THURSDAY, October 12, 2017

8:00 - 9:00 am  Registration; Light breakfast, Lobby

9:00 - 9:30 am  Opening Remarks, Salon A & B
 Matthew Wyon, PhD, MSc, President, IADMS
 Presentation of IADMS Dance Educator Award
 Presentation of the IADMS Student Research Award
 (Supported by Harkness Center for Dance Injuries)

9:30 - 10:30 am  Opening Symposium Moderator: Matthew Wyon, PhD, MSc, Walsall, UK
 Salon A & B
 Overuse injuries and specialization—what can dance medicine & science learn from sport?
 Neeru Jayanthi, MD 1,2
 1Emory Sports Medicine Center, Johns Creek, GA, United States
 2Society for Tennis Medicine and Science, IL, United States

10:30 - 11:00 am  IADMS ‘DUELS’ Moderator: Matthew Wyon, PhD, MSc, Walsall, UK
 Salon A & B
 Dancer – athlete or artist?
 Angelina Vera, MD 1 vs Annette Karim, DPT, PhD 2,3
 1Houston Methodist Hospital, Houston, TX, United States
 2Azusa Pacific University, Azusa, CA, United States
 3PASIG, Orthopaedic section, American Physical Therapy Association, WI, United States
 Should dancers run?
 Andrea Kozai, MSc, CSCS 1 vs Melanie Fuller, M Sp & Msk Phty 12
 1Pittsburgh, PA, United States
 2Queensland University of Technology – Dance, Creative Industries Faculty, Brisbane, Queensland, Australia

11:00 - 11:30 am  REFRESHMENT BREAK

11.30 am - 1.30 pm  Salon B
 Moderator: Alexander Mc Kinven, MSc. MCSP.
 London, UK.

11.30 am-noon
 High prevalence of connective tissue gene variants in professional ballet
 Angelina Vera, MD 1, Varan Haghshenas, MD 2, Kevin Varner, MD 1, Patrick McMulloch, MD 3, Joshua Harris, MD 3, Domenica Delgado, BS 1
 1Houston Methodist Hospital, Houston, TX, United States

11.30 am - 1.30 pm  Navarro/Hildago
 Moderator: Jatin Ambegaonkar, PhD.
 Manassas, VA, USA.

11.30-11.45 am
 Lower-limb muscle contributions to relevé in dancers with and without flexor hallucis longus tendinopathy and the effects of unloading the toes
 K. Michael Rowley, BS, BA 1, Hai-Jung (Steffi) Shih, BS, PT 1, Kristen Sutton-Traina, DPT 1, Kornelia Kulig, PhD, PT 1
 1University of Southern California, Los Angeles, United States
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenters/Institutions</th>
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<tbody>
<tr>
<td>Noon-12.30 pm</td>
<td>Exploring the relationship between interoception, anxiety and hypermobility in adolescent dance students</td>
<td>Wendy Timmons, B.Phil(Hons)&lt;sup&gt;1&lt;/sup&gt; University of Edinburgh, Edinburgh, United Kingdom</td>
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<tr>
<td>12.30-12.45 pm</td>
<td>Effects of hypermobility on a dynamic balance task and a pirouette in university dancers</td>
<td>Megan Bane, MS, AT&lt;sup&gt;1&lt;/sup&gt;, Jeffrey Russell, PhD, AT&lt;sup&gt;2&lt;/sup&gt; The Ohio State University Wexner Medical Center, Columbus, OH, United States, Ohio University, Athens, OH, United States</td>
</tr>
<tr>
<td>12.45-1.00 pm</td>
<td>An investigation into the prevalence of hypermobility and its relationship with self-reported injury in adolescent and pre-professional contemporary dancers</td>
<td>Anna May Williams, MSc&lt;sup&gt;1&lt;/sup&gt;, Edel Quin, MSc&lt;sup&gt;1&lt;/sup&gt; Trinity Laban Conservatoire of Music and Dance, London, United Kingdom</td>
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<tr>
<td>1.00-1.30 pm</td>
<td>Depersonalization and emotional regulation in dancers</td>
<td>Paula Thomson, PsyD&lt;sup&gt;1&lt;/sup&gt;, Victoria Jaque, PhD&lt;sup&gt;1&lt;/sup&gt; California State University, Northridge, CA, United States</td>
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<tr>
<td>11.45 am-noon</td>
<td>Electromyographic analysis of the lower limb during the movements of demi-plié, grand-plié and sauté in female, recreational dancers: a laboratory based study</td>
<td>Alaina Hadfield, MBChB, BSc (Hons) &lt;sup&gt;1,2&lt;/sup&gt;, Richard Twycross-Lewis, PhD MRes&lt;sup&gt;3&lt;/sup&gt;, Manuela Angioi, PhD&lt;sup&gt;3&lt;/sup&gt; Queen Mary University of London, London, United Kingdom, Keele University, Newcastle-under-Lyme, United Kingdom</td>
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<tr>
<td>Noon-12.15 pm</td>
<td>Comparison of kinematic differences in dance movements with and without support: grand plié</td>
<td>Rachael Greenwell, BFA&lt;sup&gt;1&lt;/sup&gt;, Margaret Wilson, PhD&lt;sup&gt;1&lt;/sup&gt;, Boyi Dai, PhD&lt;sup&gt;3&lt;/sup&gt;, Jennifer Deckert, MFA&lt;sup&gt;1&lt;/sup&gt; University of Wyoming, Laramie, WY, United States</td>
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<tr>
<td>12.15-12.30 pm</td>
<td>3D kinematic analysis of the lower leg and foot contributions to turnout in female pre-professional dancers</td>
<td>Sarah Carter, B.Pod.M, MSc&lt;sup&gt;1,2&lt;/sup&gt;, Rebekha Duncan, DipDance (Dance Performance)&lt;sup&gt;3&lt;/sup&gt;, Andries Weidemann&lt;sup&gt;2&lt;/sup&gt;, Alan Bryant, PhD&lt;sup&gt;1&lt;/sup&gt;, Luke Hopper, PhD&lt;sup&gt;2&lt;/sup&gt; Podiatric Medicine and Surgery Unit, School of Allied Health, The University of Western Australia, Perth, Australia, Western Australian Academy of Performing Arts, Edith Cowan University, Perth, Australia, School of Physiotherapy and Exercise Science, Curtin University, Perth, Australia</td>
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<tr>
<td>12.30-12.45 pm</td>
<td>Analysis of intra and inter segmental coordination in hip, knee and ankle rotation in experienced and beginner dancers performing sauté</td>
<td>Andreja Picon, PhD&lt;sup&gt;1&lt;/sup&gt;, Renato Moraes, PhD&lt;sup&gt;2&lt;/sup&gt;, Natalia Madalena Rinaldi, PhD&lt;sup&gt;1&lt;/sup&gt;, Isabel Sacco, PhD&lt;sup&gt;1&lt;/sup&gt; University of São Paulo, São Paulo, Brazil, University of São Paulo, Ribeirão Preto, Brazil, Universidade Federal Espírito Santo, Vitória, Brazil</td>
</tr>
<tr>
<td>12.45-1.00 pm</td>
<td>Comparison of ground reaction forces between novice and experienced ballet dancers performing a second position jump landing</td>
<td>Dayun Jeon, MS&lt;sup&gt;1&lt;/sup&gt;, Eadric Bressel, PhD&lt;sup&gt;1&lt;/sup&gt; Utah State University, Logan, UT, United States</td>
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### SCHEDULE
#### IADMS 27th Annual Conference

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>1.00-1.15 pm</td>
<td><strong>The impact of shock absorption in dance shoes and the relation to the increased risk of injuries within Highland dancers</strong></td>
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<td>Robyn Horsburgh, MSc(^1), Wendy Timmons, B.Phil(Hons)(^1), Georgios Machtsiras, MD(^2)</td>
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<td>(^1)University of Edinburgh, Edinburgh, United Kingdom (^2)</td>
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<tr>
<td>1.15-1.30 pm</td>
<td><strong>Effect of different ballet shoes and strategy of arabesque performance in ground reaction forces of classical ballet dancers</strong></td>
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<td>Michele Ghilardi(^1), Ana Carolina Stervid(^1), Thais Sawada(^1), Isabel Sacco, PhD(^1), Andreja Picon, PhD(^1)</td>
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<td>(^1)Faculty of Medicine, University of São Paulo, São Paulo, Brazil</td>
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**Interactive workshop: 11.30 am - 12.20 pm Salon A**
- Moderator: Elsa Urmston, MSc.
- Ipswich, UK.
- **Explorations in asymmetry and laterality in dance training**
  - Suzanne Martin, DPT, MA\(^1,2\)
  - \(^1\)Smuin Ballet, San Francisco, United States, \(^2\)Pilates Therapeutics, Alameda, United States

