

## iConference Program

July 2020

Select 29<sup>th</sup> Annual Conference Presentations

Dance Science Research Sessions  
Dance Medicine and Biomechanics Sessions  
Dance for Health Sessions

August – October 2020

eNetworking Sessions

September – October 2020

iConference 2020 Presentations  
and Presenter Live Q&A Discussion Panels

Dance for Health  
Dance Medicine  
Dance Research  
Interactive/Movement  
Dance Educators'  
Dance Science

IADMS Business Meeting  
Sunday November 1<sup>st</sup> 9:00pm – 11:00pm GMT

Time Zone Conversion Chart

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iConference Sessions are free for IADMS members to view on the IADMS app,  
available on your mobile device or [desktop](#).

Sessions will be released throughout the year and available to IADMS members only until September 2021.

CME/CEU credit available for enduring materials (*\* as noted in the agenda*).

CME credit is optional and will incur a CME processing fee. All purchases can be made through the IADMS  
online store.

[www.iadms.org/iconference](http://www.iadms.org/iconference)

*Program subject to change*

## iConference Program

### Presentations & Enduring Materials from the 29<sup>th</sup> Annual Conference

#### Dance Science Research Sessions

Available now on mobile app

3 hours / 1.5 CME credits

**\*Further features of systematic literature reviews and applications to dance medicine & science current knowledge: quality assessment and meta-analysis.** IADMS Research Committee  
Presented by Manuela Angioi PhD, Aline Nogueira Haas PhD, and Claire Hiller PhD, PT (50 mins)

**\*Gender separation in training: right or wrong?**  
Elizabeth Yutzey MFA (10 mins)

**Relationship between energy availability, dietary macronutrients on bone mineral density in male and female vocational ballet dancers.**  
Juncal Roman MSc (10 mins)

**\*Stress, coping and psychological skills of conservatoire dance students: evaluating psychological wellbeing in practice.** Liliana Araujo PhD, C.Psychol (20 mins)

**Technology in dance: reflecting on a data-driven rehab.**  
Adam Mattiussi BSc, MSc (20 mins)

**The effect of the Flipped Classroom Model on altering knowledge and behavior in collegiate dancers.**  
Mary Petrizzi MS (10 mins)

**The research process for students in dance medicine and science.** IADMS Student Committee  
Presented by Elizabeth Yutzey MFA (50 mins)

**\*The validity of inertial measurements units in 3-D lower body analysis of classical ballet movements.**  
Rachel Ward PhD (10 mins)

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## iConference Program

### Presentations & Enduring Materials from the 29<sup>th</sup> Annual Conference

#### Dance Medicine & Biomechanics Sessions

Available now on mobile app

2 hours 30 minutes / 1.75 CME credits

**\*Biomechanical determinants of partner selection in sport ballroom dancing couples.**

Adrianna Banio PhD (10 mins)

**\*Burden of musculoskeletal injuries in pre-professional ballet dancers: a 3-year prospective cohort study.**

Sarah Kenny PhD (10 mins)

**\*Hip joint cartilage defects in professional ballet dancers: a 5-year longitudinal study.**

Sue Mayes B.App.Sci, PhD(10 mins)

**Incidence, anatomical location and mechanism of bone stress injuries in pre-professional male and female ballet dancers: a two-year cohort study.**

Maria Chiara Galvan, MSc (10 mins)

**\*Managing concussion symptoms: myths, science, consensus, and practical strategies.**

Lynda Manwaring PhD, C.Psych (20 mins)

**\*Musculoskeletal injuries in pole dancers: a prospective surveillance study.**

Joanna Nicholas BSc, PhD (10 mins)

**Relationship between maximal ankle strength and saut de chat leaping performance.**

Paige E. Rice MSc (10 mins)

**\*Spine interventions for the young in-season athlete.**

Mohan Radhakrishna MD (30 mins)

**The effect of an 8-week neuromuscular training program on Jump performance and landing biomechanics in female adolescent recreational dancers: a controlled trial.**

Karen Sudds MSc (10 mins)

**\*The effect of fatigue on hip and knee landing kinematics in dancers.**

Danielle Jarvis PhD, ATC (10 mins)

**The effects of a 9-week hip focused weight training program on hip and knee kinematics and kinetics in amateur and professional female dancers.**

Sandro Rajic MSc (10 mins)

## iConference Program

Presentations & Enduring Materials from the  
29<sup>th</sup> Annual Conference

### Dance for Health Sessions

Available now on mobile app

2 hours 30 minutes / 1.75 CME credits

**\*Brain research of dance: preparation, analysis, and application.**

Hanna Poikonen MSc, PhD (50 mins)

**\*Dance for Health: a ten-year program of work.**

Emma Redding PhD (30 mins)

**Health within dance pre-professional training in France: a sociological perspective of difficulties and benefits.**

Camille Casale MS (10 mins)

**Move Dance Feel: exploring dance and wellbeing with women affected by cancer.**

Emily Jenkins PgDip, MA (20 mins)

**\*Movement for multiple sclerosis: a multi-site partnership for practice and research.**

Elizabeth Johnson MFA, BFA (20 mins)

**Multisensory instruction addresses learning diversity and enhances dance skill learning and performance.**

Andrea Downie MA (20 mins)

**Understanding the dancer with scoliosis.**

Suzanne Koucheravy BS (10 mins)

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## iConference Program

### eNetworking Sessions

Hosted Live | Registration Required Details Below

#### Dance Educators Western Region Time Zone

"Building, Expanding, and Serving: How to take your dance science expertise from the studio to the community"

**with Margaret Wilson PhD, FIADMS and Jatin Ambegaonkar PhD, ATC**

**Tuesday, August 4 @ 8:00pm BST / 7:00pm GMT / 3:00pm ET**

Registration opens Monday, July 27

#### Dance for Health:

"Health for Dancers-Dance for Health"

