sup>S</sup>Student research support winners

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				<p><b>Gender separation in training: right or wrong?</b> Elizabeth Yutzey MFA, Emma Redding MSc, PhD Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	
3.30 - 4.30 pm	<p><b>Bridging the gap between season start and performances: the development of a pre-season preparation workout for professional ballet dancers</b> <u>Angélique Keller MSc, MAS</u> Fit4performingarts, Zürich, Switzerland</p>	<p><b>*Movement for multiple sclerosis: a multi-site partnership for practice and research</b> Elizabeth Johnson BFA, MFA<sup>1</sup>, Brooke Borgert BS, MS<sup>1</sup>, Catherine Cassidy MSc<sup>2</sup>, <u>Bethany Whiteside MSc, Dphil<sup>2</sup></u>, Tirisham Gyang MD<sup>1</sup>, Gay Hanna MA<sup>3</sup>, Lisa Sinclair MSc<sup>2</sup>, Morgan Kulesza MA<sup>3</sup>, Julia Langley MA<sup>3</sup>, Erika Mitchell DNP, FNP-BC<sup>3</sup>, Deborah Riley CMA<sup>3</sup>, Jill Sonke MA<sup>1</sup>, Tiffany Stott MSc<sup>2</sup> <sup>1</sup>University of Florida, Gainesville, FL, United States, <sup>2</sup>Scottish Ballet, Glasgow, United Kingdom, <sup>3</sup>Georgetown University, Washington, DC, United States</p> <p><b>Sing while you stride: combining movement with song</b> <u>Elinor Harrison BA, PhD</u> Washington University in St. Louis, St. Louis, MO, United States</p> <p><b>The effects of dance on the turning characteristics of Parkinson's during the timed up and go test</b> <u>Aline Haas PhD<sup>1,2</sup></u>, Marlene Brito Fortes BA<sup>2</sup>, Fruzsina Nagy BSc<sup>2,4</sup>, Tina Smith PhD<sup>2</sup>, Leonardo Alexandre Peyré-Tartaruga PhD<sup>1</sup>, Yiannis Koutedakis PhD<sup>2,3</sup>, Matthew Wyon PhD<sup>2</sup> <sup>1</sup>Federal University of Rio Grande do Sul, Rio Grande do Sul, Brazil, <sup>2</sup>University of Wolverhampton, Walsall, United Kingdom, <sup>3</sup>University of Thessaly, Volos, Greece, <sup>4</sup>University of Physical Education, Budapest, Hungary</p>	<p><b>**Further features of systematic literature reviews and applications to dance medicine &amp; science current knowledge: quality assessment and meta-analysis</b> <u>Manuela Angioi PhD<sup>1</sup></u>, Claire Hiller PhD<sup>2</sup>, <u>Aline Haas PhD<sup>3</sup></u>, Danielle N. Jarvis PhD<sup>4</sup>, Esther Nolton Med<sup>5</sup>, Tom Welsh PhD<sup>6</sup>, Dirk Hartog PT<sup>7</sup>, Soledad Echegoyen MD<sup>8</sup>, Lynda Mainwaring PhD<sup>9</sup>, <u>Derrick Brown MSc(Hons)<sup>10</sup></u> <sup>1</sup>Queen Mary University of London, London, United Kingdom, <sup>2</sup>University of Sydney, Sydney, Australia, <sup>3</sup>Federal University of Rio Grande do Sul, Rio Grande do Sul, Brazil, <sup>4</sup>California State University Northridge, Northridge, CA, United States, <sup>5</sup>George Mason University, Fairfax, VA, United States, <sup>6</sup>Florida State University, Tallahassee, FL, United States, <sup>7</sup>Westside Dance Physical Therapy, New York, NY, United States, <sup>8</sup>Escuela Nacional de Danza, INBAL, Mexico City, Mexico, <sup>9</sup>University of Toronto, ON, Canada, <sup>10</sup>ArtEZ University of the Arts/ National Centre Performing Arts, Arnhem, Netherlands</p>	<p>3.45 pm start <b>*2020 vision: stress less, create more resiliency and self-care</b> <u>Lynda Mainwaring<sup>^</sup> PhD, C.Psych</u> University of Toronto, Toronto, ON, Canada</p>	

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<p>4.30 - 5.30 pm</p>	<p><b>Integrating dance injury prevention, fitness and recovery with The Ellové Technique®</b>  <u>Amy Werner DPT, BSc</u><sup>1,2</sup>, <u>Laura Haney</u><sup>2</sup>  <sup>1</sup>New Heights Physical Therapy Plus, Portland, OR, United States, <sup>2</sup>The Ellové Technique®, Portland, OR, United States</p>	<p><b>I like to move it! A systematic review and meta-analysis on the effect of dance-based mind-motor activities to prevent falls in healthy older adults</b>  <u>Michèle Mattle MSc ETH, MPH</u><sup>1</sup>, Patricia Chocano MD, PhD<sup>1</sup>, Melanie Fischbacher MSc ETH<sup>1,4</sup>, Ursina Meyer PhD<sup>1</sup>, Lauren Abderhalden PhD<sup>1</sup>, Heike A. Bischoff-Ferrari MD, DrPH<sup>1,2,3</sup>  <sup>1</sup>Centre on Aging and Mobility, University Hospital Zurich, Waid City Hospital, and University of Zurich, Zurich, Switzerland, <sup>2</sup>Department of Geriatrics, University Hospital Zurich, Zurich, Switzerland, <sup>3</sup>University Clinic for Acute Geriatric Care, Waid City Hospital, Zurich, Switzerland, <sup>4</sup>Menzies Health Institute, Griffith University, Gold Coast, Australia</p> <p><b>Move for your mind: prevention of cognitive decline and falls with Dalcroze eurhythmics and a simple home exercise program for seniors with subjective cognitive decline (SCD) – the study protocol and theoretical aspects</b>  <u>Michèle Mattle MSc, ETH</u><sup>1</sup>, Melanie Fischbacher MSc ETH<sup>1,4</sup>, Heike A. Bischoff-Ferrari MD, DrPH<sup>1,2,3</sup>  <sup>1</sup>Centre on Aging and Mobility, University Hospital Zurich, Waid City Hospital, and University of Zurich, Zurich, Switzerland, <sup>2</sup>Department of Geriatrics, University Hospital Zurich, Zurich, Switzerland, <sup>3</sup>University Clinic for Acute Geriatric Care, Waid City Hospital, Zurich, Switzerland, <sup>4</sup>Menzies Health Institute, Griffith University, Gold Coast, Australia</p> <p><b>Creative dance, well-being, and older adults: an arts-informed photo elicitation study</b>  <u>Ellis Martin-Wylie BKin</u>, Emma Redding MSc, PhD, Elsa Urmston MSc, PGCAP  Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p> <p><b>The effects of a 10-week ballet intervention for over 50s on physical function and balance</b>  <u>Meg Letton BExPhys</u>, Jeanette Thom BSc(Hons) PhD, Rachel Ward PhD  University of New South Wales, Sydney, Australia</p>	<p><b>*Comparing information yield in two families of experimental design</b>  <u>Tom Welsh PhD</u><sup>1</sup>, <u>K. Michael Rowley PhD</u><sup>2</sup>  <sup>1</sup>Florida State University, Tallahassee, FL, United States, <sup>2</sup>Brown University, Providence, RI, United States</p> <p><b>*Publication and level of evidence trends in dance medicine and dance science: a bibliometric review of a decade of research from 2007 to 2017</b>  <u>Derrick Brown MSc(Hons)</u><sup>1</sup>, <u>Jatin Ambegaonkar PhD, ATC</u><sup>2</sup>, Sangeet Sheth<sup>2</sup>, Sarah Coogan MS<sup>2</sup>  <sup>1</sup>National Centre Performing Arts, Arnhem, Netherlands, <sup>2</sup>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States</p>	
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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

**IADMS** International Association  
for Dance Medicine & Science

Oct 20 2019  
Program subject to change

5.30 – 7.30 pm

Opera C

Film showing of

**Les chatouilles**

followed by panel discussion on

**'Safeguarding in dance'**

Nancy Kadel MD<sup>1</sup>, Bonnie Robson MD, FRCPC<sup>2</sup>, Carlo Bagutti MD<sup>3</sup> Maggie Morris MA, BA(Hons)<sup>4</sup>

<sup>1</sup>Seattle Clinic for Performing Artists at Seattle Spine and Sports Medicine, Seattle, WA, United States,

<sup>2</sup>Wisconsin Integrative Pain Specialists, Weston, WI, United States,

<sup>3</sup>Unité de médecine du sport, VidyMed, Lausanne, Switzerland

<sup>4</sup>Safe in Dance International, Honiton, United Kingdom

**(supported by Rudolf Nureyev Foundation)**

8.00 – 9.30 pm

**RUBBERBAND** Dance performance

Studio Théâtre Alfred-Laliberté

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**SATURDAY, October 26, 2019**

Time	Symphonie 1 8.00 – 10.00 am Moderator: Jatin Ambegaonkar PhD ATC Manassas, VA, USA	Opera A 8.00 – 10.00 am Moderator: Alexander McKinven MSc, MCSP London, UK	Opera C 8.00 – 10.00 am Moderator: Elizabeth F. Yutzey MFA London, UK	Symphonie 3 8.00 – 10.00 am Moderator: Sandro Rajic MSc Calgary, AB, Canada
8.00 - 9.00 am	<b>Utilization of lower extremity functional tests to determine readiness for return to dance following injury</b> <u>Laura Moyer MS, LAT, Jan Mussallem MSPT</u> University of Wisconsin Hospital and Clinics, Madison, WI, United States	<b>** 'Down under' the dancer's foot</b> <u>Susan Mayes^ PhD, BappSci(Physio)<sup>1,2</sup></u> <sup>1</sup> The Australian Ballet, Southbank, Australia, <sup>2</sup> La Trobe University, Bundoora, Australia	<b>Can we shape, yet preserve, the heritage and traditions of a ballet class in a world of learning differences?</b> <u>Astrid Sherman<sup>1</sup>, Antonio Ocana MSc, MD<sup>2</sup></u> <sup>1</sup> Pro Arte Centre, North Vancouver, BC, Canada, <sup>2</sup> North Shore ADHD and Addictions Clinic, North Vancouver, BC, Canada  <b>*Embodied perfectionism: a perpetuating social order in ballet</b> <u>Angela Pickard PhD</u> Canterbury Christ Church University, Canterbury, United Kingdom  <b>The pursuit of perfection: experiences of female ballet and contemporary dancers</b> <u>Kaleigh Ferdinand Pennock MSc, MSS, Lynda Mainwaring PhD,C.Psych, Braeden McKenzie BA</u> University of Toronto, Toronto, ON, Canada	<b>The nervous system: a missing link in flexibility training?</b> <u>Erika Mayall MPT, HBSc(Kin)</u> Allegro Performance + Wellness, Vancouver, BC, Canada, Healthy Dancer Canada: The Dance Health Alliance of Canada, Toronto, ON, Canada
9.00 - 10.00 am	<b>Accessing somatics for wellbeing: dance for the general education population</b> <u>Hannah Park PhD, MFA</u> Iona College, New Rochelle NY, United States	<b>**The Cirque experience</b> <u>Paul McGinley^ MSc, MCSP<sup>1</sup>, Evert Verhagen^ PhD, FECSS<sup>2,3</sup></u> <sup>1</sup> Performance Medicine Department, Cirque du Soleil, Montréal, QC, Canada, <sup>2</sup> Research Advisory Group, Cirque du Soleil, Montréal, QC, Canada, <sup>3</sup> Amsterdam UMC, Amsterdam, Netherlands	<b>*Stress, coping and psychological skills of conservatoire dance students: evaluating psychological wellbeing in practice</b> <u>Liliana S. Araújo PhD, C.Psychol, Sonia Rafferty MSc</u> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom	<b>Improving dynamic lower extremity stability specific to dance positions and movement</b> <u>Meghan Gearhart DPT, MS</u> Head2Toe Physical Therapy, Charlotte, NC, United States