**Interactive workshop: 11.30 am - 12.20 pm Salon C**
- Moderator: Marika Molnar, PT, Lac.
- New York, NY, USA.
- **Injury prevention and studio practices for upper extremity weight-bearing in modern, contemporary, and breakdancing techniques**
  - Chad Van Ramshorst, DPT, BFA\(^1\), Robert Tsai, BA\(^2\)
  - \(^1\)Kaiser Permanente, Springfield, VA, United States, \(^2\)Chapman University, Irvine, CA, United States

**Interactive workshop: 12.30 - 1.20 pm Salon A**
- Moderator: Elsa Urmston, MSc.
- Ipswich, UK.
- **Teaching dance to young children: implementing a flexible, holistic program for progressive development**
  - Jane Andrewartha, DipDance (Teaching & Management)\(^1,2\)
  - \(^1\)Movement and Dance Education Centre, Melbourne, Australia, \(^2\)Laurel Martyn Foundation, Mont Albert, Australia

**Interactive workshop: 12.30 - 1.20 pm Salon C**
- Moderator: Marika Molnar, PT, Lac.
- New York, NY, USA.
- **Novel taping techniques for the foot and ankle across the rehabilitation continuum from acute injury to return to performance**
  - Emma Faulkner, PT, DPT\(^1,2\), Tiernan Damas, DPT, CYT\(^3\)
  - \(^1\)Motion Stability Physical Therapy Group, Atlanta, GA, United States, \(^2\)Mercer University, Atlanta, GA, United States, \(^3\)Emory University, Atlanta, GA, United States
**Schedule**

**IADMS 27th Annual Conference**

**1:30 - 3:30 pm**  
LUNCH BREAK with IADMS committee meetings

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<tr>
<th>Time</th>
<th>Session Details</th>
<th>Location</th>
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<tr>
<td>1:30 - 2:20 pm</td>
<td>Lunchtime presentation: Navarro/Hildago</td>
<td>Walsall, UK.</td>
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<tr>
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<td>Moderator: Matthew Wyon, PhD, MSc</td>
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<td></td>
<td><strong>Journal of Dance Medicine &amp; Science - editorial review and presentation</strong></td>
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<td></td>
<td>Ruth Solomon, Professor Emeritus, John Solomon, PhD</td>
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<td></td>
<td>1. <em>Journal of Dance Medicine &amp; Science, Santa Cruz, Soquel, CA, United States</em></td>
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<td></td>
<td>2. University of California, Santa Cruz, Soquel, CA, United States</td>
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<td></td>
<td>3. Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States</td>
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<td>1:30 - 2:20 pm</td>
<td>Lunchtime interactive workshop: Salon A</td>
<td>Brisbane, Australia.</td>
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<td>Moderator: Melanie Fuller, M Sp &amp; Msk Phty.</td>
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<td><strong>You don’t use Band-Aids for blisters</strong></td>
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<td></td>
<td>Paddy Jarit, PT, ATC</td>
<td>1. Sport &amp; Orthopaedic Physical Therapy by Paddy Jarit, Fairfield, CA, United States</td>
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<tr>
<td>1:30 - 2:20 pm</td>
<td>Lunchtime movement session: Salon C</td>
<td>Walsall, UK.</td>
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<td>Moderator: Danielle Aways, MSc, BFA.</td>
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<td></td>
<td><strong>Plié, it’s spirals and internal movement of the connective tissue</strong></td>
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<td>Annemari Autere</td>
<td>1. Compagnie Ariel University of Nice Sophia Antipolis, Villefranche sur Mer, France</td>
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<td>3:30 - 6:00 pm</td>
<td>Salon B</td>
<td>Tallahassee, FL, USA</td>
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<td><strong>Injury trends from a national healthcare service dance injury clinic: five year review</strong></td>
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<td>Roger Wolman, MD, FRCP, Leann Bell, MRCP, MSc, Caroline Jubb, MSc,</td>
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<td></td>
<td>1. Royal National Orthopaedic Hospital, London, United Kingdom</td>
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<td><strong>Injury and symptom prevalence in professional and non-professional United States Dancesport dancers: a national survey</strong></td>
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<td>Seth Grover, BS, Lynette Khoo-Summers, PT, DPT, Matthew Bailey, BS</td>
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<td></td>
<td>1. Washington University School of Medicine, Program in Physical Therapy, St. Louis, MO, United States, 2. Washington University in St. Louis, Department of Medicine, St. Louis, MO, United States</td>
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<tr>
<td>3:30 - 6:00 pm</td>
<td>Navarro/Hildago</td>
<td>Los Angeles, CA, USA.</td>
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<td>Moderator: K. Michael Rowley, BS, BA.</td>
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<td>3:30 - 4:00 pm</td>
<td><strong>Conservative and post-operative management of acetabular labral pathology in ballet students: review</strong></td>
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<td>Meredith Dake, PT, DPT</td>
<td>1. Children’s Hospital Colorado, Denver, CO, United States, 2. Performing Arts Medicine of the Rockies, Denver, CO, United States</td>
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<td></td>
<td>1. Children’s Hospital Colorado, Denver, CO, United States</td>
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<tr>
<td></td>
<td>2. Performing Arts Medicine of the Rockies, Denver, CO, United States</td>
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<tr>
<td>4.00 - 4.30 pm</td>
<td><strong>Screening of high level ballet dancers to identify the hip “at-risk” of injury</strong></td>
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<td>Michelle Rodriguez, MPT, OCS, Michele Philippon, Karen Briggs, Marc Philippon</td>
<td>1. Manhattan Physio Group, New York, NY, New York, United States, 2. Steadman Philippon Research Center, Vail, CO, United States</td>
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<td>1. Manhattan Physio Group, New York, NY, New York, United States</td>
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<td>2. Steadman Philippon Research Center, Vail, CO, United States</td>
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Program subject to change
## SCHEDULE
### IADMS 27th Annual Conference