**with Clare Guss-West, MA, David Leventhal, Emily Jenkins MA, Hanna Poikonen PhD, Åsa Åstrom, and Fran Meyers**

**Wednesday, August 5 @ 5:00pm BST / 4:00pm GMT / 12:00noon ET**

Registration opens Monday, July 27

#### Medical Committee-Networking Discussions

**with David Popoli MD, Chair and other members of the IADMS Medical Committee**

**Sunday, August 23 @ 3:00pm BST / 2:00pm GMT / 10:00am ET**

Registration opens Friday, August 14

#### Dance Educators Central Region Time Zone

"Building, Expanding, and Serving: How to take your dance science expertise from the studio to the community"

**with Edel Quin MSc and Nefeli Tsiouti MA, MSc**

**Friday, August 28 @ 2:00pm BST / 1:00pm GMT / 9:00am ET**

Registration opens Thursday, August 20

#### Meet the Student Committee

**with Elizabeth Yutzey MFA, Chair and other members of the IADMS Student Committee**

**Sunday, August 30 @ 5:00pm BST / 4:00pm GMT / 12:00noon ET**

Registration opens Saturday, August 22

#### Dance Educators Eastern Region Time Zone

"Building, expanding, and serving: How to take your dance science expertise from the studio to the community"

**with Mayumi Kuno-Mizumura PhD and Charmaine Tay**

**Wednesday, September 2 @ 10:00am JST / 1:00am GMT / Tuesday, Sept 1 9:00pm ET**

Registration opens Tuesday, August 25

#### Student-to-Professional Virtual Networking Session

**With members of the IADMS Student Committee and experts in dance medicine and science**

**Sunday, September 6 @ 5:00pm BST / 4:00pm GMT / 12:00noon ET**

Registration opens Saturday, August 29

#### Research Networking Event

**with members of the IADMS Research Committee**

**Friday, October 9 @ 5:30pm BST / 4:30pm GMT / 12:30pm ET**

Registration opens Thursday, October 1

#### Registration details for eNetworking events:

All networking events are free to attend, but registration is required. Registration for each event opens 8 days prior and will close the day before the event. To register, and learn more about each event, login to the mobile app and go to "Networking Events" icon (image of two hands shaking). You can see the event description [and](#) the link to register. Under the "Register: Event Name" link is a survey to complete registration. The registration link is also available under the "survey" section under the event in the schedule. Once registered, the day before the event you will see a second event in the schedule titled "REGISTERED-Event Name" that will include all Zoom meeting details. For any registration inquiries please email [conference@iadms.org](mailto:conference@iadms.org).

## iConference Program

### Presentations & Enduring Materials from the 30<sup>th</sup> Annual Conference

*Listed by release date, alphabetical by presentation*

#### Dance for Health-2020 Sessions

**Release Date:** Monday, September 21  
**Q&A Discussion Panel:** Friday, September 25 @ 1:00pm GMT  
**Moderator:** Gayanne Grossman PT, Allentown, PA, USA

4 hours and 20 minutes / 2.25 CME/CEU credits

Guest Speaker:

**\*Deconstructing mental health and addictions in dancers** (60 mins)

Antonio Ocana MD  
Epiphany360, Marina del Ray, CA, United States

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**A summary of the WHO 2019 scoping review, synthesising the evidence on the role of dance in improving health and well-being** (10 mins)

Emily Jenkins PgDip, MA<sup>1,2</sup>  
<sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom  
<sup>2</sup>English National Ballet, London, United Kingdom

**\*Autonomy, collaboration, creativity and dignity: evaluating a three-year dance for dementia programme** (10 mins)

Bethany Whiteside MSc, PhD<sup>1</sup>, Lisa Sinclair MA<sup>2</sup>  
<sup>1</sup>Royal Conservatoire of Scotland, Glasgow, Scotland, United Kingdom  
<sup>2</sup>Scottish Ballet, Glasgow, Scotland, United Kingdom

**Community arts programming supports social engagement and personal growth in older adults** (10 mins)

Niyati Dhokai PhD<sup>1</sup>, Holly Matto, PhD<sup>2</sup>, Emily Ihara PhD<sup>2</sup>, Catherine Tompkins PhD<sup>2</sup>, Shane Caswell PhD<sup>3</sup>, Nelson Cortes PhD<sup>3</sup>, Rick Davis DMA<sup>1</sup>, Sarah Coogan MS<sup>3</sup>, Victoria Fauntroy BS<sup>3</sup>, Elizabeth Glass MA<sup>1</sup>, Judy Moon Lee MEd<sup>1</sup>, Gwen Baraniecki-Zwil MSc<sup>1</sup>, Jatin Ambegaonkar PhD, ATC<sup>3</sup>  
<sup>1</sup>Hylton Performing Art Center, George Mason University, Manassas, VA, United States  
<sup>2</sup>Department of Social Work, George Mason University, Fairfax, VA, United States  
<sup>3</sup>Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States

**\*Dance and music engagement affects health outcomes in older adults: a randomized controlled trial** (10 mins)

Jatin Ambegaonkar PhD, ATC<sup>1</sup>, Holly Matto PhD<sup>2</sup>, Emily Ihara PhD<sup>2</sup>, Catherine Tompkins PhD<sup>2</sup>, Nelson Cortes PhD<sup>1</sup>, Sarah Coogan MS<sup>1</sup>, Shane Caswell MS<sup>1</sup>, Victoria Fauntroy BS<sup>1</sup>, Elizabeth Glass MS<sup>3</sup>, Judy Lee MEd<sup>3</sup>, Gwen Baraniecki Zwil MSc<sup>3</sup>, Rick Davis<sup>3</sup>, Niyati Dhokai PhD<sup>3</sup>  
<sup>1</sup>Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States  
<sup>2</sup>Department of Social Work, George Mason University, Fairfax, Virginia, United States  
<sup>3</sup>Hylton Performing Arts Center, George Mason University, Manassas, Virginia, United States