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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

Oct 20 2019  
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			<p><b>Fulfilling potential: developing an interventional training programme for dancers in three inclusive dance companies</b>  <u>Wendy Timmons MS<sup>1</sup></u>, <u>Mark Pace MSc<sup>1</sup></u>, <u>Sophie Alder MSc<sup>2</sup></u>, <u>Joop Oonk MA<sup>3</sup></u>, <u>Gabriella Martin FPSBML<sup>4</sup></u>  <sup>1</sup>University of Edinburgh, Edinburgh, United Kingdom, <sup>2</sup>Northern Ballet, Leeds, United Kingdom, <sup>3</sup>Misiconi dance, Rotterdam, Netherlands, <sup>4</sup>Psico Ballet Maite Leon, Madrid, Spain</p> <p><b>Integrating dance science principles: the value of endorsing knowledge, understanding and application</b>  <u>Maggie Morris MA, BA(Hons)<sup>1</sup></u>, <u>Sonia Rafferty MSc<sup>1,2</sup></u>  <sup>1</sup>Safe in Dance International, Honiton, United Kingdom, <sup>2</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	
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10.00 – 10.30 am  
**REFRESHMENT BREAK Opera Foyer**  
 Host a future IADMS meeting, IADMS table, Opera Foyer  
 Meet and greet IADMS committee chairs, IADMS table, Opera Foyer

Time	Symphonie 1 10.30 am – 12.30 pm Moderator: Debra Crookshanks GradDipManipTher. Sydney, Australia	Opera A 10.30 am – 12.30 pm Moderator: Peter Lavine MD Washington DC, USA	Opera C 10.30 am – 12.30 pm Moderator: Jo-Anne La Flèche MPsy, MA Montréal, QC, Canada	Symphonie 3 10.30 am – 12.30 pm Moderator: Andrea Kozai MSc, CSCS Pittsburgh, PA, USA
10.30 am - 11.30 am	<p><b>Heightening relevé performance: myofascial, joint mobilization and exercise techniques to restore full relevé after ankle injury</b>  <u>Amanda Greene DPT, BA, Andrea Lasner DPT</u>            Johns Hopkins Hospital, Baltimore, MD, United States</p>	<p>AJG Howse Memorial Lecture</p> <p><b>**Management of the lumbar spine</b>  <u>Lyle J. Micheli<sup>^</sup> MD</u>            Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</p>	<p><b>*Dance and psychological well-being: exploring the 'inner' experience of recreational dancers</b>  <u>Karen Cann MA, PhD</u>            Canna Projects Ltd, Glasgow, Scotland, United Kingdom</p> <p><b>*Trauma exposure, anxiety, and injury: a comparison study between dancers and athletes</b>  <u>Paula Thomson PsyD</u>, Victoria Jaque PhD            California State University, Northridge, Studio City, United States</p>	<p><b>Port de bras solutions for fixated upper back and shoulders through the Mitzvah technique</b>  <u>Susan Green BSc(Hons)<sup>1</sup></u>, Sarah Kenny PhD<sup>2</sup>  <sup>1</sup>Mitzvah Technique Centre, Toronto, ON, Canada, <sup>2</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada</p>

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<p>11.30 am - 12.30 pm</p>	<p><b>Lowering anxiety levels in the hypermobile dancer: a regulatory breathing practice to improve vagal tone</b>  <u>Julie Ruiz</u><sup>1</sup>  <sup>1</sup><i>The Lotus House Movement Studio, Redondo Beach, CA, United States</i></p>	<p><b>**The sacroiliac joint: bridge to the movement highway</b>  <u>Robert Turner DPT OCS</u><sup>1,2</sup>, <u>Elizabeth Manejias MD</u><sup>2</sup>, <u>Jarmo Ahonen PT</u><sup>3</sup>  <sup>1</sup><i>Movement CoLab New York, NY, United States</i>,  <sup>2</sup><i>Hospital for Special Surgery, New York, NY, United States</i>,  <sup>3</sup><i>Art Fysio Oy, Helsinki, Finland</i></p>	<p><b>The reinvention of the dancer identity: psychotherapeutic techniques and integrated care</b>  <u>Jill Descoteaux PhD, AT</u><sup>1</sup>, <u>Samantha Catania MEd, LPC</u><sup>2</sup>  <sup>1</sup><i>Cirque du Soleil, Las Vegas, NV, United States</i>,  <sup>2</sup><i>Hopewell Health Centers, Athens, OH, United States</i></p> <p><b>Health within dance pre-professional training in France: a sociological perspective of difficulties and benefits</b>  <u>Camille Casale MS</u>  <i>Panthéon Sorbonne University, Paris, France, CNRS, Paris, France, Institut ACTE, Paris, France, IDHES, Paris, France</i></p> <p><b>Health promotion among dance students in higher education: a qualitative investigation of experiences and perceptions of health and wellbeing</b>  <u>Anastasia Paschali BA(Hons), MSc</u>, <u>Liliana S. Araújo Cpsychol, PhD</u>  <i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p> <p><b>Performing artist and athlete health monitor – experiences and expectations of professional dancers towards an online dance-health surveillance system</b>  <u>Stephanie Keizer-Hulsebosch MA</u><sup>1,2</sup>, <u>Daphne Karreman PhD</u><sup>1,2</sup>, <u>Janine Stubbe PhD</u><sup>1,2,3</sup>  <sup>1</sup><i>Codarts, Rotterdam, Netherlands</i>,  <sup>2</sup><i>Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands</i>,  <sup>3</sup><i>Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands</i></p>	<p><b>Mechanics of partnering in contact improvisation</b>  <u>Glenn Morgan MFA, MSc</u>, <u>Catherine Saenz PhD, RD</u>, <u>Krystina Nelson BS, CPT</u>  <i>Jacksonville University, Jacksonville, FL, United States</i></p>
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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

12.30 – 2.30 pm LUNCH BREAK

**MEDICAL DOCTORS NETWORKING EVENT** Symphonie 2

**ROUNDTABLES** (lunch ticket required) Ovation

Topic	Moderator
Breathing	J.DeMars
Concussion	P.McGinley
Fascia	D.Crookshanks
Foot and ankle	S.Mayes
Hypermobility	W.Timmons
Identity	P.Lewton-Brain
Long term dancer development	M.Wyon
Neuroscience	H.Poikonen
Nutrition, recovery and RED-S	J.Ambegaonkar
Technology	K.M.Rowley
Return to dance	M.McCormack
Somatic practises	G.Grossman
Research translation	E.Verhagen

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Time	Symphonie 1 2.30 – 4.30 pm Moderator: Elizabeth F. Yutzey MFA London, UK	Opera A 2.30 – 5.00 pm Moderator: Lauren Elson MD Boston, MA, USA	Opera C 2.30 – 4.30 pm Moderator: Sarah Kenny PhD Calgary, AB, Canada	Symphonie 3 2.30 – 4.30 pm Moderator: Matthew Wyon PhD Walsall, UK
2.30 - 3.30 pm	<p><b>You dance in turn-out, but live in parallel; a strengthening &amp; conditioning class for dancers</b> Paddy Jarit MS, PT<sup>1,2,3</sup> <sup>1</sup>Sport &amp; Orthopaedic Physical Therapy by Paddy Jarit, Fairfield, CT, United States, <sup>2</sup>Physical Therapy for Women, P.C, Trumbull, CT, United States, <sup>3</sup>Rockwell Dance Center, Trumbull, CT, United States</p>	<p><b>**The dancer's cervical spine</b> Judith Peterson<sup>^</sup> MD Sanford School of Medicine of the University of South Dakota, Vermillion, SD, United States</p> <p><b>**Our living thoracic spine; beyond bones and muscles</b> Warwick Long M.Ph.Ed, DO<sup>1,2</sup> <sup>1</sup>Concordia University, Montréal, QC, Canada <sup>2</sup>Espace212, Montréal, Quebec, QC, Canada</p>	<p><b>*Multisensory instruction addresses learning diversity and enhances dance skill learning and performance</b> Andrea Downie MA<sup>1,2,3,4,5,6</sup> <sup>1</sup>Healthy Dancer Canada: The Dance Health Alliance of Canada, Toronto, ON, Canada, <sup>2</sup>Safe in Dance International, Yarcombe, United Kingdom, <sup>3</sup>School of Creative and Performing Arts, Dance Division, University of Calgary, Calgary, AB, Canada, <sup>4</sup>Canadian Contemporary Dance Theatre, Toronto, ON, Canada, <sup>5</sup>EnhanceDance, Toronto, ON, Canada, <sup>6</sup>Royal Academy of Dance, Toronto, ON, Canada</p> <p><b>Beyond attentional focus: drawing threads between scientific research and eastern movement practice for enhanced performance</b> Clare Guss-West Bhum, MA<sup>1,2</sup> <sup>1</sup>The European Network for Opera, Music &amp; Dance Education, Brussels, Belgium, <sup>2</sup>The European Dance &amp; Creative Wellness Foundation, Rotterdam, Netherlands</p> <p><b>The effect of Dynamic Neuro-cognitive Imagery (DNI™) on developpé in university-level dance students</b> Rebecca Gose MFA<sup>1</sup>, Amit Abraham PhD<sup>2,3</sup>, Bethany Nelson BS, Ed<sup>3</sup>, Ron Schindler MA<sup>4</sup>, Madeleine Hackney PhD<sup>5</sup> <sup>1</sup>Department of Dance, Franklin College of Arts and Sciences, University of Georgia, Athens, GA, United States, <sup>2</sup>Department of Medicine, Division of General Medicine and Geriatrics, Emory University School of Medicine, Atlanta, GA, United States, <sup>3</sup>Department of Kinesiology, College of Education, University of Georgia, Athens, GA, United States, <sup>4</sup>Department of Mathematics, The Weizmann Institute of Science, Rehovot, Israel, <sup>5</sup>Atlanta VA Center for Visual and Neurocognitive Rehabilitation, Atlanta, GA, United States</p>	<p><b>Enhanced balance by letting the bodyweight rest on the middle of the heel bone</b> Annemari Autere Compagnie Ariel, Villefranche sur Mer, France</p>