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<tr>
<td>4.00-4.15 pm</td>
<td>Injury occurrence in Breaking</td>
<td>Nefeli Tsiouti, MA, MSc(^1), Matthew Wyon, PhD, MSc(^2,3)</td>
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<td></td>
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<td>(^1)Project Breakalign, London, United Kingdom, (^2)Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, (^3)National Institute of Dance Medicine and Science, Birmingham, United Kingdom</td>
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<tr>
<td>4.15-4.30 pm</td>
<td>Prevalence and characteristics of upper limb issues among dancers</td>
<td>Angela Contr, BSc(Hons)(^1), Sara Muccioli, BSc(Hons), BA(Hons)(^1), Omar De Bartolomeo, MD Ph(^2), Michela Bozzolan, PT, MSc(^1)</td>
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<td></td>
<td></td>
<td>(^1)Università degli studi di Ferrara, Ferrara, Italy, (^2)Ballet School of Teatro Alla Scala, A.O. Istituto Ortopedico Gaetano Pini, University of Milan, Milano, Italy</td>
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<tr>
<td>4.30-4.45 pm</td>
<td>Dance-related musculoskeletal complaints presenting to a walk-in clinic during summer dance intensives</td>
<td>Lindsay Harmon-Matthews, PT(^1), Samantha Amway, DPT(^1), Tiffany Marulli, PT, DPT(^1), Timothy Hewett, PhD(^2)</td>
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<td></td>
<td></td>
<td>(^1)Ohio State University Wexner Medical Center, Columbus, OH, United States, (^2)Mayo Orthopedic Biomechanics Laboratories and Sports Medicine Center, Mayo Clinic, Rochester, MN, United States</td>
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<tr>
<td>4.45-5.00 pm</td>
<td>Preparticipation physical evaluation in aspirants for a professional school of dance</td>
<td>Soledad Echegoyen, MD, M.Ed.(^1), Cristina Rodriguez(^2), Eugenia Acuña(^1,2)</td>
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<td></td>
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<td>(^1)Escuela Nacional de Danza, Instituto Nacional de Bellas Artes, Mexico City, Mexico, (^2)Universidad Nacional Autonoma de Mexico, Mexico City, Mexico</td>
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<td>4.30-4.45 pm</td>
<td>Hip flexor muscle size in ballet dancers compared to non-dancing athletes, and associations to pain</td>
<td>Sophie Emery, MPH(Sports)(^1), Susan Mayes, PhD, PT(^1,2), Jill Cook, PhD, PT(^2)</td>
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<td>(^1)The Australian Ballet, Melbourne, Australia, (^2)La Trobe Sport and Exercise Medicine Research Centre, La Trobe University, Melbourne, Australia</td>
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<td>4.45-5.00 pm</td>
<td>Professional ballet dancers have greater hip strength than collegiate dancers</td>
<td>Valerie Williams, PT, PhD(^1), Timothy Sell, PT, PhD(^2), Mita Lovalekar, MBBS, PhD(^3)</td>
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<td></td>
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<td>(^1)Brunel University, London, United Kingdom, (^2)Duke University, Durham, NC, United States, (^3)University of Pittsburgh, Pittsburgh, PA, United States</td>
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<td>5.00-5.15 pm</td>
<td>Physical therapy management of a competitive dancer with chronic hip pain with femoroacetabular impingement, hip dysplasia, labral tear, and psoas tendinitis</td>
<td>Caitlin Kothe, DPT, MS(^1), Lynnette Khoo-Summers, DPT, PT(^1)</td>
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<td>(^1)Washington University Program in Physical Therapy, St. Louis, MO, United States</td>
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<td>5.15-5.30 pm</td>
<td>Is Hoffa’s disease in your differential? The clinical presentation/management and pathophysiology of a common condition in dancers</td>
<td>Tina Wang, MD(^1), Corneliu Coston, DPT(^1)</td>
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<td>(^1)Tupelo Pointe Healing Arts, Claremont, CA, United States</td>
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<td>5.30-5.45 pm</td>
<td>Injuries requiring surgery in dancers performing high-demand dances</td>
<td>Neslihan Aksu, MD(^1), Vefa Atansay, MD(^1), Taner Aksu, MD(^2), İşık Karalok, MD(^1), Koculu, Safiye, MD(^1)</td>
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<td>(^1)Istanbul Bilim University Medical Faculty, Istanbul, Turkey, (^2)Bahçeşehir University Medical Faculty, Istanbul, Turkey</td>
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<td>Time</td>
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<tr>
<td>5.00-5.15 pm</td>
<td>Does musculoskeletal screening predict injury in young dancers?</td>
<td>Tiffany Marulli, PT, DPT¹, Lindsay Harmon-Matthews, PT, MPH¹, Timothy Hewett, PhD² ¹The OSU Sports Medicine Research Institute, The Ohio State University, Columbus, Columbus, OH, United States, ²Mayo Orthopedic Biomechanics Laboratories and Sports Medicine Center, Mayo Clinic, Rochester, MN, United States</td>
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<tr>
<td>5.15-5.30 pm</td>
<td>Risk factors for injury in pre-professional ballet and contemporary dancers</td>
<td>Sarah Kenny, PhD¹, Luz Palacios-Derflingher, PhD³, Qian Shi, MSc¹, Jackie Whittaker, PT, PhD², Carolyn Emery, PT, PhD¹ ¹University of Calgary, Calgary, Canada, ²University of Alberta, Edmonton, Canada</td>
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<tr>
<td>5.30-5.45 pm</td>
<td>Risk factors for lower extremity injuries among contemporary dance students</td>
<td>Rogier van Rijn, PhD¹, Christine van Seters, MD¹-², Marienke van Middelkoop, PhD², Janine Stubbe, PhD¹-³ ¹Codarts, University of the Arts, Rotterdam, Netherlands, ²Department of General Practice, Erasmus MC, University Medical Center, Rotterdam, Netherlands, ³Amsterdam University of Applied Sciences, Centre for Applied Research in Sports and Nutrition, Amsterdam, Netherlands</td>
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<tr>
<td>5.45-6.00 pm</td>
<td>Incidence of musculoskeletal complaints and time-loss injuries specific to low back pain among professional and collegiate dancers: a two-year prospective analysis.</td>
<td>Marijeanne Liederbach, PhD, PT¹, Leigh Schanfein, MS¹, Michelle Williams, MS, CCRP¹, Donald Rose, MD¹ ¹Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, NY, United States</td>
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5.45-6.00 pm
Ultrasound guided percutaneous tenotomy and calcium fragmentation for supraspinatus calcific tendinopathy in a ballet dancer
Selina Shah, MD, FACP¹
¹Center for Sports Medicine, St. Francis Memorial Hospital, Dignity Health, Walnut Creek, CA, United States
### Interactive workshop: 3:30 - 4:20 pm Salon A
Moderator: Frances Clarke, BA(Hons), MSc.
Walsall, UK.

**Implementing aerobic conditioning exercises into dance kinesiology curriculum: three games for a university dance program**
Tricia Zweier, MS, MFA¹
¹Lindenwood University, St. Charles, MO, United States

### Interactive workshop: 3:30 - 4:20 pm Salon C
Moderator: Danielle Aways, MSc, BFA.
Walsall, UK.

**Improving dancers feet through movement intention and biomechanics**
Peter Lewton-Brain, DO, MA¹,²
¹Les Ballets des Monte-Carlo, Monaco, ²Centre International de Dance Rosella Hightower, Cannes/Mougins, France

### Interactive workshop: 4:30 - 5:20 pm Salon A
Moderator: Frances Clarke, BA(Hons), MSc.
Walsall, UK.

**Collaborative research in dance science and creative practice**
Emma Redding, PhD¹, Clare Baker, BA¹, Amanda Gough, MFA¹, Naomi Lefebvre Sell, PhD¹, Lucie Clements, MSc¹, Sara Reed, PhD², Sarah Whatley, PhD², Rebecca Weber, MFA², Jon May, PhD³
¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, ²Coventry University, Coventry, United Kingdom, ³Plymouth University, Plymouth, United Kingdom

### Interactive workshop: 4:30 - 5:20 pm Salon C
Moderator: Danielle Aways, MSc, BFA.
Walsall, UK.

**Connecting the dots between dance movement and developmental movement: how a little goes a long way**
Annette Karim, DPT, PhD¹
¹Azusa Pacific University, Azusa, CA, United States

### Evening movement session: 5:30 - 6:20 pm Salon A
Moderator: Frances Clarke, BA(Hons), MSc.
Walsall, UK.

**Death of the classical port de bras: smart exercises to correct a generational problem.**
Erika Mayall, MPT, HBSc(Kin)¹, Susanne Higgins, cert Pilates, BSc³, Astrid Sherman, FISTD³
¹Pro Arte Centre, North Vancouver, Canada

### Evening movement session: 5:30 - 6:20 pm Salon C
Moderator: Danielle Aways, MSc, BFA.
Walsall, UK.

**Using Pilates Orbits to train modern dancers’ spine work**
Carisa Armstrong, MFA¹, Christine Bergeron, MFA¹
¹Texas A&M University, College Station, Bryan, TX, United States
**Interactive workshop: 5:30 - 6:20 pm Sam Houston**
Moderator: Sarah Needham-Beck, PhD, MSc.
London, UK.

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<th>Student and young professional networking workshop</th>
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<tr>
<td>Andrea Alvarez, BS, MFA¹, Amanda Clark, MFA², Gabriel Gonzales³, Siobhan Mitchell, MSc, MRes⁴</td>
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<td>¹Texas A&amp;M University, College Station, TX, United States ²Cleveland, OH, United States ³University of New Mexico, Albuquerque, United States ⁴University of Bath, Bath, UK,</td>
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7:30 pm **WELCOME RECEPTION**
**FRIDAY, October 13, 2017**

### Early morning movement session: 8:00 - 8:50 am *Salon A*
- **Moderator:** Selina Shah MD, FACP.
- **Walnut Creek, CA, USA.**

**Somatics in action: floor barre**
- Lauren Kearns, MFA, MA¹
- ¹*Elon University, Elon, NC, United States*

### Early morning movement session: 8:00 - 8:50 am *Salon C*
- **Moderator:** K. Michael Rowley, BS, BA.
- **Los Angeles, CA, USA.**

**The intelligent body: a collaborative exploration of athletic training and Horton technique**
- Amanda Donahue, MS, ATC¹, Kristina Berger¹
- ¹*Dean College, Franklin, MA, United States*

### Interactive workshop: 9:00 – 9.50 am *Salon A*
- **Moderator:** Selina Shah MD, FACP.
- **Walnut Creek, CA, USA.**

**Dance-medical physical examination, especially lower extremity - hands on: how we do it**
- A.B.M.(Boni) Rietveld, MD, BA(mus)¹, Camilla I. C. A. Pierrot, MD²
- ¹*Medical Centre for Dancers & Musicians, HMC Westeinde, The Hague, Netherlands, ²Huisartsen Praktijk Pierrot, Vinkeveen, Netherlands*

### Interactive workshop: 9:00 – 9.50 am *Salon C*
- **Moderator:** K. Michael Rowley, BS, BA.
- **Los Angeles, CA, USA.**

**From biscuits to bananas – understanding the potential for the foot and ankle through movement**
- Robert Turner, DPT, OCS¹, Kim Gibilisco, MFA, MA¹
- ¹*NY Intuit Movement Lab, New York, NY, United States*

### 8:30 - 10:30 am *Salon B*
- **Moderator:** Elsa Urmston, MSc.
- **Ipswich, UK.**

#### 8.30-8.45 am
**A dancer-centric journey - in pursuit of an interdisciplinary approach to training, healthcare and performance**
- Clare Guss-West, BHum, MA¹
- ¹*The European Network for Opera, Music & Dance Education, Zurich, Switzerland*