**\*Dance and Parkinson's: the effects on girdle dissociation during the turning movement** (20 mins)

Aline Haas PhD<sup>1</sup>, Marlene Brito Fortes BA<sup>2</sup>, Fruzsina Nagy BSc<sup>2</sup>, Marcela dos Santos Delabary MSc<sup>1</sup>, Leonardo Alexandre Peyré-Tartaruga PhD<sup>1</sup>, Tina Smith PhD<sup>2</sup>, Yiannis Koutedakis PhD<sup>2</sup>, Matthew Wyon PhD<sup>2</sup>  
<sup>1</sup>Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil  
<sup>2</sup>University of Wolverhampton, Wasall, United Kingdom

## iConference Program

### **Dance for Multiple Sclerosis: a national ballet company's medical and engagement departments collaborate to propose data collection via digital application (10 mins)**

Catherine Cassidy BA, Martin Lanfear MSc, PT  
Scottish Ballet, Glasgow, Scotland, United Kingdom

### **\*Dancing through aging (60 mins)**

Krista White MA<sup>1</sup>, Vanessa Paglione BKin<sup>2</sup>, Anne Flynn MA<sup>2</sup>, Sarah J. Kenny PhD<sup>2,3,4</sup>

<sup>1</sup>University Heights Community Association Dance and Movement Program, Calgary, AB, Canada

<sup>2</sup>Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada

<sup>3</sup>O'Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada

<sup>4</sup>Alberta Children's Hospital Research Institute, University of Calgary, Calgary, AB, Canada

+Interactive Session

### **\*Effects of dance and Nordic Walking program on strength and flexibility in Parkinson's disease (20 mins)**

Aline Haas PhD<sup>1</sup>, Rebeca Gimenes Donida MSc<sup>1</sup>, Mariana Wolffenbuttel BA<sup>1</sup>, Marcela dos Santos Delabary MSc<sup>1</sup>, Ana Paula J. Zanardi MSc<sup>1</sup>, Elren Passos-Monteiro PhD<sup>2</sup>, Flávia Gomes Martinez PhD<sup>1</sup>, Leonardo Alexandre Peyré-Tartaruga PhD<sup>1</sup>

<sup>1</sup>Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil

<sup>2</sup>Universidade Federal do Pará, Castanhal, Brazil

### **'I'm smiling because it's lovely': exploring the perceived impact of a pilot dance for multiple sclerosis programme (10 mins)**

Bethany Whiteside PhD, MSc<sup>1</sup>, Lisa Sinclair, MA<sup>2</sup>

<sup>1</sup>Royal Conservatoire of Scotland, Glasgow, Scotland, United Kingdom

<sup>2</sup>Scottish Ballet, Glasgow, Scotland, United Kingdom

### **Motivation and determinants for successful engagement among community-dwelling older adults participating in ballroom dance workshops (10 mins)**

Sarah Coogan MS<sup>1</sup>, Jatin Ambegaonkar PhD, ATC<sup>1</sup>, Victoria Fauntroy BS<sup>1</sup>, Gwen Baraneicki-Zwil MS<sup>2</sup>, Elizabeth Glass MS<sup>2</sup>, Niyati Dhokai 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>Hylton Performing Arts Center, George Mason University, Manassas, VA, United States

### **Physical activity in female adolescent dancers in ballet dance studio classes (10 mins)**

Pranjal Joshi MSc<sup>1</sup>, Victoria Fauntroy BS<sup>1,2</sup>, Sarah Cooga MS<sup>1</sup>, Jatin Ambegaonkar PhD, ATC<sup>1</sup>, Shruti Ambegaonkar DPT<sup>1</sup>

<sup>1</sup>Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, Fairfax, VA, United States

<sup>2</sup>Crossroads Dance Theater, Herndon, VA, United States

### **\*Systematic review of dance as treatment for chronic pain (10 mins)**

Benjamin Hickman, Alycia Fong Yan PhD, Fereshteh Pourkazemi PhD, Roxanna Pebdani PhD, Claire Hiller PhD, PT  
Faculty of Medicine, University of Sydney, Sydney, NSW, Australia

### **The effects of a 10-week ballet intervention for over 50s on fundamental movement skills and joint range of motion (10 mins)**

Rachel Ward BMedSci, PhD, Meg Letton BexPhys, Jeanette Thom PhD  
University of New South Wales, Sydney, NSW Australia

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## iConference Program

### Presentations & Enduring Materials from the 30<sup>th</sup> Annual Conference

*Listed by release date, alphabetical by presentation*

#### Dance Medicine-2020 Sessions

**Release Date:** Monday, September 28  
**Q&A Discussion Panels:** Friday, October 2 @ 12:30am GMT &  
Friday, October 2 @ 1:00pm GMT  
**Moderator:** Matthew Grierson MD, Seattle, WA, USA &  
Lauren Elson MD, Boston, MA, USA

4 hours and 10 minutes / 0.75 CME/CEU credits

Guest Speakers:

#### **Oral health, elite sport, and performance (20 mins)**

Ian Needleman PhD, BDS<sup>1,2</sup>

<sup>1</sup>UCL Eastman Dental Institute, London, United Kingdom

<sup>2</sup>Honorary Consultant in Periodontology with UCLH, London, United Kingdom

#### **\*Sweet music: how taste may improve dance performance (20 mins)**

Russel Best PhD<sup>1,2</sup>

<sup>1</sup>Centre for Sports Science and Human Performance, Wintec, Hamilton, New Zealand

<sup>2</sup>School of Health and Social Care, Teesside University, Middlesbrough, United Kingdom