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<p>3.30 - 5.00 pm</p>	<p><b>External iron supplementation-kettlebell training for dancers</b> <u>Jacob Manley DPT, MS<sup>1,2</sup>, Michele Pye PhD<sup>2</sup>, Rose Schmieg DHSc<sup>2</sup></u> <sup>1</sup>PRO Physical Therapy, Winchester, VA, United States, <sup>2</sup>Shenandoah University, Winchester, VA, United States</p>	<p><b>Understanding the dancer with scoliosis</b> <u>Suzanne Koucheravy BS<sup>1,2</sup></u> <sup>1</sup>Body Dynamics Inc, Falls Church, VA, United States, <sup>2</sup>Pilates Thek, Inc, Alexandria, VA, United States</p> <p><b>***Spine interventions for the young in-season athlete</b> <u>Mohan Radhakrishna<sup>^</sup> MD</u> Physical Medicine and Rehabilitation, MUHC Pain Centre, McGill University, Montréal, Quebec, QC, Canada</p> <p><b>**40 years of experience in treating the causes of physical and emotional trauma in dancers</b> <u>Philippe Druelle DO<sup>1</sup></u> <sup>1</sup>Le Collège d'Études Ostéopathiques de Montréal, Montréal, Quebec, QC, Canada</p>	<p><b>The role of vision, audition and attention in entropy variations of upper-body accelerations during unplanned movement in dance</b> <u>Derrick Brown MSc(Hons)<sup>1</sup>, Jurjen Bosga PhD<sup>2</sup>, Ruud G.J. Meulenbroek PhD<sup>1</sup></u> <sup>1</sup>Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Donders Centre for Cognition, Nijmegen, Netherlands, <sup>2</sup>Praktijk Bosga-Stork, Doorn, Netherlands</p> <p><b>***Brain research of dance: preparation, analysis and application</b> <u>Hanna Poikonen PhD, MSc</u> University Health Care Research Center, Faculty of Medicine and Health, Örebro University, Sweden</p>	<p><b>Understanding anatomy through a movement analysis lens to optimize movement: a lecture and experiential session for dancers and clinicians</b> <u>Gyanne Grossman PT, EdM<sup>1</sup>, Jarmo Ahonen PT<sup>2</sup></u> <sup>1</sup>Muhlenberg College, Allentown, PA, United States, <sup>2</sup>Art Physio Oy, Helsinki, Finland</p>
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4.30 – 6.00 pm

**POSTER PRESENTATIONS – Group M**

Opera B

Moderator: Alexander McKinven MSc, MCSP, London, UK

6.00 – 7.30 pm

**IADMS BUSINESS MEETING**

Opera C

8.00 pm until late

**IADMS EVENING PARTY**

Soprano Level 4

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**SUNDAY, October 27, 2019**

Time	Symphonie 1 8.00 – 11.00 am Moderator: Karine Rathle MSc Montréal, QC, Canada	Opera A&B 7.30 – 11.00 am Moderator: Peter Lewton-Brain DO Monte-Carlo, Monaco	Opera C 7.30 – 11.00 am Moderator: Jill Descoteaux PhD, AT Las Vegas, NV, USA	Symphonie 3 8.00 – 11.00 am Moderator: Erika Mayall, MPT, HBSc(Kin), Vancouver, BC, Canada
7.30 am - 9.00 am	<b>A practical exploration of training the hypermobile dancer</b> Jennifer Milner <sup>1</sup> <sup>1</sup> Bodies In:Motion, Dallas, TX, United States	<b>*The language of eating disorders: are you helping or harming?</b> <u>Monika Saigal RD, CEDRD-S<sup>1,2</sup>, Dawn Smith-Theodore MA, MFT<sup>3</sup></u> <sup>1</sup> Private Practice, New York, NY, United States, <sup>2</sup> The Julliard School, New York, NY, United States, <sup>3</sup> Private Practice, Los Angeles, CA, Unites States  <b>*Dance for Health: a ten-year program of work</b> <u>Emma Redding MSc, PhD, Veronica Jobbins BA, MA, Rebecca Stancliffe PhD</u> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  <b>*EnhanceDance: holistic multisensory movement</b> <u>Andrea Downie MA<sup>1,2,3,4,5,6</sup></u> <sup>1</sup> Healthy Dancer Canada: The Dance Health Alliance of Canada, Toronto, ON, Canada, <sup>2</sup> Safe in Dance International, Yarcombe, United Kingdom, <sup>3</sup> School of Creative and Performing Arts, Dance Division, University of Calgary, Calgary, AB, Canada, <sup>4</sup> Canadian Contemporary Dance Theatre, Toronto, ON, Canada, <sup>5</sup> EnhanceDance, Toronto, ON, Canada, <sup>6</sup> Royal Academy of Dance, Toronto, ON, Canada	<b>*Current concepts in the conservative management of anterior hip pain*</b> <u>Mark Hall MPT, CSCS, Sarah Plumer-Holzman DPT, Suzanne Semanson DPT</u> Harkness Center for Dance Injuries NYU Langone Health, New York, NY, United States  <b>**Panel lecture demonstration: current concepts in the conservative treatment of anterior hip pain among dancers</b> <u>Suzanne Semanson DPT<sup>1</sup>, Mark Hall MPT CSCS<sup>1</sup>, Andrea Zujko PT, DPT<sup>2</sup>, Carol Holyoke MSPT, CMA<sup>3</sup>, Julie Daugherty MSPT, CMPT<sup>4</sup>, Morgan Alexander DPT<sup>5</sup></u> <sup>1</sup> Harkness Center for Dance Injuries NYU Langone Health, New York, NY, United States, <sup>2</sup> Westside Dance Physical Therapy, New York, NY, United States, <sup>3</sup> The Juilliard School, New York, NY, United States, <sup>4</sup> American Ballet Theatre, New York, NY, United States, <sup>5</sup> Ohio State University Wexner Medical Center, Columbus, OH, United States	<b>Managing scoliosis in dance with dance specific Pilates exercises, the Schroth method and Scolio-Pilates®</b> <u>Susanne Higgins BSc<sup>1</sup>, Suzanne Koucheravy BS<sup>2,3</sup>, Lisa Clarkson DPT, OCS<sup>2</sup>, Jenna Calo DPT,OCS<sup>2</sup></u> <sup>1</sup> Evolved Pilates Education, North Vancouver, BC, Canada, <sup>2</sup> Body Dynamics Inc, Falls Church VA., Fairfax Station, VA, United States, <sup>3</sup> Pilates Thek, Inc, Alexandria, VA, United States

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<p>9.00 - 10.00 am</p>	<p><b>The science of movement enhanced by the principles of the 5 element theory from traditional Chinese medicine</b>  <u>Michelle Greenwell BA, MS</u>  Akamai University, Hilo, HI, United States, <i>The K.E.Y. to Health with Energy Medicine: Kinetic Energy YINtegration, Mabou, NS, Canada, University of Calgary, Calgary, AB, Canada</i></p>	<p><b>*Promoting health, wellness, and injury prevention in young dancers</b>  <u>Elizabeth Sullivan BA, MA<sup>1</sup>, Michelina Cassella PT<sup>2</sup></u>  <sup>1</sup><i>The Dancer's Toolkit, Brooklyn, NY, United States,</i>  <sup>2</sup><i>The Micheli Center for Sports Injury Prevention, Children's Hospital, Waltham, MA, United States</i></p> <p><b>*An innovative approach to refining contemporary dance training within a conservatoire</b>  <u>Emma Redding MSc, PhD, Naomi Lefebvre Sell MA, PhD,</u> Sonia Rafferty MSc, Colin Bourne Collins MA, Rosemary Brandt MA, Stephanie Schober MA  <i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i></p>	<p><b>Examining functional and anatomical turnout for dance wellness screening</b>  Soledad Echegoyen MD, Med<sup>1</sup>, Leonor Carmona BA<sup>2</sup>, Paloma Macías PhD<sup>2</sup>, Pamela Jiménez<sup>1</sup>  <sup>1</sup><i>Escuela Nacional de Danza, Instituto Nacional de Bellas Artes, Mexico City, Mexico,</i> <sup>2</sup><i>Escuela Nacional de Danza Clásica y Contemporánea, Instituto Nacional de Bellas Artes, Mexico City, Mexico</i></p> <p><b>Hip joint cartilage defects in professional ballet dancers: a 5-year longitudinal study</b>  Susan Mayes PT, PhD<sup>1,2</sup>, Peter Smith MD<sup>3</sup>, Debbie Stuart<sup>2</sup>  <sup>1</sup><i>La Trobe Sport and Exercise Medicine Research Centre, Bundoora, Australia,</i> <sup>2</sup><i>The Australian Ballet, Southbank, Australia,</i> <sup>3</sup><i>MIA Radiology East Melbourne, East Melbourne, Australia</i></p> <p><b>Methods of manual therapy used to improve the femoro-acetabular joint after hip arthroscopy</b>  <u>Jakub Placzki MSc,</u> Michał Drwięga MD, Krzysztof Placzki MSc, Jakub Molasy MSc, Magdalena Syrek MSc  <i>Carolina Medical Center, Warsaw, Poland</i></p> <p><b>Two-year follow-up of patellofemoral pain in young female dancers: can young dancers skip this injury?</b>  <u>Nili Steinberg PhD<sup>1</sup>,</u> Itzhak Siev-Ner MD<sup>2</sup>  <sup>1</sup><i>Wingate College of Physical Education and Sports Sciences, Wingate Institute, Netanya, Israel,</i>  <sup>2</sup><i>Orthopedic Rehabilitation Department, Sheba Medical Center, Tel-Hashomer, Israel</i></p>	<p><b>An expressive and mobile thorax in conjunction with a dynamically stable lower trunk</b>  <u>Irene Dowd<sup>^</sup> BA<sup>1</sup>, Renee Robinson<sup>^</sup> A<sup>1</sup></u>  <sup>1</sup><i>The Juilliard School, New York, NY, United States</i></p>
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<p>10.00 - 11.00 am</p>	<p><b>Incorporation of sensory integration techniques for injury rehabilitation and prevention</b>  <u>Kevin Brown Med, ATC</u>  Kentucky Orthopedic Rehab Team, Louisville, KY, United States, Louisville Ballet, Louisville, KY, United States</p>	<p style="text-align: center;"><b><u>IADMS Duels</u></b></p> <p><b>Statistical significance vs clinical significance?</b>  <u>Andrea Kozai MSc, CSCS<sup>1,2</sup> &amp; Dawn Muci DPT, ATC<sup>3</sup></u>  <sup>1</sup>Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, <sup>2</sup>Healthy Lifestyle Institute, University of Pittsburgh, Pittsburgh, PA, United States, <sup>3</sup>Performing Arts Special Interest Group, Orthopaedic section, American Physical Therapy Association, WI, United States</p> <p><b>Technology – good or evil?</b>  <u>Sylvie Fortin PhD<sup>1</sup>, Marisa Hentis, PT, DPT<sup>2</sup> &amp; Duane Scotti DPT, PhD<sup>2</sup></u>  <sup>1</sup>Université du Québec à Montréal, Montréal QC, Canada, <sup>2</sup> Performing Arts Special Interest Group, Orthopaedic section, American Physical Therapy Association, WI, United States</p> <p><b>Ankle sprain in a dancer – operate?</b>  <u>Susan Mayes PT, PhD<sup>1,2</sup> &amp; Julie Daugherty MSPT, CMPT<sup>3</sup></u>  <sup>1</sup>La Trobe Sport and Exercise Medicine Research Centre, Bundoora, Australia, <sup>2</sup>The Australian Ballet, Southbank, Australia, <sup>3</sup>American Ballet Theatre, New York, NY, United States</p> <p><b>Dance science or sport science?</b>  <u>Matthew Wyon PhD<sup>1,2</sup> &amp; Emma Redding MSc, PhD<sup>3</sup></u>  <sup>1</sup>Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science, Walsall, United Kingdom <sup>3</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</p>	<p><b>Quantitative MRI analysis of the talocrural and talonavicular joints in ballet dancers and healthy non-dancers</b>  <u>Kelli Sharp DPT<sup>1,2,3</sup>, Jeffery Russell PhD, ATC<sup>5</sup>, Hon J Yu PhD<sup>4</sup>, Toshimi Tando MD<sup>4</sup>, Saya Horiuchi MD<sup>4</sup>, Hiroshi Yoshioka MD<sup>4</sup></u>  <sup>1</sup>UC Irvine Claire Trevor School of the Arts, Department of Dance, Irvine, CA, United States, <sup>2</sup>UC Irvine Department of Physical Medicine and Rehabilitation, Irvine, CA, United States, <sup>3</sup>UC Irvine, School of Medicine, Sue and Bill Gross Stem Cell Research Center, Irvine, CA, United States, <sup>4</sup>UC Irvine, School of Medicine, Department of Radiology, Irvine, CA, United States, <sup>5</sup>Division of Athletic Training, School of Applied Health Sciences and Wellness Ohio University, Athens, OH, United States</p> <p><b>A retrospective study to investigate the management of posterior ankle impingement in a NHS orthopedic hospital</b>  <u>Caroline Jubb MSCP, MSc<sup>1,2</sup>, Roger Wolman MD<sup>1,2</sup>, Nicholas Cullen BSc(Hons), FRCS<sup>1,2</sup></u>  <sup>1</sup>Royal National Orthopaedic Hospital NHS Trust, London, United Kingdom, <sup>2</sup>National Institute of Dance Medicine and Science (NIDMS), London, United Kingdom</p> <p><b>*Os Trigonum surgical outcome study with pre-professional and professional dancers</b>  <u>Ruth Solomon BA, CMA<sup>1,2</sup>, Lyle J. Micheli MD<sup>2</sup>, John Solomon PhD<sup>1</sup>, Dai Sugimoto PhD, ATC<sup>2</sup>, Rebecca L. Zwicker PhD<sup>2</sup>, Marina Gearhart BA<sup>2</sup></u>  <sup>1</sup>University of California, Santa Cruz, Santa Cruz, CA, United States, <sup>2</sup>Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</p>	<p><b>Maximizing the adaptability of the head by enhancing kinematics of the upper spine</b>  <u>Renee Robinson<sup>^1</sup>, Irene Dowd<sup>^</sup> BA<sup>1</sup></u>  <sup>1</sup>The Juilliard School, New York, NY, United States</p>
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**11.00 – 11.30 am**  
**REFRESHMENT BREAK**  
**Opera Foyer**