### 8:30 - 10:30 am *Navarro/Hildago*
- **Moderator:** Alexander McKinven, MSc MCSP.
- **London, UK.**

#### 8.30-9.00 am
**When “healthy” goes too far: the relationship of energy balance and injury in dancers**
- Amanda Blackmon, DPT, OCS¹,²,³, Val Schonberg, MS, RD⁴,⁵
- ¹*Mercer University, Atlanta, GA, United States, ²Motion Stability Physical Therapy Group, Atlanta, GA, United States, ³Atlanta Ballet, Atlanta, GA, United States, ⁴EnlightenU Nutrition Consulting, LLC, Atlanta, GA, United States, ⁵Minnesota Dance Medicine Foundation, Minneapolis, MN, United States*
<table>
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<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
<th>Institution(s)</th>
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<tbody>
<tr>
<td>8.45-9.00 am</td>
<td>Teaching dance to young children: a healthy and effective approach to training and educating young dancers</td>
<td>Jane Andrewartha, DipDance (Teaching &amp; Management)¹,²</td>
<td>¹Movement and Dance Education Centre, Melbourne, Australia, ²Laurel Martyn Foundation, Melbourne, Australia</td>
</tr>
<tr>
<td>9.00-9.15 am</td>
<td>The early maturing dancer: challenges and advantages in UK vocational training</td>
<td>Siobhan Mitchell, MRes, MSc¹, Anne Haase, PhD², Sean Cumming, PhD¹</td>
<td>¹University of Bath, Bath, UK, ²University of Bristol, Bristol, UK,</td>
</tr>
<tr>
<td>9.15-9.30 am</td>
<td>Status of dancer wellness education programs in U.S. colleges/universities: a 20-year update</td>
<td>Marita Cardinal, EdD¹, Kim Rogers, MPH, MS², Bradley Cardinal, PhD²</td>
<td>¹Western Oregon University, Monmouth, OR, United States, ²Oregon State University, Corvallis, OR, United States</td>
</tr>
<tr>
<td>9.30-10.00 am</td>
<td>Creating a culture of wellness in university dance training programs</td>
<td>Veolettera Dyer, MFA, BS¹, Gayanne Grossman, PT, EdM², Sarah Wilcoxon, MFA, MS³, Tom Welsh, PhD¹, Loren Davidson, MFA¹, Ariel Trzaskos, BFA, NASM-CPT¹, MFA¹, Gabriel Williams, MFA, CPT²</td>
<td>¹Florida State University, Tallahassee, FL, United States, ²Muhlenberg College, Allentown, PA, United States, ³Missouri State University, Springfield, MO, United States</td>
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<tr>
<td>9.00-9.30 am</td>
<td>Are dancers more susceptible to injury when transitioning to full-time training or professional companies? A systematic review and meta-analysis</td>
<td>Melanie Fuller, M Sp &amp; Msk Phty¹, Gene Moyle, D Psych², Geoffrey Minett, PhD³</td>
<td>¹Queensland University of Technology – Dance, Creative Industries Faculty, Brisbane, Queensland, Australia, ²Queensland University of Technology – School of Creative Practice, Creative Industries Faculty, Brisbane, Queensland, Australia, ³Queensland University of Technology – School of Exercise and Nutrition Sciences, Faculty of Health, Brisbane, Queensland, Australia</td>
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<tr>
<td>9.30-10.00 am</td>
<td>Training load measurement and optimization techniques in the prevention of dance injuries</td>
<td>Asad Siddiqi, DO¹</td>
<td>¹Columbia University Medical Center, New York, NY, United States</td>
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<tr>
<td>10.00-10.30 am</td>
<td>Monitoring training load in classical ballet using inertial measurement units</td>
<td>Kurt Vogel, MExSci¹, Louise Drysdale, BPhty², Zara Gomes, BPhty(Hons)³</td>
<td>¹University of Southern Queensland, Ipswich, Australia, ²Queensland Ballet, West End, Australia</td>
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## SCHEDULE
### IADMS 27th Annual Conference

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<tr>
<th>Time</th>
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<th>Location</th>
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<tbody>
<tr>
<td>10.00-10.30 am</td>
<td>From dance artist to healthy dance advocate: a conversation</td>
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<td>Maggie Morris, MA, BA(Hons)¹, Sonia Rafferty, MSc, BA(Hons)¹,², Emma Redding, PhD ¹,²,³</td>
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<td></td>
<td>¹Safe in Dance International, Honiton, Devon, United Kingdom ²Trinity Laban Conservatoire of Music and Dance, London, United Kingdom ³National Institute of Dance Medicine and Science, London, United Kingdom</td>
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<tr>
<td>10:00 - 11:30 am</td>
<td>POSTER PRESENTATIONS - Group S Lamar</td>
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<td>11:30 am - 1:30 pm</td>
<td>Saloon B Moderator: Marika Molnar, PT, LAc.</td>
<td>New York, NY, USA.</td>
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<td>Emergencies in dance: preparing for the worst case situation</td>
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<td>Laura Mertz, MS, ATC¹</td>
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<td>¹Behind the Scenes Medical Consulting, LLC, Roswell, GA, United States</td>
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<td>11.45 am-noon</td>
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<td>Defining the job description of a professional ballet/contemporary dancer</td>
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<td>Melody Hrubes, MD², Jennifer Janowski, PT, DScPT², Kelli Barton, PT, DPT², Rachel Wise, PT, DPT²</td>
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<td></td>
<td>¹University of Illinois at Chicago Hospital, Chicago, IL, United States, ²Athletico, Chicago, IL, United States</td>
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<td></td>
<td>Noon-12.15 pm</td>
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<td>Utilizing the job description of a professional ballet/contemporary dancer for successful return to work</td>
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<td>Jennifer Janowski, PT, DScPT¹, Melody Hrubes, MD², Kelli Barton, PT, DPT¹, Rachel Wise, PT, DPT¹</td>
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<td>¹Athletico, Chicago, IL, United States, ²University of Illinois at Chicago Hospital, Chicago, IL, United States</td>
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<td>12.15-12.30 pm</td>
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<td>Return to dance after concussion: assessment and treatment considerations</td>
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<td>Kristen Schuyten, DPT, SCS¹</td>
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<td>¹University of Michigan, Michigan Medicine, Howell, MI, United States</td>
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<p>| 11:30 am - 1:30 pm | Navarro/Hildago Moderator: Andrea Alvarez, BS, MFA College Station, TX, USA. |                               |
| 11:30 - 11:45 am | Ambition, competition, and envy: enemies or allies? | Jeanne Even, MSW, CAC¹ |
|               | ¹IPTAR, New York, NY, United States |                               |
| Noon-12.30 pm | The effects of performance profiling on goal setting and motivation on an undergraduate dance population | Frances Clarke, BA(Hons), MSc¹,² |
|               | ¹University of Wolverhampton, Walsall, United Kingdom, ²National Institute of Dance Medicine and Science, Birmingham, United Kingdom |                               |
| 12.30-12.45 pm | The perceptions of injured dancers by uninjured dancers in a university setting | Moegi Yamaguchi, MS AT¹, Jeffrey Russell, PhD¹, Elizabeth Beverly, PhD¹ |
|               | ¹Ohio University, Athens, OH, United States |                               |
| 12.45-1.00 pm | Biopsychosocial considerations of strength training for adolescent male dancers | Joshua Honrado MS, ATC¹, Leslie Deleget, MS, ATC¹, Marijeanne Liederbach, PhD, PT¹ |
|               | Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, NY, United States |                               |</p>
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<tr>
<td>12.30-12.45 pm</td>
<td><em>Return to dance protocol for shoulder injuries</em></td>
<td>Bene Barrera, BS, ATC¹, ²</td>
<td>Houston Methodist Hospital, Houston, TX, United States; Houston Ballet, Houston, TX, United States</td>
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<td>12.45-1.00 pm</td>
<td><em>Return to dance following microdiscectomy in a professional male modern dancer</em></td>
<td>Katherine Ewalt, MS, ATC¹</td>
<td>PAARTS Wellness Studio, San Diego, CA, United States</td>
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<tr>
<td>1.00-1.15 pm</td>
<td><em>Return to dance protocol for lower extremity injuries</em></td>
<td>Carina M. Nasrallah, MS, ATC¹, Zakia Tillis BS, MS¹, ²</td>
<td>Houston Methodist Hospital, Houston, TX, United States; Houston Ballet, Houston, TX, United States</td>
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<tr>
<td>1.15-1.30 pm</td>
<td><em>An Achilles tendinopathy educational intervention for generalist physicians improves awareness and knowledge for treating dancers</em></td>
<td>Wendy Coates, MD¹, Leroy Sims, MD²</td>
<td>UCLA School of Medicine/Los Angeles County Harbor-UCLA Medical Center Los Angeles, CA, USA; Mills Peninsula Emergency Medicine Associates, Burlingame, CA, United States</td>
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Interactive workshop: 11.30 am - 12.20 pm **Salon A**
Moderator: Jasmine Challis BSc (Hons), RD. Reading, UK

The beauty of physics: biomechanics in the ballet class
Margaret Wilson, PhD¹, Jennifer Deckert, MFA²
¹University of Wyoming, Laramie, WY, United States

Interactive workshop: 11.30 am - 12.20 pm **Salon C**
Moderator: Gayanne Grossman, PT. Allentown, PA, USA.