#### **The gut and wellbeing application in dancers (30 mins)**

Ese Stacey MSc, MBBS

Consultant Specialist in Sport & Exercise Medicine, Brighton, United Kingdom

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#### **\*A pre-class neuromuscular warm-up for prevention and self-management of SIJ dysfunction and anterior hip impingement (60 mins)**

Megan Richardson ATC<sup>1</sup>, Natale Imrisek MSPT<sup>2</sup>, Sally Donaubauer DPT

<sup>1</sup>Megan Richardson Wellness, New York City, NY, United States

<sup>2</sup>Framework Physical Therapy, Los Angeles, CA, United States

+Interactive Session

#### **\*Does the presence of scoliosis increase the risk of dance injury in adolescent recreational dancers? (10 mins)**

Arnold Wong BPhysio, PhD<sup>1</sup>, Kenney Lau BSc, MSc<sup>1</sup>, Olivia Fung BA, MA<sup>1</sup>, Dino Samartzis BSc, DSc<sup>2</sup>, Clifton Chan BPhysio, PhD<sup>3</sup>, Claire Hiller PhD, PT<sup>3</sup>, Patrick Yung FRCS<sup>4</sup>, Brenton Surgenor BSc, MSc<sup>5</sup>, Veronika Schoeb BPhysio, PhD<sup>6</sup>

<sup>1</sup>Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong,

<sup>2</sup>Department of Orthopaedic Surgery, Rush University Medical Centre, Chicago, IL, United States

<sup>3</sup>Faculty of Medicine and Health, The University of Sydney, Sydney, Australia

<sup>4</sup>Department of Orthopaedics and Traumatology The Chinese University of Hong Kong, Hong Kong

<sup>5</sup>The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

<sup>6</sup>School of Health Sciences, University of Applied Sciences and Arts Western Switzerland, Lausanne, Switzerland

#### **Eating disorder recovery in dancers: what does it look like and what does it take? (20 mins)**

Dawn Smith-Theodore MA, CEDS<sup>1</sup>, Monika Saigal MS, RD<sup>2,3</sup>

<sup>1</sup>Private Practice, Los Angeles, CA, United States

<sup>2</sup>Private Practice, New York City, NY, United States

<sup>3</sup>The Julliard School, New York City, NY, United States



## iConference Program

### **Incidence of injury, operation, and NSAID use in large cohort of young professional and preprofessional dancers (10 mins)**

Sarah Hatef MPH<sup>1,2</sup>, Annelise Senkowski BA<sup>1</sup>, Lily Senkowski<sup>1</sup>, Christopher Senkowski MD<sup>1</sup>

<sup>1</sup>Department of Surgery, Mercer University School of Medicine, Savannah, GA, United States

<sup>2</sup>The Ohio State University College of Medicine, Columbus, OH, United States

### **Injuries, load, mood, stress, and compliance with monitoring within semesters of a tertiary dance program: a longitudinal cohort study (10 mins)**

Melanie Fuller M SPPhty, M Msk Phty<sup>1</sup>, Gene Moyle DPsych<sup>1</sup>, Geoffrey Minett PhD<sup>2</sup>

<sup>1</sup>Queensland University of Technology, Creative Industries Faculty, Brisbane, QLD, Australia

<sup>2</sup>Queensland University of Technology, School of Exercise and Nutrition Sciences, Faculty of Health, Brisbane, QLD, Australia

### **Injury incidence among aerial dance performers in Ireland: a prospective cohort study (10 mins)**

Stephen O Rourke BA, BSc, Louise Keating BSc, MSc, Eleanor Creighton BSc

The Royal College of Surgeons Ireland, Dublin, Ireland

### **\*Injury patterns over a three-year period in a professional ballet company: changes and trends (10 mins)**

Mai Katakura PhD, MD<sup>1,2</sup>, Nick Allen PhD<sup>3,4</sup>, Angela Keley PhD<sup>1</sup>, James Calder PhD, MD<sup>1,2</sup>

<sup>1</sup>Imperial College London, United Kingdom

<sup>2</sup>Fortius Clinic, London, United Kingdom

<sup>3</sup>Birmingham Royal Ballet, Birmingham, United Kingdom

<sup>4</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom

### **Prevention and treatment of eating disorders and body image concerns in dancers (20 mins)**

Fumi Somehara BSc, APD<sup>1</sup>, Shane Jeffrey BSc, APD<sup>2</sup>

<sup>1</sup>Private Practice, Sydney, NSW, Australia

<sup>2</sup>Private Practice, Brisbane, QLD, Australia

### **Rehabilitation for injured dancers: a systematic review (10 mins)**

Yanan Dang MA, MSc<sup>1</sup>, Yiannis Koutedakis PhD<sup>1,2</sup>, Ruoling Chen PhD<sup>1</sup>, Matthew Wyon PhD<sup>1,3</sup>

<sup>1</sup>Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom

<sup>2</sup>Department of Sport Science, University of Thessaly, Trikala, Greece

<sup>3</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom

### **Relationships between lateral limb bias, turnout, and lower limb injury in a female pre-professional ballet dancer population (10 mins)**

Elise McMahon BPhysio, Rod Pope PhD, Kate Freire BSc, PhD

Charles Sturt University, Albury, NSW, Australia

### **Relationships between sleep disturbance and sleep related-impairment in collegiate dancers (10 mins)**

Victoria Fauntroy BS, ATC<sup>1</sup>, Amelia Stork<sup>2</sup>, Hansen-Honeycutt DAT, PES<sup>2</sup>, Joel Martin PhD, CSCS<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