<sup>^</sup>Invited speaker. Podium presentations are 10 minutes with 5 minutes for questions except \*denotes a 20 minute presentation with 10 minutes for questions \*\*denotes a 50 minute presentation with 10 minutes for questions \*\*\*45 minute session \*60 minute plus. All symphonie/studio based interactive/movement sessions are 45 minutes long with 5 minutes for questions except ~ denotes 25 minutes with 5 minutes of questions. <sup>S</sup>Student research support winners



# SCHEDULE

## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

Oct 20 2019  
Program subject to change

Time	Symphonie 1 11.30 am – 12.30 pm Moderator: Karine Rathle MSc Montréal, QC, Canada	Opera A&B 11.30 am – 1.30 pm Moderator: Matthew Wyon PhD Walsall, UK	Opera C 11.30 am – 12.30 pm Moderator: Andrea Kozai, MSc, CSCS Pittsburgh, PA, USA	Symphonie 3 11.30 am – 12.30 pm Moderator: K. Michael Rowley PhD Los Angeles, CA, USA
11.30 - 12.30 pm	<p><b>Pain in the neck: instrument assisted soft tissue mobilization for managing cervical woes</b> <u>Carina Nasrallah BA, MS, Leanne Wonesh BS, MS</u> <i>Houston Methodist Orthopedics &amp; Sports Medicine, Houston, TX, United States</i></p>	<p><b>*From Tamara Karsavina to Akram Khan: fifty years of dance and dance medicine and science</b> <u>Fay Nenander</u> <i>Balettakademien, Stockholm, Sweden</i></p> <p><b>*Evaluating health care services in the professional dance company setting: a past, present and future review</b> <u>Heather Southwick MSPT<sup>1</sup></u>, Nancy Kadel MD<sup>2</sup> <i><sup>1</sup>Boston Ballet, Boston, MA, United States, <sup>2</sup>Seattle Spine and Sports Medicine, Seattle, WA, United States</i></p>	<p><b>Dietary habits, nutrition knowledge and supplement use among breakers</b> <u>Miroslav Sekula MSc<sup>1,2</sup>, Nefeli Tsiouti MA, MSc<sup>2,3</sup></u>, Louise Martin PhD<sup>1</sup>, Mikaella Michaelidou BSc<sup>3</sup> <i><sup>1</sup>University of Worcester, Worcester, United Kingdom, <sup>2</sup>Project Breakalign, Nicosia, Cyprus, <sup>3</sup>European University Cyprus, Nicosia, Cyprus</i></p> <p><b>Relationship between energy availability, dietary macronutrients on bone mineral density in male and female vocational ballet dancers</b> <u>Juncal Roman MSc<sup>1,2</sup></u>, Myriam Leuenberger BSc, MSc<sup>2</sup>, Marina D Naranjo BSc, MSc<sup>2</sup>, Romain Haym MSc<sup>3</sup>, Lygeri Dimitriou PhD<sup>2</sup> <i><sup>1</sup>English National Ballet School, London, United Kingdom, <sup>2</sup>Middlesex University, London, United Kingdom, BMI London Independent Hospital, London, United Kingdom</i></p> <p><b>Incidence, anatomical location and mechanism of bone stress injuries in pre-professional male and female ballet dancers. A two years cohort study</b> <u>Maria Chiara Galvan MSc<sup>1</sup>, Manuela Angioi PhD<sup>1</sup></u>, Karen Sheriff MSc<sup>2</sup> <i><sup>1</sup>Centre for Sports and Exercise Medicine, William Harvey Research Institute, Queen Mary University of London, London, United Kingdom, <sup>2</sup>Royal Ballet School, London, United Kingdom</i></p>	<p><b>#Pelvic floor stiffness in pelvic floor dysfunction of dancers vs. non-dancers</b> <u>Brooke Winder DPT, OCS<sup>1</sup></u>, Tina Wang MD<sup>2</sup>, Andrea Cordova-Caddes DPT, OCS<sup>3</sup>, Kazuyoshi Gamada PhD, PT<sup>4</sup> <i><sup>1</sup>Dance Department, California State University, Long Beach, CA, United States, <sup>2</sup>Physical Medicine &amp; Rehabilitation, Loma Linda University School of Medicine, Loma Linda, CA, United States, <sup>3</sup>Dance Department, Scripps College, Claremont, CA, United States, <sup>4</sup>Department of Integrated Rehabilitation, Hiroshima International University, Higashijiroshima, Japan</i></p> <p><b>#Do you pee before you perform? The pelvic floor function in performance</b> <u>Nathaniel Dolquist BA<sup>1</sup></u>, Dinah Hampson BA, BScPT<sup>2</sup> <i><sup>1</sup>Freelance Performer, New York, NY, United States, <sup>2</sup>Pivotdancer, Toronto, ON, Canada</i></p>

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**SCHEDULE**  
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			<p><b>Lower extremity bone mineral density and associated factors in female pre-professional dancers</b>  <u>Meghan Critchley BFA, MSc</u><sup>1</sup>, Clodagh Toomey PhD, PT<sup>1,2</sup>, Stacey Lobos BSc<sup>3</sup>, Luz Palacios-Derflinger PhD<sup>1,2,4</sup>, Sarah Kenny PhD<sup>1,2,5</sup>  <sup>1</sup>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, <sup>2</sup>Alberta Children's Hospital Research Institute, Calgary, AB, Canada, <sup>3</sup>Human Performance Laboratory, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, <sup>4</sup>Department of Community Health Sciences, Cumming School of Medicine, University of Calgary, Calgary, AB, Canada, <sup>5</sup>O'Brien Institute for Public Health, Calgary, AB, Canada</p> <p><b>Sustainable diets and the dancer: minimizing the environmental impact of meeting nutritional requirements for dance</b>  <u>Jasmine Challis BSc, MRes</u>  Freelance RD, Reading, London, United Kingdom</p>	
12.30 - 1.30 pm	x	<p><b>Closing symposium</b>  <b>**Breathing and the performance athlete</b>  <u>Jessica DeMars BSc, PT</u>  Breathewell Physio, Calgary, AB, Canada</p>	x	x

**1.30 – 2.00 pm**

**Closing Remarks**

**Opera A&B**

Peter Lavine, MD, President, IADMS

Exhibitor raffle prize

Highest scored presentation on app

Presentation of IADMS Dance Educator Award

Presentation of the Posters Award (Supported by Harlequin Floors)

Presentation of IADMS Infographic Award (Supported by Seattle Spine and Sports Medicine)

IADMS President handover ceremony

IADMS 2020

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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

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### Poster Presentations – Group S Thursday, October 24, 5.30 – 7.00 pm Opera B

#### **Weight-for-height ratio in adolescent dancers: an audit**

Nico Kolokythas MSc<sup>1,2</sup>, Matthew Wyon PhD<sup>2</sup>, Yiannis Koutedakis PhD<sup>2,3</sup>, Shaun Galloway PhD<sup>2</sup>, Nicky Keay PhD<sup>4,5</sup>, George Metsios PhD<sup>2</sup>

<sup>1</sup>Elmhurst Ballet School, Birmingham, United Kingdom, <sup>2</sup>Institute of Sport, University of Wolverhampton, Walsall, United Kingdom, <sup>3</sup>University of Thessaly, Thessaly, Greece,

<sup>4</sup>Department of Sport and Exercise Sciences, University of Durham, Durham, United Kingdom, <sup>5</sup>NHS RED-S Clinic Royal National Orthopedic Hospital, London, United Kingdom

1 SR

#### **Nutrition periodization in dancers**

Jatin Ambegaonkar PhD, ATC<sup>1</sup>, Ann Brown PhD<sup>2</sup>

<sup>1</sup>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, <sup>2</sup>Human Performance Laboratory, Department of Movement Sciences, University of Idaho, Moscow, ID, United States

2 PE

#### **Changes in physical-performance-tests across collegiate careers in dancers: the SHARE consortium**

Jatin Ambegaonkar PhD, ATC<sup>1</sup>, Catherine Cavanagh BS, ATC<sup>1</sup>, Jena Hansen-Honeycutt DAT, ATC<sup>2</sup>, Victoria Fauntroy BS, ATC<sup>1</sup>, Esther Nolton MEd, ATC<sup>1</sup>, Nelson Cortes PhD<sup>1</sup>,