I stand corrected! From correction to constructive feedback
Karine Rathle, MSc¹
¹Healthy Dancer Canada, Montréal, Canada
# SCHEDULE
## IADMS 27th Annual Conference

**Interactive workshop: 12:30 – 1:20 pm Salon A**
Moderator: Jasmine Challis BSc (Hons), RD.
Reading, UK

**The importance of the foot core for dancers**
Kirsten Roberts, DPT
1. *Australian Physiotherapy and Pilates Institute, Fort Worth, TX, United States*

**Interactive workshop: 12:30 – 1:20 pm Salon C**
Moderator: Gayanne Grossman, PT.
Allentown, PA, USA.

**How to train young dancers to create good back extension without risking lumbar vertebrae arch fractures (spondylolysis)**
Jarmo Ahonen, PT
1. *Art Fysio Oy Finnish National Ballet, Helsinki, Finland*

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### 1:30 - 3:30 pm LUNCH BREAK with ROUND TABLES

**Early lunchtime movement session: 1:30 - 2:20 pm Salon A**
Moderator: Emma Redding, PhD.
London, UK.

**New conditioning methodology: ‘Breakalign Method’**
Robert Tsai, BA
1. *Florida State University, Tallahassee, FL, United States*
Nefeli Tsiouti, MA, MSc
1. *Project Breakalign, London, United Kingdom*
Sarah Needham-Beck, PhD
1. *One Dance UK, London, United Kingdom*

**Early lunchtime movement session: 1:30 - 2:20 pm Salon C**
Moderator: Alexander McKinven, MSc MCSP.
London, UK.

**IADMS ELDER session Protecting the dancer hip: a movement session**
Ruth Solomon, Professor Emeritus
1. *Journal of Dance Medicine & Science, Santa Cruz, Soquel, CA, United States*
2. *University of California, Santa Cruz, Soquel, CA, United States*
3. *Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States*

**Late lunchtime movement session: 2:30 - 3:20 pm Salon A**
Moderator: Emma Redding, PhD.
London, UK.

**Partnering for all: exploring gender-neutral dance partnering**
Gabriel Williams, MFA
1. *Florida State University, Tallahassee, FL, United States*

**Late lunchtime movement session: 2:30 - 3:20 pm Salon C**
Moderator: Alexander McKinven, MSc MCSP.
London, UK.

**Developmental kinesiology influenced movement: an innovative new strategy for core training and hip centration**
Cynthia Butler, DC
1. *Private Practice, Palos Verde Estates, CA, United States*
**Round Table Topics** | **Moderator**
---|---
Education | Elsa Urmston
Foot and Ankle | Jeff Russell
Hip | Peter Lavine
Medicine | Kathleen Davenport
Nutrition / Exercise Physiology | Matthew Wyon
Psychology / Neuroscience | Peter Lewton-Brain
Rehabilitation x2 | Melanie Fuller/Andrea Kozai
Somatics / Kinesiology | Gayanne Grossman
Technology / Biomechanics | Michael Rowley

| 3:30-5:30 pm Salon B | 3:30-5:30 pm Navarro/Hildago |
---|---|
**Moderator:** Emma Redding, PhD. London, UK. | **Moderator:** Jeffrey Russell, PhD. Athens, OH, USA. |
3.30-4.30 pm | 3.30-4.30 pm |
*AJG Howse Memorial Lecture*<br>Youth dancers: perspectives from growth and maturation<br>Robert M. Malina, PhD, FACSM<sup>1</sup> | Case studies and case series in dance medicine and science: what, how, when, and why?<br>Jatin Ambegaonkar, PhD, ATC<sup>1</sup>, Lynda Mainwaring, PhD<sup>2</sup>, Derrick Brown, MS<sup>3</sup>, Claire Hiller, PhD, PT<sup>4</sup>, Tom Welsh, PhD<sup>5</sup>, Selina Shah, MD, FRCP<sup>6</sup>, Marc Harwood, MD<sup>7</sup>, Annabelle Couillardre, PhD, PT<sup>8</sup>, Mamie Air, MD<sup>9</sup>, Manuela Angioi, PhD<sup>10</sup>, Esther Nolton, MS ATC<sup>11</sup>, Danielle Jarvis, PhD ATC<sup>12</sup>, Wendy Coates, MD<sup>6</sup> |
4.30-5.30 pm | |
Panel Discussion: ‘Implementing dance science and medicine – the challenges of 21st century dance training’<br>Gaby Allard, MS<sup>1</sup>, Luc Vanier, MFA<sup>2</sup>, Risa Steinberg<sup>3</sup>, Stanton Welch<sup>4</sup> | Fueling the dancer before, during and after training and performance: an interactive forum for students, teachers and dancers<br>Jasmine Challis, BSc, RD<sup>1</sup>, Meghan Brown, PhD<sup>2</sup> |
1<sup>Academy Director at ArtEZ Institute of the Arts, Arnhem, The Netherlands, 2Director, School of Dance, University of Utah, UT, United States, 3Former Associate Director, Dance Division, The Juilliard School, New York, NY, United States, 4Director, Houston Ballet, Houston, TX, USA |
1<sup>Freelance Dietitian, Reading, United Kingdom, 2Gloucestershire University, Gloucester, United Kingdom | 1<sup>Freelance Dietitian, Reading, United Kingdom, 2Gloucestershire University, Gloucester, United Kingdom |
4.30-5.00 pm | 5.00-5.30 pm | 4.30-5.00 pm |
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<tr>
<td>15:00 - 16:00 pm</td>
<td>Interactive workshop: 3:30 – 4:20 pm Salon A</td>
<td>London, UK</td>
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<td>Moderator: Lucie Clements, MSc.</td>
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<td>Alignment of the pelvis for dancers: and what if we talked about the</td>
<td>University of Wolverhampton, Walsall, United Kingdom, National Institute of Dance Medicine and Science, Birmingham, United Kingdom</td>
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<td>pubic bone</td>
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<td>Danielle Aways, MSc, BFA†</td>
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<td>†University of Wolverhampton, Walsall, United Kingdom, National Institute of Dance Medicine and Science, Birmingham, United Kingdom</td>
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<td>16:30 - 17:20 pm</td>
<td>Interactive workshop: 3:30 – 4:20 pm Salon C</td>
<td>London, UK</td>
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<td>Moderator: Valerie Williams, PT, PhD</td>
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<td>Communication - an interactive workshop for those that teach dance</td>
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<td>Risa Steinberg†</td>
<td>The Juilliard School, New York, NY, United States</td>
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<td>17:30 - 18:30 pm</td>
<td>Interactive workshop: 4:30 – 5:20 pm Salon A</td>
<td>London, UK</td>
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<td>Moderator: Lucie Clements, MSc.</td>
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<td>Neurokinetic Therapy as a means of resolving chronic lower limb</td>
<td>Pilates On Hudson, Inc., Peekskill, NY, United States</td>
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<td>dysfunction in retired professional dancers</td>
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<td></td>
<td>Marilyn Miller, BA†</td>
<td>†Pilates On Hudson, Inc., Peekskill, NY, United States</td>
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<td>†Pilates On Hudson, Inc., Peekskill, NY, United States</td>
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<td>19:00 - 20:00 pm</td>
<td>Interactive workshop: 4:30 – 5:20 pm Salon C</td>
<td>London, UK</td>
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<td>Moderator: Valerie Williams, PT, PhD</td>
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<td>The use of inertial motion analysis systems and hand dynamometry</td>
<td>Belmont University, Nashville, TN, United States</td>
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<td>with pre-season screening of professional ballet dancers</td>
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<td>Kevin Robinson, PT, DSc†</td>
<td>†Belmont University, Nashville, TN, United States</td>
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5:30 - 6:30 pm IADMS BUSINESS MEETING Salon B with refreshments
**SATURDAY, October 14, 2017**