### **Risk factors for dance-related lumbar injury among dancers: a large-scale study (10 mins)**

Arnold Wong BPhysio, PhD<sup>1</sup>, Kenney Lau BSc, MSc<sup>1</sup>, Olivia Fung BA<sup>1</sup>, Claire Hiller PhD, PT<sup>2</sup>, Clifton Chan BPhysio, PhD<sup>2</sup>, Patrick Yung FRCS<sup>3</sup>, Dino Samartzis BSc, MSc<sup>4</sup>, Veronika Schoeb BPhysio, PhD<sup>5</sup>, Samuel Ling FRCSEd<sup>3</sup>, Brenton Surgenor BSc, MSc<sup>6</sup>

<sup>1</sup>Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong

<sup>2</sup>Faculty of Medicine and Health, The University of Sydney, Sydney, NSW, Australia

<sup>3</sup>Department of Orthopaedics and Traumatology The Chinese University of Hong Kong, Hong Kong, Hong Kong

<sup>4</sup>Department of Orthopaedic Surgery, Rush University Medical Centre, Chicago, IL, United States

<sup>5</sup>School of Health Sciences (HESAV), University of Applied Sciences and Arts Western Switzerland (HES-SO), Lausanne, Switzerland

<sup>6</sup>The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

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#### Dance Research-2020 Sessions

**Release Date:** Monday, October 5  
**Q&A Discussion Panel:** Friday, October 9 @ 3:00pm GMT  
**Moderator:** Nancy Kadel MD, Seattle, WA, USA

4 hours and 30 minutes / 1.25 CME/CEU credits

Guest Speakers:

**\*Context, complexity, bias and philosophy in performance medicine (30 mins)**

Caroline Bolling PhD, PT<sup>1,2</sup>

<sup>1</sup>Health and Safety in Sports, IOC research center, Amsterdam, The Netherlands

<sup>2</sup>Cirque du Soleil, Montreal, Quebec, Canada

**\*Epidemiological headaches (30 mins)**

Evert Verhagen PhD<sup>1</sup>

<sup>1</sup>Amsterdam UMC, Department of Public and Occupational Health, Amsterdam, The Netherlands

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**\*Adapting research tools for addressing complex movement in dance: encouraging multi-disciplinary engagement in research questions (20 mins)**

Margaret Wilson PhD

University of Wyoming, Laramie, WY, United States

**Are we building on poor foundations? Science needs a strong footing (10 mins)**

Matthew Wyon PhD<sup>1,2</sup>

<sup>1</sup>Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom

<sup>2</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom

**\*E-learning in conservatoire dance training: challenges and possibilities (60 mins)**

Hui Tung Yu MSc, MFA, Wai Pan Cheung BFA, Brenton Surgenor BSc, MSc, Jake K. Ngo MSc

School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

+Interactive Session

**\*Examples of biomechanical concepts in dance: understanding and using mechanics in the dance studio (60 mins)**

Leigh Schanfein BS, MS<sup>1</sup>, Kumiyo Kai MFA<sup>2</sup>

<sup>1</sup>Barnard College, Columbia University, New York City, NY, United States

<sup>2</sup>Nihon Fukushi University, Aichi, Japan

+Interactive Session ~Q&A Friday Oct 16th

**How to identify quality research (50 mins)**

Lauren Copping BS, MFA<sup>1</sup>, Elizabeth Yutzey MFA<sup>2</sup>, Leanne Steel MSc<sup>3</sup>, Catherine Haber MSc, MAS<sup>4</sup>, Paige Rice BS, MSc<sup>5</sup>,

Jill Descoteaux MSc, PhD<sup>6</sup>

<sup>1</sup>University of British Columbia, Vancouver, BC, Canada

<sup>2</sup>Drexel University, Philadelphia, PA, United States

<sup>3</sup>Trinity Laban Conservatoire of Music & Dance, London, United Kingdom

<sup>4</sup>Institute of Sport Science, University of Bern, Bern, Switzerland

<sup>5</sup>Edith Cowan University, Joondalup, Australia

<sup>6</sup>Cirque Du Soleil, Zumanity, Las Vegas, NA, United States

## iConference Program

**What is competency within dance medicine and science? How can this be recognised across countries and professions (10 mins)**

Matthew Wyon PhD<sup>1</sup>, Nico Kolokythas MSc, PhD<sup>2</sup>, Elaina Manolis DPT<sup>3</sup>, Steven Karageanes DO<sup>4</sup>, Ana Azevedo PhD, PT<sup>5</sup>

<sup>1</sup>University of Wolverhampton, Walsall, United Kingdom

<sup>2</sup>Elmhurst Ballet School, Birmingham, United Kingdom

<sup>3</sup>Spaulding Rehabilitation Hospital, Charlestown, MA, United States

<sup>4</sup>Saint Mary Mercy Hospital, Livonia, MI, United States

<sup>5</sup>Private Practice, Oeiras, Portugal

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#### Interactive/Movement-2020 Sessions

**Release Date:** Monday, October 12  
**Q&A Discussion Panel:** Friday, October 16 @ 1:00pm GMT  
**Moderator:** Kathleen Davenport MD, Miami, FL, USA

8 hours / 1.5 CME/CEU credits

**Attention unites, ability divides: using mindful attentional focus techniques to enable access to ballet for all (60 mins)**

Clare Guss-West BHum, MA  
Dance and Creative Wellness Foundation, Rotterdam, Netherlands

**Beginning with the beginning: developing a culture of wellness in the dance class (15 mins)**

Rebecca Gose MFA, Barbara Powers, BFA, MFA  
The University of Georgia, Athens, GA, United States

**\*Dance-medical physical examination, especially the lower extremity, hand on: how we do it (60 mins)**

A.B.M.(Boni) Rietveld PhD, MD  
The Hague Medical Centre, The Hague, Netherlands

**Mindfulness in the beginning ballet class (15 mins)**

Barbara Powers BFA, MFA  
University of Georgia, Athens, GA, United States

**Positive education in the ballet studio: a school-wide approach to wellbeing in an elite ballet training institution (15 mins)**