Shruti Ambegaonkar PT, DPT<sup>3</sup>, Shane Caswell PhD, ATC<sup>1</sup>

<sup>1</sup>Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, <sup>2</sup>Department of Dance,

George Mason University, Fairfax, VA, United States, <sup>3</sup>Orthocare Physical Therapy Center, Fairfax, VA, United States

3 PR

#### **Health-related information education in university dance programs**

Andrea Kozai MSc, CSCS<sup>1,2</sup>, Jatin Ambegaonkar PhD, ATC<sup>1</sup>

<sup>1</sup>Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States, <sup>2</sup>Healthy Lifestyle Institute, University of Pittsburgh, Pittsburgh, PA, United States

4 PE

#### **Music to our ears: are dancers at risk for high sound exposure?**

Haley Busenbarrick BS, Kathleen Davenport MD

Memorial Sports Medicine Center, Hollywood, CA, United States

5 SR

#### **The impact of health promotion and education programs in university dancers**

Isabel Artiques BSc, MSc

IAB Health, Institute of the Arts Barcelona, Barcelona, Spain

6 PE

#### **Wellness is coming! Peer to peer wellness information**

Grace Wilkins, Randi Lenard, Margaret Wilson MS, PhD, Jennifer Deckert, MFA

University of Wyoming, Laramie, WY, United States

7 SE

#### **Mindful meditation effects on stress levels in collegiate dancers**

Brenda Butcher BFA, MFA, Valerie Hale, PhD

University of Utah, Salt Lake City, UT, United States

8 PR

#### **Partnered myofascial and acupressure point release to restore physical and energetic harmony**

Lisa Draskovich-Long BFA, MFA

California State University Fullerton, Fullerton, CA, United States

9 PE

Posters are numbered and ordered by theme and presenter

Group S available to view until Friday 2.30. Group M available to view from Friday 4.30

P = Professional S = Student R = Research E = Education C = Case studies W=Withdrawn <sup>§</sup> Student research support winners

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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

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<b>Moving dancers toward mental wellness: dance/movement therapy, therapeutic-bodywork and embodied dance for mental health support</b>	<b>10 PE</b>
<i>Janette Dishuk MA, R-DMT<sup>1,2</sup>, Allison Pagano MFA, CRM<sup>3,4</sup></i>	
<i><sup>1</sup>Synergy Arts &amp; Wellness, LLC, Woodland Park, NJ, United States, <sup>2</sup>Bergen Community College, Paramus, NJ, United States, <sup>3</sup>Iona College, New Rochelle, NY, United States, <sup>4</sup>Manhattanville College, Purchase, NY, United States</i>	
<b>What don't we know about dancers?</b>	<b>11 PE</b>
<i>Ellie Kusner MSc<sup>1,2,3</sup>, Marissa Schaeffer PT, DPT<sup>3</sup></i>	
<i><sup>1</sup>Hofstra University, The Juilliard School, Hempstead, New York, NY, United States, <sup>2</sup>The Juilliard School, New York, NY, United States, <sup>3</sup>Freelance, New York, NY, United States</i>	
<b>An investigation of the learning styles of dancers with specific learning difficulties and their experiences in higher education vocational training</b>	<b>12 SR</b>
<i>Jessica Morgan Alexandra Lowe MSc, BA(Hons), Lijiana S. Araújo PhD, C.Psychol, Elsa Urmston MSc, PGCAP</i>	
<i>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</i>	
<b>The effect of integrative contemporary dance on functional mobility in adults with developmental disabilities</b>	<b>13 PR</b>
<i>Sarah DiPasquale DPT, Aliza Franz</i>	
<i>Skidmore College, Saratoga Springs, NY, United States</i>	
<b>Examining the effects of an integrative dance intervention in adults living with intellectual disability</b>	<b>14 SR</b>
<i>Emma Chen<sup>1</sup>, Mary Roberts PhD<sup>1</sup>, Sarah DiPasquale DPT<sup>2</sup></i>	
<i><sup>1</sup>Department of Health, Kinesiology and Applied Physiology, Concordia University, Montréal, QC, Canada, <sup>2</sup> Department of Dance, Skidmore College, Saratoga Springs, NY, United States</i>	
<b>Effects of dance intervention during pregnancy on fetal and neonatal development</b>	<b>15 SR</b>
<i>Beatrix Bánkyné Perjés MA<sup>1</sup>, Gábor Mátrai MD<sup>2</sup>, Bernadett Nagy MD, PhD<sup>2</sup>, Daniella Erdei MSc<sup>3</sup>, Viktória Prémusz MSc<sup>1</sup>, József Bódis MD, PhD<sup>2</sup></i>	
<i><sup>1</sup>Faculty of Health Sciences, Doctoral School of Health Sciences, University of Pécs, Pécs, Hungary, <sup>2</sup>Department of Obstetrics and Gynaecology, Clinical Centre, University of Pécs, Pécs, Hungary, <sup>3</sup>Department of Medical Genetics, Clinical Centre, University of Pécs, Pécs, Hungary</i>	
<b>Why do we dance? Stories of dance and healing</b>	<b>16 PR</b>
<i>Danielle Burton MD<sup>1,2</sup>, Robyn Gisbert DPT<sup>1</sup></i>	
<i>University of Colorado School of Medicine, Aurora, CO, United States, <sup>2</sup>Tufts Medical Center, Boston, MA, United States</i>	
<b>How dance can be a complement for care and rehabilitation</b>	<b>17 PR</b>
<i>Åsa N. Åström<sup>1</sup>, Georg Drakos<sup>2</sup></i>	
<i><sup>1</sup>Balettakademien, Stockholm, Sweden, <sup>2</sup>Danderyd Hospital, Stockholm, Sweden</i>	
<b>Take the lead with ballroom dance techniques as a balance intervention: a case report</b>	<b>18 PC</b>
<i>Jonathan Mackin SPT, Annette Karim DPT, PhD</i>	
<i>Azusa Pacific University, Azusa, CA, United States</i>	
<b>Health-Related Quality of Life (HQORL) of older women who tap dance as compared to age-matched non-dancers</b>	<b>19 PE</b>
<i>Annette Karim DPT, PhD</i>	
<i>Azusa Pacific University, Azusa, CA, United States</i>	

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<b>Effects of 10-months dance program on physical ability in elderly Japanese females</b> <u>Mayumi Kuno-Mizumura PhD</u> , Yui Kawano MS, Riko Mizushima MS, Yuriko Hattori BA, Marie Kanamori BA, Akari Suzuki BA, Misaki Yoshida MS <i>Ochanomizu University, Tokyo, Japan</i>	20 PR
<b><sup>S</sup>Dance for mental health and mental health for dancers: an individual and population UK initiative</b> <u>Anastasia Paschali BA(Hons), MSc<sup>1</sup></u> , Nicoletta P. Lekka MSc, PhD <sup>2</sup> <i><sup>1</sup>King's College London, London, United Kingdom, <sup>2</sup>Sport and Exercise Special Interest Group of the Royal College of Psychiatrists, London, United Kingdom</i>	21 SE
<b>Cultural dance for mental and physical health</b> Kyaien Conner PhD, <u>Juanita Patterson-Price MS</u> <i>University of South Florida, Tampa, FL, United States</i>	22 PR
<b>Creation, validation, and reliability of dance fundamental movement skills assessment and teaching tool</b> <u>Juanita Patterson-Price MS<sup>1</sup></u> , Andrea Pass BA <sup>2</sup> , Gregory Gutierrez PhD <sup>1</sup> <i><sup>1</sup>University of South Florida, Tampa, FL, United States, <sup>2</sup>Footprints Dance Project, Calgary, AB, Canada</i>	23 PR
<b>The cognitive appraisal of skilled performative movement</b> <u>Michelle Lerner BS</u> <i>Temple University, Philadelphia, PA, United States</i>	24 SR
<b>Exploration of the creative process</b> Alexandra Pooley MSc <sup>1,2</sup> , <u>Liliana S. Araújo PhD, C.Psychol<sup>1</sup></u> , Lucie Clements PhD, MSc <sup>1,3</sup> <i><sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup>Texas A&amp;M University, College Station, TX, United States, <sup>3</sup>University of Chichester, Chichester, United Kingdom</i>	25 SR
<b>A new way to change dance motor patterns: the Allyane process</b> <u>Colombié Jean Baptiste MPT, CSCS</u> <i>Malandain Ballet Biarritz, Kinexpert, Biarritz, France</i>	26 PE
<b>Integrating the Mitzvah technique into dance technique class to help reduce fatigue and dance injuries</b> <u>Susan Green BSc(Hons)</u> <i>Mitzvah Technique Centre, Toronto, ON, Canada</i>	27 PE
<b>Technique modification to improve balance, strength, and stability for a professional dancer</b> <u>Taylor Augustine, SPT<sup>1,2</sup></u> , <u>Katherine Long, DPT, OCS<sup>1,2</sup></u> <i><sup>1</sup>Cleveland State University, Cleveland, OH, United States, <sup>2</sup>MetroHealth, Cleveland, OH, United States</i>	28 SC
<b>Effectiveness of ankle strengthening using Pilates reformer vs. balance board to improve balance in dancers</b> <u>Christine Bergeron MFA, Carisa Armstrong MFA, Danielle Schraer BS</u> <i>Texas A&amp;M University, College Station, TX, United States</i>	29 PR

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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