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<th>Time</th>
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<tr>
<td>8:00 - 8:50 am</td>
<td><strong>Early morning movement session</strong>&lt;br&gt;Salon A&lt;br&gt;Moderator: Peter Lewton-Brain, DO.&lt;br&gt;Monte-Carlo, Monaco.</td>
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<td><strong>Continuous movement dynamic stretching and conditioning program for dancers: a movement session</strong>&lt;br&gt;Heather Southwick, PT, MSPT&lt;sup&gt;1&lt;/sup&gt;, Lisa Childs, PT&lt;sup&gt;2&lt;/sup&gt;, Jeffrey Frankart, PT, SP&lt;sup&gt;3&lt;/sup&gt;&lt;br&gt;1Boston Ballet, Boston, MA, United States, 2New England Baptist Spine Center, Boston, MA, United States, 3US Army Interdisciplinary Pain Management Center, Landstuhl, Germany</td>
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<td>8:00 - 8:50 am</td>
<td><strong>Early morning movement session</strong>&lt;br&gt;Salon C&lt;br&gt;Moderator: Andrea Alvarez, BS, MFA&lt;br&gt;College Station, TX, USA.</td>
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<td>8:30 – 10:30 am</td>
<td><strong>Interactive workshop</strong>&lt;br&gt;Salon A&lt;br&gt;Moderator: Peter Lewton-Brain, DO.&lt;br&gt;Monte-Carlo, Monaco.</td>
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<td>8:30 - 10:30 am</td>
<td><strong>Interactive workshop</strong>&lt;br&gt;Salon C&lt;br&gt;Moderator: Andrea Alvarez, BS, MFA&lt;br&gt;College Station, TX, USA.</td>
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<td>8:30 – 10:00 am</td>
<td><strong>The art of warming up</strong>&lt;br&gt;Marissa Schaeffer, SPT, CSCS&lt;sup&gt;1&lt;/sup&gt;&lt;br&gt;1Brooklyn, NY, United States</td>
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<td>8:30 – 10:30 am</td>
<td><strong>Biomimetic surgical implants: a new strategy to improve musculoskeletal functional recovery</strong>&lt;br&gt;Ennio Tasciotti, PhD, MS&lt;sup&gt;1&lt;/sup&gt;&lt;br&gt;1Houston Methodist Research Institute&lt;br&gt;Houston, TX, United States</td>
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<td>8:30 – 10:30 am</td>
<td><strong>Measuring a “Spot”: A methodological approach to developing and defining dance-specific measures</strong>&lt;br&gt;Catherine Haber, BA&lt;sup&gt;1&lt;/sup&gt;, Andrea Schärli, PhD&lt;sup&gt;1&lt;/sup&gt;, André Klostermann, PhD&lt;sup&gt;1&lt;/sup&gt;, Ernst Hossner, PhD&lt;sup&gt;1&lt;/sup&gt;&lt;br&gt;1University of Bern, Bern, Switzerland</td>
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<td>Time</td>
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| 9.00-9.30 am | **Defining your boundary of medical practice: Current controversies of stem cell therapies**  
Ming Hao Zheng, MD, PhD  
1Faculty of Medicine, Dentistry and Health Sciences, University of Western Australia, Perth, Western Australia, Australia |
| 9.30-10.30 am| **Non-surgical and surgical management of the complicated hip: biomechanical and functional considerations**  
Shaw Bronner, PT, PhD  
1Alvin Ailey Dance Theater, New York, NY, United States,  
2ADAM Center, New York, NY, United States,  
3Howard Head Sports Medicine, Vail, CO, United States,  
4Rocky Mountain University of Health Professions, Provo, UT, United States |
| 8.45-9.00 am | **Reliability of the dyna-rail: a novel handheld dynamometer stabilizing device**  
Melissa Strzelinski, MPT, PhD(c)  
1Howard Head Sports Medicine, Vail, CO, United States,  
2Rocky Mountain University of Health Professions, Provo, UT, United States |
| 9.00-9.15 am | **Lower extremity single-leg horizontal work and balance are symmetrical in healthy female collegiate dancers**  
Jatin Ambegaonkar, PhD, ATC  
1Sports Medicine Assessment Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States,  
2Department of Dance, George Mason University, Fairfax, VA, United States |
| 9.15-9.30 am | **Kinematic analysis of the back-bend flamenco turn to improve technique**  
Mariana Turner, BA  
1National School of Dance, National Institute of Fine Arts, Mexico City, Mexico |
| 9.30-9.45 am | **Efficacy of a plyometric training program in a classical ballet class to enhance vertical jump height and jumping aesthetics**  
Laura Morton, BS  
1Belhaven University, Jackson, MS, United States |
| 9.45-10.00 am| **An examination of the cardiorespiratory fitness of elite breakers**  
Nefeli Tsiouti, MA, MSc  
1Project Breakalign, London, United Kingdom,  
2Trinity Laban Conservatoire of Music & Dance, London, United Kingdom |
10.00-10.15 am  
The influence of movement quality on heart rate frequency while performing the dance-specific aerobic fitness test (DAFT) in pre-professional contemporary dancers  
Annemiek Tiemens, MSc\textsuperscript{1,2}, Rogier van Rijn, PhD\textsuperscript{1}, Matthew Wyon, PhD, MSc\textsuperscript{2}, Emma Redding, PhD\textsuperscript{3}, Janine Stubbe, PhD\textsuperscript{1,4}  
\textsuperscript{1}Codarts University of the Arts, Rotterdam, Netherlands, \textsuperscript{2}University of Wolverhampton, Walsall, United Kingdom, \textsuperscript{3}Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, \textsuperscript{4}Amsterdam University of Applied Science, Amsterdam, Netherlands

10.15-10.30 am  
How useful is an online tool to monitor physical health in pre-professional dancers? Feasibility study of using the Performing Arts Health Monitor (PAHM) by students, teachers and health professionals  
Janine Stubbe, PhD\textsuperscript{1,2}, Rogier van Rijn, PhD\textsuperscript{1}, Angelo Richardson\textsuperscript{2}, Stephanie Keizer-Hulsebosch\textsuperscript{1}  
\textsuperscript{1}Codarts, University of the Arts, Rotterdam, The Netherlands, \textsuperscript{2}Amsterdam University of Applied Sciences, Centre for Applied Research in Sports and Nutrition, Amsterdam, Netherlands

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10:00 - 11:30 am POSTER PRESENTATIONS - Group M Lamar

REFRESHMENTS

11:30 am - 1:30 pm Salon B
Moderator: Lauren Elson, MD.  
Boston, MA USA.

11.30-noon  
From the dance floor to the pelvic floor: concerns regarding pelvic floor dysfunction in performers  
Brooke Winder, DPT, DPT\textsuperscript{1}  
\textsuperscript{1}California State University, Long Beach, CA, United States

Diastasis recti: a post partum musculoskeletal concern affecting the safe return to professional dance  
Vanessa Muncrief, DPT, CPT\textsuperscript{1,2}  
\textsuperscript{1}Select Physical Therapy, Austin, TX, United States, \textsuperscript{2}Ballet Austin, Austin, TX, United States

11:30-11:45 am  
In the dancer’s mind: a three-year research study into creativity and mental imagery  
Emma Redding, PhD\textsuperscript{1}, Lucie Clements, BSc. MSc\textsuperscript{3}, Sara Reed, PhD\textsuperscript{2}, Rebecca Weber, MA, MFA\textsuperscript{2}, Sarah Whatley, PhD\textsuperscript{2}, Jon May, PhD\textsuperscript{3}  
\textsuperscript{1}Trinity Laban Conservatoire of Music and Dance, London, United Kingdom, \textsuperscript{2}Coventry University, Coventry, United Kingdom, \textsuperscript{3}Plymouth University, Plymouth, United Kingdom