Philippa Ziegenhardt Adv. Dip, Grad Cert  
The Australian Ballet School, Melbourne, VI, Australia

**'Progressive angular isometric loading' and 'Regressive angular isometric loading' (PAILs/RAILs) adapted for the dance population (60 mins)**

André Megerdichian BFA, MFA, Jennifer Deckert MFA  
University of South Carolina, Columbia, SC, United States

**Safeguarding the mental health of the artist in the creative process: calming emotional arousal (60 mins)**

Stuart Waters, MA<sup>1</sup>, Steve Peck<sup>1,2</sup>, Erin Sanchez MSc<sup>1,2,3,4</sup>

<sup>1</sup>Rockbottom, London, United Kingdom

<sup>2</sup>Steve Peck Psychotherapy, London, United Kingdom

<sup>3</sup>One Dance UK, Birmingham, United Kingdom

<sup>4</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom

## iConference Program

**Strength and conditioning: dancer specific, not dance specific (30 mins)**

Jason Harrison BA, MA

Present Tense Fitness, Dayton, OH, United States

**\*Strength training considerations and safety modifications to produce stronger and more powerful dancers (30 mins)**

Emma Faulkner PT, DPT<sup>1,2</sup>, Rob West DPT<sup>2</sup>

<sup>1</sup>Atlanta Dance Medicine, Atlanta, GA, United States

<sup>2</sup>Decatur Hand and Physical Therapy Specialists, Decatur, GA, United States

**The Breakalign Method: alignment in movement for appropriate distribution of load as an injury preventative measure (60 mins)**

Nefeli Tsiouti MSc<sup>1,2</sup>

<sup>1</sup>Project Breakalign, Nicosia, Cyprus

<sup>2</sup>European University Cyprus, Nicosia, Cyprus

**Thriving in ballet: using compassion to enhance resilience and performance in dancers (15 mins)**

Inge Gnatt BPhyc<sup>1,3</sup>, Philippa Ziegenhardt Adv.Dip, Grad Cert<sup>2</sup>, Lisa Pavane Grad Cert<sup>2</sup>, Maja Nedeljkovic PhD, MPhyc<sup>1,3</sup>

<sup>1</sup>Swinburne University of Technology, Melbourne, VIC, Australia

<sup>2</sup>The Australian Ballet School, Melbourne, VIC, Australia

<sup>3</sup>Centre for Mental Health, Melbourne, VIC, Australia

**Understanding the biomechanics of arabesque and penché to overcome barriers in physical performance (60 mins)**

Leigh Schanfein BS, MS<sup>1,2</sup>, Elisabeth Jeffrey<sup>2</sup>, Tanya Trombly BA, ACE<sup>2,3</sup>

<sup>1</sup>Barnard College, Columbia University, NY, United States

<sup>2</sup>Freelance Dancer, NY, United States

<sup>3</sup>Anti-Bunhead Fitness, NY, United State

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## iConference Program

### Presentations & Enduring Materials from the 30<sup>th</sup> Annual Conference

*Listed by release date, alphabetical by presentation*

#### Dance Educators'- 2020 Sessions

**Release Date:** Monday, October 19  
**Q&A Discussion Panel:** Friday, October 23 @ 3:00pm GMT  
**Moderator:** Jennifer Decker MFA, Columbia, SC, USA

4 hours and 20 minutes

Guest Speaker:

**Reducing physical stress through breathing kinematic approach (60 mins)**

Kuniko Yamamoto-Morimoto PhD, ATC<sup>1,2,3</sup>

<sup>1</sup>Total Life Care, Kyoto, Japan

<sup>2</sup>A-Yoga Mind and Body Movement Therapy, Kyoto, Japan

<sup>3</sup>Kyoto MBM Labo, Kyoto, Japan

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**Ballet body belief: adaptive and maladaptive aspects of perfectionism in female adolescent ballet dancers in the UK and Europe (20 mins)**

Angela Pickard PhD

Canterbury Christ Church University, Canterbury, United Kingdom

**Ballet science: combining pedagogical tradition with modern innovations to create injury resistant dancers (10 mins)**

Shayla Bott BFA, MFA, Ashley Parov MFA, Brenda Critchfield MS, ATC

Brigham Young University, Provo, UT, United States

**Facing the challenges of implementing a code of practice within a dance conservatoire (30 mins)**

Frances Clarke BA(Hons), MSc, Emma Redding PhD

Trinity Laban Conservatoire of Music & Dance, London, United Kingdom

**Promoting evidence-based practice in the traditional environment: a senior leadership's perspective (15 mins)**

Jessica Wheeler BA<sup>1,2</sup>

<sup>1</sup>Elmhurst Ballet School, Birmingham, United Kingdom

<sup>2</sup>University of Wolverhampton, Walsall, United Kingdom

**Promoting evidence-based practice in the traditional environment: a strength and conditioning coach's perspective (15 mins)**

Nico Kolokythas MSc, PhD<sup>1,2</sup>

<sup>1</sup>Elmhurst Ballet School, Birmingham, United Kingdom

<sup>2</sup>University of Wolverhampton, Walsall, United Kingdom

**Red flag and amber flag: using predictive formulae to predict relative stage of maturation in elite pre-professional ballet dancers (10 mins)**

Niall MacSweeney MSc

Royal Ballet School, London, United Kingdom

## iConference Program

### **Safe dance practice knowledge, behaviours, and beliefs among dance teachers (10 mins)**

Jillian L. Ball BKin<sup>1</sup>, Meghan L. Critchley MSc<sup>1</sup>, Amanda M. Black PhD<sup>1,2,3</sup>, Sarah J. Kenny, PhD<sup>1,2,4</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>Hotchkiss Brain Institute, University of Calgary, Calgary, AB, Canada