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<b>Exercise load and muscle activity of five classical ballet strengthening exercises performed with a 'Swiss Ball'</b> <u>Georgios Machtsiras PhD, MSc<sup>1</sup></u> , Wendy Timmons MS, BSc <sup>1</sup> , Mark Pace MSc, BSc <sup>1</sup> , Bill Taylor MSc, SRP <sup>3</sup> , Anna Maria Risso MSc, BSc <sup>2</sup> <sup>1</sup> The University of Edinburgh, Edinburgh, Scotland, United Kingdom, <sup>2</sup> Queen Margaret University, Edinburgh, Scotland, United Kingdom, <sup>3</sup> Taylor Physiotherapy, Edinburgh, Scotland, United Kingdom	30 PR
<b>Discussing the development of a pre-season preparation workout for professional ballet dancers</b> <u>Angélique Keller MSc, MAS</u> Fit4performingarts, Zürich, Switzerland	31 PE
<b><sup>S</sup>The effects of supplementary fitness training on muscle power for vocational and professional dancers – a systematic review and meta-analysis</b> <u>Clara Fischer MS, Bed<sup>1,2,3,4</sup></u> , Andersen Fagundes RMT <sup>1</sup> , Roberto Poton PhD <sup>1</sup> <sup>1</sup> Health Sciences School Research and Study Group, Centro Universitário IBMR/Laureate International Universities, Rio de Janeiro, Brazil, <sup>2</sup> Corpos Aptos Gestos Livres, Rio de Janeiro, Brazil, <sup>3</sup> Estúdio Igarashi, Rio de Janeiro, Brazil, <sup>4</sup> Ateliê Corporal, Rio de Janeiro, Brazil	32 PE
<b>Profiles of vocational dance students: body composition, flexibility, muscular power and endurance</b> Hannah Jussli MSc, BA(Hons) <sup>1</sup> , <u>Emma Redding MSc, PhD<sup>1</sup></u> , Lucie Clements PhD, MSc <sup>1,2</sup> <sup>1</sup> Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, <sup>2</sup> University of Chichester, Chichester, United Kingdom	33 SR
<b>The relationship between perceptual and neuromuscular fatigue in pre-professional classical ballet dancers</b> <u>Matthew Lamarque BSc<sup>1,2</sup></u> , Matt Springham MSc, BSc <sup>1</sup> , Charles Pedlar PhD, MSc <sup>1</sup> , Karen Sheriff MSc, BSc <sup>2</sup> <sup>1</sup> St Mary's University Twickenham, Surrey, United Kingdom, <sup>2</sup> Royal Ballet School, London, United Kingdom	34 W
<b>Control of center of mass and center of pressure with fatigue in dancers</b> <u>Savrina Goldenberg BSc<sup>1</sup></u> , Matthew Wyon PhD <sup>2</sup> <sup>1</sup> Dalhousie University, Halifax, NS, Canada, <sup>2</sup> University of Wolverhampton, Walsall, United Kingdom	35 SR
<b>The effects of fatigue on center of mass displacement during sauté jumps</b> <u>Matisse Swanson AA</u> , Danielle Jarvis PhD, ATC California State University, Northridge, CA, United States	36 SR
<b>Fatigue-related leap landing knee injuries in dancers</b> <u>Megan Holton ATC</u> , Mark Timmons PhD, ATC, Kumika Toma PhD, Steven Leigh PhD Marshall University, Huntington, WV, United States	37 SR
<b>Professional dancers shock absorption mechanism differs from non-dancers during landings</b> <u>Ana M. Azevedo PT<sup>1,2</sup></u> , Raul Oliveira PT, PhD <sup>1</sup> , Joao R. Vaz PT, PhD <sup>3</sup> , Nelson Cortes PhD <sup>2</sup> <sup>1</sup> Faculty of Human Kinetics, Lisbon, Portugal, <sup>2</sup> George Mason University, Fairfax, VA, United States, <sup>3</sup> Universidade Europeia, Lisbon, Portugal	38 SR
<b>Differences in force production between barefoot and pointe shoe jump landings</b> <u>Emily Sandow DPT, OCS</u> , <u>Sarah Ederly-Altas DPT, OCS</u> , Marijeanne Liederbach PhD, PT, Faye Dilgen DPT Harkness Center for Dance Injuries, New York University, Langone Orthopedic Hospital, New York, NY, United States	39 PR

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## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

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<b>Relationship between postural stability and aesthetic characteristics of the relevé en pointe in ballet</b> <u>Akari Suzuki BA<sup>1</sup></u> , Yui Kawano MS <sup>1</sup> , Cheng-Feng Lin <sup>2</sup> , Mayumi Kuno-Mizumura PhD <sup>1</sup> <sup>1</sup> Ochanomizu University, Bunkyo-ku, Tokyo, Japan, <sup>2</sup> National Cheng Kung University, Thainan C.ity, Taiwan, China	40 SR
<b>Effect of relative metatarsal length on single leg balance stability in ballet dancers</b> <u>Juliet Peck BS<sup>1,2</sup></u> <sup>1</sup> St.George's, University of London, London, United Kingdom, <sup>2</sup> Swedish Covenant Hospital, Chicago, IL, United States	41 SR
<b>The differences of COM displacement during 31 retire relevé based on the experience of classical ballet</b> <u>Yurina Tsubaki PT</u> , Yukio Urabe PT, PhD, Junpei Sasadai PT, PhD, Noriaki Maeda PT, PhD Department of Sports Rehabilitation, Graduate School of Biomedical & Health Sciences, Hiroshima University, Hiroshima, Japan	42 SR
<b>Using postural stability to evaluate community-based participatory research initiatives in a collegiate dance department</b> <u>Hannah Weighart BS<sup>1</sup></u> , Sarah DiPasquale PT, DPT <sup>1</sup> , Mary Roberts PhD <sup>2</sup> <sup>1</sup> Skidmore College, Saratoga Springs, NY, United States, <sup>2</sup> Concordia University, Montréal, QC, Canada	43 SR
<b>Examining postural stability in novice collegiate dancers participating in ballet and contemporary dance technique classes</b> <u>Hannah Weighart BS<sup>1</sup></u> , Mary Roberts PhD <sup>2</sup> , Sarah DiPasquale PT, DPT <sup>1</sup> <sup>1</sup> Skidmore College, Saratoga Springs, NY, United States, <sup>2</sup> Concordia University, Montréal, QC, Canada	44 SR
<b>Examining neuromuscular activation of the vastus medialis oblique and vastus lateralis during foundational dance movements</b> <u>Noelle Morrow BS</u> , <u>Hannah Weighart BS</u> , Sarah DiPasquale DPT, Stephen Ives PhD Skidmore College, Saratoga Springs, NY, United States	45 SR
<b>Comparison of physical activity between dance and traditional physical education classes in middle school girls: the Supporting Healthy Arts Research (SHARE) consortium</b> <u>Bryndan Lindsey MS, ATC<sup>1</sup></u> , Monica Guerra BS <sup>1</sup> , Carol Pierce Med <sup>2</sup> , Shane Caswell PhD, ATC <sup>1</sup> , Nelson Cortes PhD <sup>1</sup> , Jatin Ambegaonkar PhD ATC <sup>1</sup> <sup>1</sup> George Mason University, Manassas, VA, United States, <sup>2</sup> Parkside Middle School (Prince William County Public Schools), Manassas, VA, United States	46 SR
<b>Physical health aspects of dance in national curriculums</b> <u>Kumiyo Kai MFA</u> Nihon Fukushi University, Mihama, Japan	47 PE
<b>Physical activity in Kathak dance</b> <u>Sangeet Sheth<sup>1,2</sup></u> Victoria Fauntroy BS, ATC <sup>2</sup> , Jatin Ambegaonkar PhD, ATC <sup>1</sup> <sup>1</sup> Centre College, Danville, KY, United States, <sup>2</sup> George Mason University, Fairfax, VA, United States	48 PC
<b>Physical fitness in different dance modalities</b> <u>Jamila Silva</u> , Lilian Figueiredo, Leandro Borges MD, Elaine Hatanaka PhD Institute of Physical Activity and Sport Sciences, Cruzeiro do Sul University, São Paulo, Brazil	49 SR

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### **Cardiorespiratory fitness evaluation of a predefined sequence of hip-hop social dance**

Cláudia Machado Prates BA<sup>1</sup>, Francine Rodrigues Pinto BSc<sup>1</sup>, Marco Aurélio Rodrigues MSc<sup>1</sup>, Nefeli Tsiouti MSc<sup>2</sup>, Alex de Oliveira Fagundes MSc<sup>1</sup>, Thais Reichert MSc<sup>1</sup>, Matthew Wyon PhD<sup>3</sup>, Izabela Lucchese Gavioli MSc<sup>1</sup>, Aline Nogueira Haas PhD<sup>1</sup>

<sup>1</sup>Federal University of Rio Grande do Sul, Porto Alegre, Brazil, <sup>2</sup>European University Cyprus, Nicosia, Cyprus, <sup>3</sup>University of Wolverhampton, Walsall, United Kingdom

50 PR

### **Physiological impact of the fitness gram vs. a Pilates based abdominal curl**

Christine Bergeron BA, MFA

Texas A&M University, College Station, TX, United States

51 PR

### **<sup>§</sup>Investigating the psychological and physiological outcomes from recreational pole dancing classes: a non-randomised pilot study**

Joanna Nicholas BSc(Hons), PhD<sup>1</sup> James Dimmock BCom, PhD<sup>1</sup>, Jacqueline Alderson BSc, PhD<sup>1,2</sup>, Cyril Donnelly MSc, PhD<sup>1</sup>, Ben Jackson BSc, PhD<sup>1</sup>

<sup>1</sup>School of Human Sciences (Exercise & Sport Science), University of Western Australia, Crawley, Australia, <sup>2</sup>Auckland University of Technology, Sports Performance Research Institute New Zealand (SPRINZ), Auckland, New Zealand

52 SR

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### Poster Presentations - Group M

Saturday, October 26, 4.30 - 6.00 pm

Opera B

#### **Physical and mental health problems: a prospective study among professional ballet dancers**

Rogier van Rijn PhD<sup>1,2</sup>, Stephanie Keizer-Hulsebosch MSc<sup>1,2</sup>, Janine Stubbe PhD<sup>1,2,3</sup>

<sup>1</sup>Codarts University of the Arts, Rotterdam, Netherlands, <sup>2</sup>Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, <sup>3</sup>Rotterdam Arts and Science Lab (RASL), Rotterdam, Netherlands

1 PR

#### **Are recovery-stress states of Cape Town South Africa professional ballet dancers en point?**

Jana S. De Wet BHSc, Eileen K. Africa PhD, Ranel E. Venter PhD

Department of Sport Science, Faculty of Medicine and Health Sciences, Stellenbosch University, Stellenbosch, South Africa

2 SR

#### **The reinvention of the dancer identity: psychotherapeutic techniques and integrated care**

Jill Descoteaux PhD, AT<sup>1</sup>, Samantha Catania MEd, LPC<sup>2</sup>

<sup>1</sup>Cirque du Soleil, Las Vegas, NV, United States, <sup>2</sup>Hopewell Health Centers, Athens, OH, United States

3 W

#### **Dancer's perspectives on the impact of injury on their performance ability: multiple case studies analysis**

Amanda Vinson BFA, BSME<sup>1</sup>, Margaret Wilson PhD, MS<sup>1,2,3</sup>, Jennifer Deckert MFA, BFA<sup>3</sup>

<sup>1</sup>University of Wyoming, Laramie, WY, United States, <sup>2</sup>Texas Woman's University, Denton, TX, United States, <sup>3</sup>University of Utah, Salt Lake City, UT, United States

4 SR

#### **Self-reported injuries and treatments in collegiate dancers**

L. Daniel Latt MD, PhD, Samuel Steven Krause BS, Katelyn Terese Paulsen, Lyndsay Ann Kandi BS

University of Arizona, Tucson, AZ, United States

5 PR

#### **The familiarity, interest, and utilization of complementary healthcare treatments among dancers presenting to an academic medical center**

Rosalinda C. Canizares DPT, Victoria Banner Vice SPT, Daniel Schmitt PhD, Ashley Lea SPT, Daniela Ortiz SPT, Mikela, Nylander-French SPT, Carolyn E. Keeler DO

Duke University Medical Center, Durham, NC, United States

6 PR

#### **A comprehensive dancer wellness program: improving access to health & wellness care for the collegiate dancer**

Maria Benedetto DPT, Jennifer Morely BA, MFA, Sarah Wenger DPT

Department of Physical Therapy & Rehabilitation Sciences & Department of Performing Arts, Drexel University, Philadelphia PA, United States

7 PE

#### **Power and grace: improving your performance with sports medicine; a community education project in practice**

Catherine Vargo PT, DPT

UPMC Centers for Rehab Services, Pittsburgh, PA, United States

8 PE

#### **Utilization of a pre-participation dance screening to identify pre-existing conditions and promote healthy participation in dance in a division III collegiate dancer**

Kelly Hoots MSAT<sup>1,2</sup>, Ashley Gray MSAT<sup>1,2</sup>, David Wilkenfeld EdD<sup>1</sup>