11:30 am - 1:30 pm Navarro/Hildago
Moderator: Peter Lewton-Brain, DO.  
Monte-Carlo, Monaco.
<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12.15-12.30 pm</td>
<td>Discoid lateral meniscus tear in dancers: report of two cases&lt;br&gt;Mai Katakura, MD, Kenji Hirohata, PT, Kazuyoshi Yagishita, MD, Hideyuki Koga, MD, PhD&lt;br&gt;1Department of Orthopaedic Surgery, Tokyo Medical and Dental University Medical Hospital, Tokyo, Japan, 2Athletic Rehabilitation Section, Clinical Center for Sports Medicine and Sports Dentistry, Tokyo Medical and Dental University, Tokyo, Japan, 3Sports Science Organization Clinical Center for Sports Medicine and Sports Dentistry Hyperbaric Medical Center/ Sports Medicine Clinical Center Medical Hospital, Tokyo Medical and Dental University, Tokyo, Japan</td>
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<tr>
<td>12.30-12.45 pm</td>
<td>Relationship between ultrasonography findings and physical examination outcomes for knee injuries in young dancers&lt;br&gt;Itzhak Siev-Ner, Miriam Stern, Shay Tenenbaum, Alexander Blankstein, Nili Steinberg, PhD&lt;br&gt;1Sheba Medical Center, Tel Hashomer, Israel, 2The Wingate College of Physical Education and Sports Sciences at the Wingate Institute, Netanya, Israel</td>
</tr>
<tr>
<td>12.45-1.00 pm</td>
<td>Ultrasonography and clinical examination for knee injuries among pre- and post-menarche dancers&lt;br&gt;Nili Steinberg, PhD, Shay Tenenbaum, Myriam Stern, Itzhak Siev-Ner&lt;br&gt;1The Wingate College of Physical Education and Sports Sciences at the Wingate Institute, Netanya, Israel, 2Orthopedic Rehabilitation Dept., Sheba Medical Center, Tel-Hashomer, Israel, 3Department of Orthopedic Surgery, Chaim Sheba Medical Center Tel-Hashomer, affiliated to the Sackler Faculty of Medicine, Tel Aviv University, Tel Aviv, Israel, 4Department of Radiology, Sheba Medical Center, Tel hashomer, Israel. Affiliated to Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel</td>
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<tr>
<td>11.45-noon</td>
<td>Enabling creativity research in dance science: development of the Dancer’s Perceptions of the Creative Process Questionnaire&lt;br&gt;Lucie Clements, BSc, MSc, Sanna Nordin-Bates, PhD, CPsychol, Emma Redding, PhD, Jon May, PhD&lt;br&gt;1Trinity Laban Conservatoire of Music &amp; Dance, London, United Kingdom, 2Swedish School of Sport and Health Sciences, Stockholm, Sweden, 3School of Psychology, Cognition Institute, Plymouth University, Plymouth, United Kingdom</td>
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<tr>
<td>Noon-12.15 pm</td>
<td>Alexander Technique exposure correlates with changes in pathway of reach, movement planning ERPs in brain&lt;br&gt;Audre Wirtanen, BA, Harlan Fichtenholtz&lt;br&gt;1Bennington College, Bennington, VT, United States, 2Keane State College, Keane, NH, United States</td>
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<tr>
<td>12.15-12.30 pm</td>
<td>Moving to song: using one’s own voice to enhance movement in healthy adults&lt;br&gt;Elinor Harrison, BA, Marie McNeely, PhD, Adam Horin, BS, MA, Gammon Earhart, PT, PhD&lt;br&gt;1Washington University in St. Louis, St. Louis, MO, United States</td>
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<tr>
<td>12.30-12.45 pm</td>
<td>The relationship between cognitive psychological models of creativity and somatics-based choreographic practices&lt;br&gt;Rebecca Weber, MFA&lt;br&gt;1Coventry University Centre for Dance Research, Coventry, United Kingdom</td>
</tr>
<tr>
<td>12.45-1.00 pm</td>
<td>The effects of a novel somatics training program on the technical execution of dance skills&lt;br&gt;Hannah Andersen, MFA&lt;br&gt;1University of Oregon, Eugene, OR, United States</td>
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<tr>
<td>1.00-1.15 pm</td>
<td>Transforming touch: embodying somatic concepts in technical training&lt;br&gt;Jennifer Smith&lt;br&gt;1Knox College, Galesburg, IL, United States</td>
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</tbody>
</table>
## Schedule

**IADMS 27th Annual Conference**

**Program subject to change**

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>1:00-1.30 pm</td>
<td><strong>IADMS ‘DUELS’</strong> To screen or not to screen—that is the question?</td>
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<td>Laurel Daniels Abbruzzese, PT, EdD(^1,\text{2}) vs Sarah Kenny, PhD(^3)</td>
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<td></td>
<td>(^1)Columbia University Program in Physical Therapy, New York, NY, United States, (^2)PASIG, Orthopaedic section, American Physical Therapy Association, WI, United States. (^3)University of Calgary, Calgary, Canada</td>
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<tr>
<td>1.15-1.30 pm</td>
<td><strong>Cryotherapy—help or harm?</strong></td>
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<td></td>
<td>Valerie Williams, PT, PhD(^1) vs Rosalinda Canizares, DPT, SCS(^2,\text{3})</td>
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<tr>
<td></td>
<td>(^1)Brunel University, London, United Kingdom, (^2)Duke University, Durham, NC, United States, (^3)PASIG, Orthopaedic section, American Physical Therapy Association, WI, United States.</td>
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<tr>
<td>1:30-3:30 pm</td>
<td><strong>LUNCH BREAK with Medical doctors’ networking event</strong></td>
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**Interactive workshop: 11:30 am – 12:20 pm Salon A**

**Moderator:** Andrea Kozai, MSc, CSCS.

**Pittsburgh, PA, USA.**

**Conditioning protocols based on injury types in a professional ballet company: a case study and workshop**

**David Outevsky, MSc\(^1\), Tanya Berg, PhD, MA**

\(^1\)York University, Toronto, Canada

**Interactive workshop: 11:30 am – 12:20 pm Salon C**

**Moderator:** Jeffrey Russell, PhD.

**Athens, OH, USA.**

**A jump progression protocol for dancers returning to dance after injury**

**Emily Sandow, DPT, OCS\(^1\), Sarah Edery-Altas, PT, DPT\(^1\), Faye Dilgen, PT, DPT\(^1\)**

\(^1\)Harkness Center for Dance Injuries New York University Langone Medical Center, New York, NY, United States

**Interactive workshop: 12:30 – 1:20 pm Salon A**

**Moderator:** Andrea Kozai, MSc, CSCS.

**Pittsburgh, PA, USA.**

**Interval training for dancers: a movement session**

**Teal Darkenwald, MFA, BS\(^1\)**

\(^1\)East Carolina University, Greenville, NC, United States

**Interactive workshop: 12:30 – 1:20 pm Salon C**

**Moderator:** Jeffrey Russell, PhD.

**Athens, OH, USA.**

**Using the selective functional movement assessment in dancers: a movement session**

**Jena Hansen-Honeycutt, DAT, ATC\(^1\), Jatin Ambegaonkar, PhD, ATC\(^1\)**

\(^1\)George Mason University, Fairfax, VA, United States
### Early lunchtime movement session: 1:30 - 2:20 pm Salon A
**Moderator:** Andrea Alvarez, BS, MFA  
**College Station, TX, USA.**

*A dancer-centric journey towards an interdisciplinary approach to training, healthcare and performance?*
Clare Guss-West, BHum, MA¹  
¹The European Network for Opera, Music & Dance Education (RESEO), Zurich, Switzerland

### Early lunchtime movement session: 1:30 - 2:20 pm Salon C
**Moderator:** Moira McCormack, MSc, MACP.  
**London, UK.**

*Thinking bodies: stimulating sensorimotor learning with somanatomics human movement practice*  
Christina Mastori, MSc, BSc¹  
¹SOMAnatomics, Human Movement Practice, Amsterdam, Netherlands

### Late lunchtime movement session: 2:30 - 3:20 pm Salon A
**Moderator:** Danielle Aways, MSc, BFA.  
**Walsall, UK.**

*Partner assisted bodywork and stretches for dancers: a movement session*  
Dana Shackelford, BS, MFA¹  
¹University of Texas Rio Grande Valley Edinburg, TX, United States

### Late lunchtime movement session: 2:30 - 3:20 pm Salon C
**Moderator:** Erin Sanchez, MSc.  
**London, UK.**

*Developing technique preventing lesions using motor coordination and GDS Method: a movement session*  
Kaanda Nabilla Souza Gontijo, PT, MS¹, Claudia Tarragô Candotti, PhD², Maiane Almeida do Amaral³, Gabriela Cristina dos Santos³, Jefferson Fagundes Loss, PhD³  
¹Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul, Brazil.

### 3:30-5:30 pm Salon B
**Moderator:** Selina Shah MD, FACP.  
**Walnut Creek, CA, USA.**

*The tale of the talus: a multidisciplinary panel on diagnosis and treatment of the talus and hind foot complex in dancers*  
Nancy Kadel, MD¹, 4, Peter Lewton-Brain, DO, MA², ³, Kathleen Davenport, MD⁶, ⁷, Moira McCormack, MSc, MACP⁸  
¹Seattle Spine and Sports Medicine, Seattle, WA, United States, ²Les Ballets des Monte-Carlo, Monaco, ³Centre International de Dance Rosella Hightower, Cannes/Moungins, France, ⁴Seattle Dance and Performing Arts Medicine (SeaPAM), Seattle, WA, United States, ⁵Royal Ballet Company, London, United Kingdom, ⁶Memorial Rehabilitation Institute, Hollywood, Fl, United States, ⁷Miami City Ballet Company, Miami Beach, FL, United States

### 3:30-5:30 pm Navarro/Hildago
**Moderator:** Frances Clarke, BA(Hons), MSc.  
**Walsall, UK.**

*How to design cardiovascular programs to enhance dance performance*  
Meredith Butulis, DPT, MSPT¹  
¹Twin Cities Orthopedics, Eden Prairie, MN, United States

*An injury prevention program for professional ballet: a randomized controlled investigation*  
Angelina Vera, MD¹, Thomas Yetter, BA¹, Bene Barrera, BS, ATC¹, Kevin Varner, MD¹, Patrick McCulloch, MD¹, Joshua Harris, MD¹  
¹Houston Methodist Hospital, Houston, TX, United States
SCHEDULE
IADMS 27TH ANNUAL CONFERENCE

4.30-5.00 pm
Posterior ankle impingement in dancers
Kevin Varner, MD1, Patrick McCulloch, MD1, Thomas Yetter, BA1
1Houston Methodist Department of Orthopedics & Sports Medicine, Houston, TX, United States

5.00-5.15 pm
Arthroscopic treatment of posterior ankle impingement in professional ballet
Carlos Meheux, MD1, Angelina Vera, MD1, Domenica Delgado, BS1, Thomas Yetter, BA1, Joshua Harris, MD1, Patrick McCulloch, MD1, Kevin Varner, MD1
1Houston Methodist Hospital, Department of Orthopedics and Sports Medicine, Houston, TX, United States