<sup>4</sup>O'Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada

### **Safeguarding in the context of dance education: a panel discussion (60 mins)**

Erin Sanchez MSc<sup>1,2</sup>, Steven J Karageanes DO<sup>3</sup>, Kathleen McGuire Gaines<sup>4</sup>, Carlo Bagutti MD<sup>5</sup>, Zahra Carpenter BFA, Jo-Anne La Fleche MPs, MA, Lynda Manwaring PhD, C.Psych<sup>6</sup>, Karine Rathle, MSc<sup>7</sup>, Bonnie Robson MD, DPsych, Paula Thompson PsyD<sup>8</sup>

<sup>1</sup>National Institute of Dance Medicine and Science, Birmingham, United Kingdom

<sup>2</sup>One Dance UK, Birmingham, United Kingdom

<sup>3</sup>St. Mary Mercy Hospital MercyElite Sports Medicine, Livonia, MI, United States

<sup>4</sup>Minding the Gap, Pittsburgh, PA, United States

<sup>5</sup>Unité de Médecine du Sport, VidyMed, Lausanne, Switzerland

<sup>6</sup>University of Toronto, Toronto, ON, Canada

<sup>7</sup>President, Healthy Dancer Canada, Montréal, Quebec, QC, Canada

<sup>8</sup>California State University, Northridge, Studio City, CA, United States

### **Understanding the perception, attitudes and beliefs of adolescent recreational dancers towards dance injury and its prevention (10 mins)**

Hiu Tung Yu MSc, MFA<sup>1</sup>, Veronika Schoeb PhD<sup>2</sup>, Brenton Surgenor BSc, MSc<sup>3</sup>, Cliffon Chan PhD, PT<sup>4</sup>, Claire Hiller PhD, PT<sup>4</sup>, Dino Samartzis DSc, MSc<sup>5</sup>, Patrick SH Yung FRCS<sup>6</sup>, Arnold Wong BPhysio, PhD<sup>1</sup>

<sup>1</sup>Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong, Hong Kong

<sup>2</sup>School of Health Sciences (HESAV), University of Applied Sciences and Arts Western Switzerland (HES-SO), Lausanne, Switzerland

<sup>3</sup>School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

<sup>4</sup>Faculty of Medicine and Health, The University of Sydney, Sydney, NSW, Australia

<sup>5</sup>Department of Orthopedic Surgeon, Rush University Medical Center, Chicago, IL, United States

<sup>6</sup>Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, Hong Kong

### **\*Which arabesque? From Coralli's & Perrot's to Balanchine's arabesque (20 mins)**

Annemari Autere

BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France

+Interactive Session

## iConference Program

### Presentations & Enduring Materials from the 30<sup>th</sup> Annual Conference

*Listed by release date, alphabetical by presentation*

#### Dance Science-2020 Sessions

**Release Date:** Monday, October 26  
**Q&A Discussion Panel:** Friday, October 30 @ 1:00pm GMT  
**Moderator:** Peter Lewton-Brain DO, Monte-Carlo, Monaco

5 hours / 1 CME/CEU credits

Guest Speaker:

**\*Biomarker profiling and monitoring for the elite dancer (30 mins)**

Charlie Pedlar PhD, FBASES

St Mary's University, Twickenham, London, United Kingdom

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**Aesthetic and kinetic measures of dance balance (10 mins)**

Elizabeth Coker, MA

New York University, New York City, NY, United States

**Does dehydration really impair performance? (15 mins)**

Jasmine Challis MRes, RD<sup>1</sup>, Meghan Brown PhD, SENr<sup>2</sup>

<sup>1</sup>Freelance registered dietitian, Reading, United Kingdom

<sup>2</sup>Birmingham City University, School of Health Sciences, Department of Sport and Exercise, Birmingham, United Kingdom

**+Down under the foot: optimising foot function in dance (60 mins)**

Susan Mayes PhD PT<sup>1,2</sup>

<sup>1</sup>The Australian Ballet, Southbank, Melbourne, VIC, Australia

<sup>2</sup>La Trobe University, Bundoora, VIC, Australia

+Interactive Session

**International perspective on nutrition for dancers (30 mins)**

Fumi Somehara MSc, APD<sup>1</sup>, Monika Saigal MS, RD<sup>2,3</sup>, Jasmine Challis MRes, RD<sup>4</sup>

<sup>1</sup>Private Practice, Sydney, NSW, Australia

<sup>2</sup>Private Practice, New York City, NY, United States

<sup>3</sup>The Julliard School, New York City, NY, United States

<sup>4</sup>Freelance registered dietitian, Reading, United Kingdom

**Kinematic characteristics of lower limb elevation movement (arabesque) in ballet: focusing on aesthetics (10 mins)**

Yui Kawano PhD<sup>1</sup>, Mayumi Kuno-Mizumura PhD<sup>2</sup>, Cheng-Feng Lin PhD<sup>3</sup>

<sup>1</sup>Japan Institute of Sports Sciences, Tokyo, Japan

<sup>2</sup>Ochanomizu University, Tokyo, Japan

<sup>3</sup>National Cheng Kung University, Tainan, Taiwan

**Kinematic impact of socks on contemporary dance practice (10 mins)**

Julie Ferrell-Olson MFA, MSc<sup>1</sup>, James Brouner PhD<sup>2</sup>

<sup>1</sup>Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

<sup>2</sup>Kingston University, London, United Kingdom



## iConference Program

### **Lower limb contact posture during saut de chat takeoff differs in dancers with and without flexor hallucis longus tendinopathy (10 mins)**

Hai-Jung Steffi Shih BS, PT, K. Michael Rowley PhD, Kornelia Kulig PT, PhD

Division of Biokinesiology and Physical Therapy, University of Southern California, Los Angeles, CA, United States