<sup>1</sup>Moravian College, Bethlehem, PA, United States, <sup>2</sup>St. Luke's University Health Network, Bethlehem, PA, United States

9 PC

#### **Analyzing causes of movement pattern dysfunctions using the selective functional movement assessment in university dancers**

Olivia Link<sup>1</sup>, Jena Hansen-Honeycutt DAT, ATC<sup>1,2</sup>, Jatin Ambegaonkar PhD, ATC<sup>2</sup>, Esther Nolton MEd, ATC<sup>2</sup>

<sup>1</sup>George Mason University, School of Dance, Fairfax, VA, United States, <sup>2</sup>George Mason University, Fairfax, VA, United States

10 PR

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<b>Using video analysis in dance injury prevention</b> <u>Colombié Jean Baptiste MPT, CSCS</u> , Juret Aurelie MD <i>Malandain Ballet Biarritz, Kinexpert, Biarritz, France</i>	11 PE
<b>Posture, functional movement and its relationship with injuries in university dancers</b> <u>Isabel Artigues BSc, MSc</u> <i>Institute of the Arts Barcelona, Barcelona, Spain</i>	12 PR
<b>Aerobic fitness and lower-extremity injuries: a longitudinal study of 131 first-year contemporary dance students</b> <u>Annemiek Tiemens MSc<sup>1,2</sup></u> , Rogier van Rijn PhD <sup>1,2</sup> , Janine Stubbe PhD <sup>1,2,3</sup> <sup>1</sup> Codarts University of the Arts, Rotterdam, Netherlands, <sup>2</sup> Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands, <sup>3</sup> Rotterdam Arts and Sciences Lab (RASL), Rotterdam, Netherlands	13 SR
<b>The epidemiological study of injuries in pre-professional ballet dancers</b> <u>Min Jin Kim MS<sup>1,2</sup></u> , Sae Yong Lee PhD <sup>1,2</sup> <sup>1</sup> Yonsei University, Seoul, Korea, Republic of (South), <sup>2</sup> Yonsei Institute of Sports Science and Exercise Medicine (YISSEM), Seoul, Korea, Republic of (South)	14 PR
<b>Comparing musculoskeletal injury profiles between pre-professional and professional ballet dancers: a systematic review</b> Angela Cao, <u>Manuela Angioi PhD</u> , Shabir Khan <i>Queen Mary University of London, London, United Kingdom</i>	15 SR
<b>Injury prevalence at the San Martin Theatre contemporary ballet</b> <u>Federico Lopez Trotta PT<sup>1,2</sup></u> , Oscar Ronzio PT <sup>1</sup> , Lucas Paschetta PT <sup>1</sup> <sup>1</sup> Maimonides University, Buenos Aires, Argentina, <sup>2</sup> San Martin Theater, Buenos Aires, Argentina	16 SR
<b>Dance medicine in Hungary: a survey of the United for Artists Foundation professional dancers' physical status and the specialized PREhabilitation health care system</b> <u>Kristof Kerekes BA, MA<sup>1,2</sup></u> <sup>1</sup> United for Artists Foundation, Budapest, Hungary, <sup>2</sup> KK Moves Health Center, Budapest, Hungary	17 W
<b>A case study of a professional ballet dancer through the eyes of a clinician with four perspectives: the physical therapist, Pilates instructor, Gyrotonic® trainer and dancer</b> <u>Kerri Williams PT, DPT<sup>1</sup></u> , Heather Southwick PT, MSPT <sup>1</sup> , Bridget Quinn MD <sup>2</sup> <sup>1</sup> Boston Ballet, Boston, MA, United States, <sup>2</sup> Boston Children's Hospital, Boston, MA, United States	18 PC
<b>Spinal compression fracture L1-L3: diagnosis, rehabilitation and return to exercise</b> <u>Sara Puchowska PhD</u> <i>The Academy of Performing Arts in Prague Music and Dance Faculty, Prague, Czech Republic</i>	19 PC
<b>The dancer with scoliosis: insights and strategies for a lifetime</b> <u>Suzanne Koucheravy BS<sup>1,2</sup></u> <sup>1</sup> Body Dynamics Inc, FallChurch, VA, United States, <sup>2</sup> Pilates Thek, Arlington VA, United States	20 PE

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<b>Bend it, twist it, assess it: a review of medical screening for the performer's spine</b> <u>Jessica Waters DPT, OCS</u> <i>Cleveland Clinic, Cleveland, OH, United States</i>	21 PC
<b>Rehabilitation of diastasis recti abdominus in a postpartum elite female dancer: a case report</b> <u>Vanessa Muncrief PT, DPT</u> <i>Ballet Austin, Baylor Scott &amp; White Institute for Rehabilitation, Austin, TX, United States</i>	22 PC
<b>Hormone relaxin levels in the serum of professional ballet dancers is a poor biomarker</b> Peter Howard MD <sup>1</sup> , Guillermo Bauza BS <sup>2</sup> , Francesca Taraballi PhD <sup>2</sup> , Ennio Tasciotti PhD <sup>2</sup> , <u>Joshua Harris MD</u> <sup>1</sup> <sup>1</sup> Department of Orthopedics & Sports Medicine, The Houston Methodist Hospital, Houston, TX, United States, <sup>2</sup> Center for Musculoskeletal Regeneration, Houston Methodist Research Institute, Houston, TX, United States	23 PR
<b>Physiological health parameters among elite ballet dancers</b> Michael Cain MD <sup>1</sup> , Tyler Heimdal BS <sup>2</sup> , <u>Joshua Harris MD</u> <sup>1</sup> , Steven Petak MD <sup>3</sup> , Bradley Lambert PhD <sup>1</sup> , Patrick McCulloch MD <sup>1</sup> <sup>1</sup> Department of Orthopedics & Sports Medicine, The Houston Methodist Hospital, Houston, TX, United States, <sup>2</sup> Texas A&M College of Medicine, College Station, TX, United States, <sup>3</sup> Department of Endocrinology, The Methodist Hospital, Houston, TX, United States	24 PR
<b>A narrative review of stress fractures in professional ballet</b> <u>Vijay Jotwani MD</u> , Lindsay Barter MS, Angelina Vera MD, Carina Nasrallah MS, ATC, Patrick McCulloch MD, Kevin Varner MD, Joshua Harris MD <i>Department of Orthopedics &amp; Sports Medicine, The Houston Methodist Hospital, Houston, TX, United States</i>	25 PR
<b>The effects of shock absorption in dance shoes on jump height in championship Highland dancers</b> <u>Robyn Horsburgh BSc, MSc</u> , Matthew Wyon PhD <sup>2</sup> Institute of Sport, University of Wolverhampton, Walsall, United Kingdom	26 SR
<b>One-year injury history and risk factors among female Highland dancers</b> <u>Hayley McDougall</u> <sup>1,2</sup> , Amanda Black CAT(C) <sup>1,2</sup> , Sarah Kenny PhD <sup>1,2</sup> <sup>1</sup> Faculty of Arts and Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada, <sup>2</sup> Sport Injury Prevention Research Centre, University of Calgary, Calgary, AB, Canada	27 SR
<b>Differences in kinematics in a folkloric jump wearing a feathered head piece</b> <u>Alitzel Canseco BA</u> , Soledad Echegoyen MD, MEd <i>Escuela Nacional de Danza, Mexico City, Mexico</i>	28 SC
<b>Static and dynamic balance, variability of eye movements and musculoskeletal injuries in folkloric dancers</b> <u>Diana Maria del Pilar Gil-Cifuentes PT-Mg</u> , Karim Martina Alvis-Gomez PT, PhD <sup>1</sup> Universidad Nacional de Colombia, Bogota, Colombia	29 PR
<b>Normative criteria for baseline screening in adolescent competitive dancers</b> <u>Duane Scotti PhD, DPT</u> <sup>1,2</sup> , Richard Feinn PhD <sup>1</sup> , Katharina Greco DPT <sup>1</sup> , Kelsey Hart DPT <sup>1</sup> , Carolyn O'Leary DPT <sup>1</sup> , Erica Peters DPT <sup>1</sup> <sup>1</sup> Quinnipiac University, Hamden, CT, United States, <sup>2</sup> Spark Physical Therapy, Wallingford, CT, United States	30 PR

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<b>An underrepresented dancer: the colorguard performer</b> <u>Alyssa McPherson MS, ATC</u> <sup>1</sup> , Zachary Dangel MS, ATC <sup>1</sup> , Melissa Hatheway Lewis BME <sup>2</sup> , Carrie Docherty PhD, ATC <sup>1</sup> <sup>1</sup> Indiana University Bloomington, Bloomington, IN, United States, <sup>2</sup> University of North Texas Health Science Center, Fort Worth, TX, United States	31 PR
<b>Physical therapy management of a young competitive Irish dancer with ankle pain, instability and metatarsal fracture by correcting her movement impairments</b> <u>Lynnette Khoo-Summers DPT</u> Washington University School of Medicine Program in Physical Therapy, St Louis, MO, United States	32 PC
<b>Radial shockwave therapy: regaining ankle plantar flexion following moderate ankle sprain in professional ballet dancers</b> <u>Desiree Unsworth PT, DPT</u> <sup>1,2,3</sup> , <u>Thomas Novella DPM</u> <sup>2,4,5,6</sup> , Marika Molnar PT, LAc <sup>1,2,3</sup> <sup>1</sup> Westside Dance Physical Therapy, NY, United States, <sup>2</sup> New York City Ballet, NY, United States, <sup>3</sup> School of American Ballet, NY, United States, <sup>4</sup> New York College of Podiatric Medicine, NY, United States, <sup>5</sup> Department of Orthopaedics, Mt Sinai Hospital, NY, United States, <sup>6</sup> Department of Medicine, Hospital for Special Surgery, NY, United States	33 PC
<b>Conservative management of os trigonum in a pre-professional ballet dancer with a motor control &amp; learning emphasis: a case report</b> <u>Maria Benedetto DPT</u> , Sara Tomaszewski DPT Drexel University, Philadelphia, PA, United States	34 PC
<b>The diagnosis and treatment of adolescent dancers with fibularis (peroneus) tertius dysfunction limiting plantar flexion range of motion: a case report</b> <u>Victoria Hove SPT</u> <sup>1</sup> , <u>Amanda Blackmon PT, DPT</u> <sup>1,3,4</sup> , <u>Emma Faulkner PT, DPT</u> <sup>1,2,3,4</sup> <sup>1</sup> Mercer University, Atlanta, GA, United States, <sup>2</sup> Emory University, Atlanta, GA, United States, <sup>3</sup> Atlanta Ballet, Atlanta, GA, United States, <sup>4</sup> Atlanta Dance Medicine, Atlanta, GA, United States	35 SC
<b>Mechanisms of ACL tears and dancers: what's the difference?</b> <u>Abigail Misenheimer SPT, ATC / L</u> <sup>1,2,4</sup> , <u>Amanda Blackmon PT, DPT</u> <sup>2,3,4</sup> , <u>Emma Faulkner PT, DPT</u> <sup>1,2,3,4</sup> <sup>1</sup> Emory University, Atlanta, GA, United States, <sup>2</sup> Atlanta Ballet, Atlanta, GA, United States, <sup>3</sup> Mercer University, Atlanta, GA, United States, <sup>4</sup> Atlanta Dance Medicine, Atlanta, GA, United States	36 SR
<b>Presentation and treatment of idiopathic benign paroxysmal positional vertigo in collegiate dancers</b> <u>Koreen Boydston BS, BA</u> <sup>1</sup> , <u>Jena Hansen-Honeycutt DAT, ATC</u> <sup>2,3</sup> , <u>Jatin Ambegaonkar PhD, ATC</u> <sup>3</sup> , <u>Russell Baker PhD, DAT</u> <sup>1</sup> <sup>1</sup> University of Idaho, Moscow, ID, United States, <sup>2</sup> School of Dance, George Mason University, Fairfax, VA, United States, <sup>3</sup> George Mason University, Fairfax, VA, United States	37 SC
<b>A contralateral exercise used to restore hip extension in university dancers: a case series</b> <u>Jena Hansen-Honeycutt DAT, ATC</u> <sup>1</sup> , <u>Jatin Ambegaonkar PhD, ATC</u> <sup>2</sup> <sup>1</sup> George Mason University, School of Dance, Fairfax, VA, United States, <sup>2</sup> George Mason University, Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, Fairfax, VA, United States	38 PC
<b>Anatomic factors affecting turnout</b> <u>Angelina Vera MD</u> , David Dong BS, Bradley Lambert PhD, Joshua Harris MD, Kevin Varner MD, Patrick McCulloch MD Department of Orthopedics & Sports Medicine, Houston Methodist Hospital, Houston, TX, United States	39 PR
<b>The relationship between hip external rotation angle at turnout position and muscle tightness of lower extremity in 7-18 years old female ballet dancers</b> <u>Yuriko Hattori, Mayumi Kuno-Mizumura PhD</u> Ochanomizu University, Tokyo, Japan	40 SR

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<b>Deep hip external rotator muscle size in ballet dancers compared to non-dancing athletes, and associations to pain</b> <u>Sophie Emery B.Phty, M.Phty</u> <sup>1</sup> , Jill Cook B.Phty, PhD <sup>2</sup> , Susan Mayes B.Phty, PhD <sup>1,2</sup> <i><sup>1</sup>The Australian Ballet, Southbank, Australia, <sup>2</sup>La Trobe Sports and Exercise Medicine Research Centre, La Trobe University, Bundoora, Australia</i>	41 PR
<b>Rehabilitation protocol for professional ballet dancers after hip arthroscopy: a case study</b> <u>Jakub Placzki MSc</u> <sup>1</sup> , Paulina Mira MSc <sup>2,3</sup> , Michał Drwiega MD <sup>1</sup> , Krzysztof Placzki MSc <sup>1</sup> , Jakub Molasy MSc <sup>1</sup> , Magdalena Syrek MSc <sup>1</sup> <i><sup>1</sup>Carolina Medical Center, Warsaw, Poland, <sup>2</sup>MIRA Studio Terapii, Warsaw, Poland, <sup>3</sup>Polski Balet Narodowy, Warsaw, Poland</i>	42 PC
<b>Dive in: the benefits of aquatic exercise for the training and rehabilitation of dancers</b> <u>Katie Rodrick MS, ATC</u> <i>Cleveland Clinic, Cleveland, OH, United States</i>	43 PE
<b>Differential diagnosis of an adolescent dancer with shoulder pain and the impact of dance on recovery</b> <u>Meredith Dake PT, DPT</u> , Erin Hayden DPT, OCS <i>Children's Hospital Colorado, Denver, CO, United States</i>	44 PC
<b>How stress contributed to the rehabilitation of an adolescent dancer with Amplified Musculoskeletal Pain Syndrome</b> <u>Leigh Roberts DPT, OCS</u> <i>Johns Hopkins Rehabilitation Network, Odenton, MD, United States</i>	45 PC
<b>Using dance creation as a catalyst to induce a change in patients experiencing chronic pain</b> <u>Émilie Demers BSc</u> <i>Centre Hospitalier de l'Université de Montréal, Montréal, QC, Canada</i>	46 PR
<b>The potential of dance art in the recovery of stroke: a case study</b> <u>Hanna Pohjola PhD, PT</u> <i>University of Eastern Finland, Kuopio, Finland</i>	47 PC
<b>The impact of a dance therapy program on participant's mobility after stroke: a single-case study</b> <u>Brigitte Lachance BA, BSc</u> <sup>1,2,3</sup> , Sylvie Fortin PhD <sup>4</sup> , Nathalie Bier PhD <sup>1,5</sup> , Bonnie Swaine PhD <sup>1,2,6</sup> <i><sup>1</sup>University of Montréal, Montréal, QC, Canada, <sup>2</sup>Center for Interdisciplinary Research in Rehabilitation, Montréal, QC, Canada, <sup>3</sup>Centre Intégré Universitaire de Santé et de Services Sociaux du Centre Sud de l'île de Montréal, Montréal, QC, Canada, <sup>4</sup>Université du Québec à Montréal, Montréal, QC, Canada, <sup>5</sup>Institute Universitaire de Gériatrie Montréal, Montréal, QC, Canada, <sup>6</sup>Institut Universitaire en Réadaptation Déficience Physique, Montréal, Montréal, QC, Canada</i>	48 PC
<b>Improvisational movement for people with early-stage Alzheimer's disease and their carepartners: a pilot study</b> <u>Christina Soriano BA, MFA</u> <sup>1</sup> , <u>Rebecca Barnstaple DESS, MA</u> <sup>2</sup> , Christina Hugenschmidt PhD <sup>3</sup> <i><sup>1</sup>Wake Forest University, Winston-Salem, NC, United States, <sup>2</sup>York University, Toronto, ON, Canada, <sup>3</sup>Wake Forest School of Medicine, Midland, ON, Canada</i>	49 PR
<b>Effects of dance and walking program on functional mobility and spatiotemporal gait parameters in people with Parkinson's</b> <u>Aline Nogueira Haas PhD</u> <sup>1</sup> , Marcela dos Santos Delabary MSc <sup>1</sup> , Rebeca Gimenes Donida BA <sup>1</sup> , Mariana Wolffenbuttel BA <sup>1</sup> , Elren Passos Monteiro MSc <sup>2</sup> , Leonardo Alexandre Peyré-Tartaruga PhD <sup>1</sup> <i><sup>1</sup>Federal University of Rio Grande do Sul, Porto Alegre, Brazil, <sup>2</sup>Federal University of Health Sciences of Porto Alegre, Porto Alegre, Brazil</i>	50 PR

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**The development of ballet exercises with PNF for a Parkinson's Disease patient: a case report**

Christina Del Carmen BA, Annette Karim DPT, PhD  
Azusa Pacific University, Anaheim, CA, United States

51 SC

**Targeted dance class for cerebral palsy: a case study**

Citlali Lopez-Ortiz PhD, MA<sup>1,2</sup>, Danielle Lencioni BS<sup>1</sup>, Nicole Alberto BS<sup>1</sup>

<sup>1</sup>University of Illinois at Urbana-Champaign, Urbana, IL, United States, <sup>2</sup>Joffrey Academy of Dance, Official School of the Joffrey Ballet, Chicago, IL, United States

52 PC

**Intersection of dance and science: over-ground gait outcomes of a ballet-based intervention in children with cerebral palsy**

Kelli Sharp DPT<sup>1,6,7</sup>, Kimberly Lakes PhD<sup>3</sup>, Rachel Sunico BS<sup>5</sup>, Marybeth Grant-Beuttler PhD<sup>2</sup>, Shlomit Aizik PhD<sup>4</sup>

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Posters are numbered and ordered by theme and presenter

Group S available to view until Friday 2.30. Group M available to view from Friday 4.30

P = Professional S = Student R = Research E = Education C = Case studies W=Withdrawn <sup>S</sup> Student research support winners

# SCHEDULE

## IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

**IADMS** International Association  
for Dance Medicine & Science

Oct 20 2019  
Program subject to change

### Friday, October 25, 2019

#### A DAY FOR TEACHERS (ADFT)

#### **Bridging the Gaps: from Theory to Practice**

Co-hosted by Healthy Dancer Canada (HDC) and the IADMS Dance Educators' Committee

8.30 - 9.00 am	Registration; tea, coffee and light breakfast
9.00 am	<b>Opening remarks</b> Karine Rathle MSc, HDC president
9.00 - 10.00 am	<b>Moving to move: an approach to the art of technique</b> Angelique Wilkie MSc
10.00 - 10.15 am	Refreshments break
10.15 - 11.30 am	' <b>World Café</b> ' (1) Can vegans dance? (2) Balance board - friend or foe? (3) The stretching debate (4) How much is too much?
11.30 am - 12.30 pm (choose one)	<b>Building anatomical fluency through creative practices</b> Megan Brunsvold Mercedes BFA, MFA <b>Utilizing strategies from motor learning to enhance verbal cueing for dancers</b> Lisa Donegan Shoaf DPT, PhD & Judith Steel MA, CMA
12.30 - 2.30 pm	Lunch with Dance Educators Roundtable discussions (*lunch ticket to be bought)
2.30 - 3.30 pm	<b>Dancers' perceptions of strength and conditioning training</b> Melanie Kerr MSc, BA(Hons) & Imogen Aujla MSc, PhD <b>Injury associated with dance education: a systematic review</b> Meghan Critchley MSc <b>The effect of the Flipped Classroom Model on altering knowledge and behavior in collegiate dancers</b> Margaret Willoughby MS & Mary Petrizzi MS <b>Gender separation in training: right or wrong?</b> Elizabeth Yutzey MFA & Emma Redding MSc, PhD
3.30 - 3.45 pm	Refreshments break
3.45 - 5.00 pm	<b>2020 vision: stress less, create more resiliency and self-care</b> Lynda Mainwaring PhD, C.Psych
5.00 - 5.30 pm	<b>Review, reflection and actions from the day</b> Dance educators' committee chair, IADMS

SCHEDULE  
IADMS 29<sup>TH</sup> ANNUAL CONFERENCE

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**SATURDAY, October 26, 2019**

**A DAY FOR MEDICS (ADFM)**

- 8:30 am Registration; tea, coffee and light breakfast
- 9.00 am **Opening remarks** Peter Lavine MD, President, IADMS
- 9.00 am **The Cirque experience** Paul McGinley MSc, MCSP & Evert Verhagen PhD, FECSS
- 10.00 am Refreshment break
- 10.30 am AJG Howse Memorial Lecture  
**Management of the lumbar spine** Lyle Micheli MD
- 11.30 am **The sacroiliac joint: bridge to the movement highway** Robert Turner PT, OCS, Elizabeth Manejias MD & Jarmo Ahonen PT
- 12.30 pm Lunch with Medical Doctors' networking event (additional ticket required)
- 2.30 pm **The dancer's cervical spine** Judith Peterson MD
- 3.00 pm **Our living thoracic spine; beyond bones and muscles** Warwick Long M.Ph.Ed, DO
- 3.30 pm **Understanding the dancer with scoliosis** Suzanne Koucheravy BS
- 3.45 pm **Spinal interventions for the young, in season athlete** Mohan Radhakrishna MD
- 4.30 pm **40 years of experience in treating the causes of physical and emotional trauma in dancers** Philippe Druelle DO
- 5.00 pm **Closing remarks** Lauren Elson MD, Program committee, IADMS