### **Observation and imagery: analysis and comparison of the patterns of brain activation during passive observation and motor imagery of dance movement sequences (10 mins)**

Leonor Castro MS<sup>1</sup>, Filipa Sousa PhD<sup>2,3</sup>, José Paulo Santos PhD<sup>1,4</sup>

<sup>1</sup>Experimental Biology Unit, Faculty of Medicine, University of Porto, Porto, Portugal

<sup>2</sup>Porto Biomechanics Laboratory, University of Porto, Porto, Portugal

<sup>3</sup>CIFI2D, Faculty of Sports, University of Porto, Porto, Portugal

<sup>4</sup>Department of Management, University Institute of Maia, Maia, Portugal

### **Perception-action coordination dynamics: suggestions for dance education (40 mins)**

Akito Miura PhD<sup>1</sup>, Takahide Etani PhD<sup>2</sup>, Derrick D. Brown MSc<sup>3,4</sup>, Ruud G. Meulenbroek PhD<sup>3</sup>

<sup>1</sup>Faculty of Human Sciences, Waseda University, Tokorozawa, Saitama, Japan

<sup>2</sup>School of Medicine, Kanazawa University, Kanazawa, Ishikawa, Japan

<sup>3</sup>Donders Institute for Brain, Cognition, and Behavior, Donders Centre for Cognition, Radboud University, Nijmegen, Netherlands

<sup>4</sup>Institute for Sport Science, Dance Science, University Bern, Bern, Switzerland

### **Performing and perceiving movement synchrony in live dance performance (20 mins)**

Guido Orgs MSc, PhD<sup>1</sup>, Staci Vicary<sup>1</sup>, Jorina von Zimmermann<sup>2</sup>, Daniel C. Richardson<sup>2</sup>

<sup>1</sup>Department of Psychology, Goldsmiths, University of London, London, United Kingdom

<sup>2</sup>Department of Experimental Psychology, University College London, London, United Kingdom

### **Physiological demands of musical theatre (10 mins)**

Stephanie Pittman BSc, MSc, Emma Redding PhD, Scott Sinclair BSc, MSc

Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

### **\*Protein for the dancer; considerations for plant-based diets (15 mins)**

Meghan Brown PhD, SENr<sup>1</sup>, Jasmine Challis MRes, RD<sup>2</sup>, Ann Brown<sup>3</sup>

<sup>1</sup>Birmingham City University, School of Health Sciences, Department of Sport and Exercise, Birmingham, United Kingdom

<sup>2</sup>Freelance registered dietitian, Reading, United Kingdom

<sup>3</sup>University of Idaho, Department of Movement Sciences, College of Education, Health & Human Sciences, Moscow, ID, United States

### **\*The biomechanical profile of professional dancers' foot-ankle complex during multidirectional landings (20 mins)**

Ana Morais Azevedo PhD, PT<sup>1</sup>, Raul Oliveira PhD, PT<sup>1,2</sup>, João R. Vaz PhD, PT<sup>2</sup>, Nelson Cortes PhD<sup>3</sup>

<sup>1</sup>R'Equilibri\_us, Private Practice, Lisbon, Portugal

<sup>2</sup>CIPER, Faculdade Motricidade Humana, Lisbon, Portugal

<sup>3</sup>George Mason University, Manassas, VA, United States

### **The relationship between perceptual and neuromuscular fatigue in elite adolescent ballet dancers (10 mins)**

Matthew Lamarque MSc, MRes<sup>1,2</sup>, Matthew Springham BSc, MSc<sup>2</sup>, Charles Pedlar PhD, FBASES<sup>2</sup>, Karen Sheriff BSc, MSc<sup>1</sup>

<sup>1</sup>The Royal Ballet School, London, United Kingdom

<sup>2</sup>St Mary's University, Twickenham, London, United Kingdom

## iConference Program

### Time Zone Conversion Chart

Session	Date	Time Zone							Moderator
		AEST	JST	CET	BST	GMT	ET	PT	
Dance for Health	Friday, September 25	11:00 PM	10:00 PM	3:00 PM	2:00 PM	1:00 PM	9:00 AM	6:00 AM	Gayanne Grossman
Dance Medicine A	Friday, October 2	10:30 AM	9:30 AM	2:30 AM	1:30 AM	12:30 AM	8:30 PM <sup>+</sup>	5:30 PM <sup>+</sup>	Matthew Grierson
Dance Medicine B	Friday, October 2	11:00 PM	10:00 PM	3:00 PM	2:00 PM	1:00 PM	9:00 AM	6:00 AM	Lauren Elson
Dance Research	Friday, October 9	2:00 AM <sup>+</sup>	12:00 AM <sup>+</sup>	5:00 PM	4:00 PM	3:00 PM	11:00 AM	8:00 AM	Nancy Kadel
Interactive/Movement	Friday, October 16	12:00 AM <sup>+</sup>	10:00 PM	3:00 PM	2:00 PM	1:00 PM	9:00 AM	6:00 AM	Kathleen Davenport
Dance Educators'	Friday, October 23	2:00 AM <sup>+</sup>	12:00 AM <sup>+</sup>	5:00 PM	4:00 PM	3:00 PM	11:00 AM	8:00 AM	Jennifer Decker
Dance Science	Friday, October 30	12:00 AM <sup>+</sup>	10:00 PM	2:00 PM	-	1:00 PM	9:00 AM	6:00 AM	Peter Lewton Brain
Business Meeting	Sunday, November 1	8:00 AM <sup>+</sup>	6:00 AM <sup>+</sup>	10:00 PM	-	9:00 PM	4:00 PM	1:00 PM	Leigh Ponniah

<sup>+/-</sup> denotes date change due to time zone by 24hours