5.15-5.30 pm
Extracorporeal shock wave therapy for post-surgical scar tissue in the ankle: a case series
Kathleen Bower, DPT1, Kathleen Davenport, MD1
1Miami City Ballet, Miami, FL, United States

Interactive workshop: 3:30 - 4:20 pm Salon A
Moderator: Lauren Elson, MD.
Boston, MA, USA.
Translating the step-down test into goal based body weight strength training protocols and progressions through balance activities, to collegiate ballet dancers in a multiple production semester.
André Megerdichian, MFA1, Carolyn Meder, BFA2, Rose Smith, DPT2
1University of Cincinnati College-Conservatory of Music, Department of Dance, Cincinnati, United States, 2University of Cincinnati College of Applied Health Sciences, Cincinnati, United States

Interactive workshop: 3:30 - 4:20 pm Salon C
Moderator: Elsa Urmston, MSc.
Ipswich, UK.
How do we do what we do? Embodied studies on cognitive theories.
Klara Lucznik, MA1, Abigail Jackson1
1Plymouth University, Plymouth, United Kingdom

4.30-4.45 pm
The effect of Pilates training on the alignment of the pelvis in dancers ages 17-22
Elizabeth Ahearn, BFA, MFA1, Amanda Greene, DPT2, Andrea Lasner, MSPT2
1Goucher College, Baltimore, MD, United States, 2Johns Hopkins Physical Medicine and Rehabilitation, Baltimore, MD, United States

4.45-5.00 pm
Physical abilities and quality of life changes in elderly women participating in a dance program
Sarai Menchaca, BA1, Soledad Echegoyen, MD1
1Escuela Nacional de Danza, Instituto Nacional de Bellas Artes (National School of Dance, National Institute of Fine Arts), Mexico City, Mexico

5.00-5.30 pm
A biomechanical approach to avoiding degenerative injuries prevalent in the dancer
Ruth Solomon, Professor Emerita1, 2, John Solomon, PhD1
1University of California, Santa Cruz, Soquel, CA, United States, 2Division of Sports Medicine, Harvard Medical Center, Boston, MA, United States
## IADMS 27th Annual Conference

### Interactive workshop: 4:30 - 5:20 pm  Salon A
Moderator: Lauren Elson, MD.
Boston, MA, USA

**Who has time for cross-training? An examination of technique class practices to enhance dancer cardiorespiratory fitness**
Stevie Oakes, MFA, CSCS

1. The College at Brockport, SUNY, Rochester, NY, United States

### Interactive workshop: 4:30 - 5:20 pm  Salon C
Moderator: Elsa Urmston, MSc.
Ipswich, UK.

**Post-performance recovery class for dancers: a movement session**
Jennifer Milner, PMA®-CPT

1. Bodies In:Motion, Allen, TX, United States

### Evening movement session: 5:30 - 6:20 pm  Salon A
Moderator: Lauren Elson, MD.
Boston, MA, USA.

**Strategies for balance: engaging the mind to balance the body through anatomical visualization & reflective practice**
Nancy Romita, MFA, Allegra Romita, MA, CMA

1. Towson University, Baltimore, United States, 2. Columbia University Teachers College, New York City, New York, United States

### Evening movement session: 5:30 - 6:20 pm  Salon C
Moderator: Elsa Urmston, MSc.
Ipswich, UK.

**Discovering your breath and the diaphragm through movement - a yoga based movement session**
Jennifer Deckert, MFA

1. University of Wyoming, Laramie, WY, United States

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**IADMS EVENING PARTY**
8 pm until late
## SUNDAY, October 15, 2017

**Early morning movement session: 8:00 - 8:50 am Salon A**  
Moderator: Sarah Needham-Beck, PhD, MSc.  
London, UK.

**Dance conditioning using Pilates as the foundation**  
Noelle Dowma, DPT, BFA

1*Kinesphere Physical Therapy and Pilates, Kansas City, Kansas, United States

**Early morning movement session: 8:00 - 8:50 am Salon C**  
Moderator: Thomas Welsh, PhD.  
Tallahassee, FL, USA

**Keeping the dancer’s spine healthy and functional through segmental mobility and stability**  
Laura Mertz, MS, ATC

1*Behind the Scenes Medical Consulting, LLC, San Antonio, TX, United States

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**Morning movement session: 9.00 - 9:50 am Salon A**  
Moderator: Sarah Needham-Beck, PhD, MSc.  
London, UK.

**Warm up program for dancers transitioning from ballet to modern**  
Sonia DeVille, MFA

1*University of Louisiana in Lafayette, Lafayette, LA, United States

**Morning movement session: 9.00 - 9:50 am Salon C**  
Moderator: Erin Sanchez, MSc.  
London, UK.

**Optimizing scapula/thorax relationships while dancing**  
Irene Dowd

1*The Juilliard School, New York, NY, United States

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**Late morning movement session: 10.00 –10:50 am Salon A**  
Moderator: Sarah Needham-Beck, PhD, MSc.  
London, UK.

**Harmonious embodiment: somatic approaches to training a transparent body**  
Hannah Park, PhD, MFA

1*Iona College, New Rochelle, NY, United States

**Late morning movement session: 10.00 – 10:50 am Salon C**  
Moderator: Erin Sanchez, MSc.  
London, UK.

**Enhancing shoulder joint kinematics of the hypermobile dancer**  
Irene Dowd

1*The Juilliard School, New York, NY, United States
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<tr>
<th>Time</th>
<th>Session 1</th>
<th>Session 2</th>
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<tr>
<td>9:00 – 11:00 am</td>
<td>Salon B</td>
<td>9:00 – 11:00 am  Navarro/Hildago</td>
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<tr>
<td>Moderator: Peter Lavine, MD.</td>
<td>Washington DC, USA.</td>
<td>Moderator: Gayanne Grossman, PT.</td>
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<tr>
<td>9.00-9.30 am</td>
<td><strong>Effect of vitamin D supplementation on muscle function, injury incidence and illness in elite adolescent dance students: a double-blind randomised-control trial</strong>&lt;br&gt;Matthew Wyon, PhD, MSc(^1), 2, Nico Kolokythas(^1), 2&lt;br&gt;(^1)Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, (^2)National Institute of Dance Medicine and Science, Birmingham, United Kingdom</td>
<td><strong>Standard Measures Consensus Initiative (SMCI) Panel Discussion: focus on diagnostic coding for injury reporting systems</strong>&lt;br&gt;Marijanne Liederbach, PhD, PT(^1), Marshall Hagins, PhD, DPT(^1), Wayne Hoskins, PhD(^2), Tom Welsh, PhD(^3)&lt;br&gt;(^1)Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, United States, (^2)University of Melbourne, Melbourne, Australia, (^3)Florida State University, Tallahassee, United States</td>
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<td>9.30-10.00 am</td>
<td><strong>Increased protein intake improves lean mass index and dance performance aesthetics in female collegiate dancers</strong>&lt;br&gt;Ann Brown, PhD(^1), 3, Tom Welsh, PhD(^2), Lynn Panton, PhD(^3), Robert Moffatt, MPH, PhD(^1), Michael Ormsbee, PhD(^4)&lt;br&gt;(^1)Institute of Sports Sciences &amp; Medicine, Florida State University, Tallahassee, FL, United States, (^3)School of Dance, Florida State University, Tallahassee, FL, United States, (^4)Department of Movement Sciences, University of Idaho, Moscow, ID, United States</td>
<td><strong>Interpretations of injury burden in pre-professional dancers: does injury definition matter?</strong>&lt;br&gt;Sarah Kenny, PhD(^1), Luz Palacios-Derflingher, PhD(^1), Jackie Whittaker, PT, PhD(^2), Carolyn Emery, PT, PhD(^3)&lt;br&gt;(^1)University of Calgary, Calgary, Canada, (^2)University of Alberta, Edmonton, Canada</td>
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<td>10.00-10.30 am</td>
<td><strong>Nutritional strategies to improve recovery in female dancers</strong>&lt;br&gt;Meghan Brown, PhD(^1), 2, Emma Stevenson(^3), Glyn Howatson(^2)&lt;br&gt;(^1)University of Gloucestershire, Gloucester, United Kingdom, (^2)Northumbria University, Newcastle, United Kingdom, (^3)Newcastle University, Newcastle, United Kingdom</td>
<td><strong>A retrospective analysis of the pre-season screen used in a professional ballet company with recommendations for improvements in the screen</strong>&lt;br&gt;Kevin Robinson, PT, DSc(^1), Ashley Gowen(^1), Amy Krichau(^1), Ciara Garcia(^1), Ashley Henley(^2)&lt;br&gt;(^1)Belmont University, School of Physical Therapy, Nashville, TN, United States</td>
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<tr>
<td>10.30-11.00 am</td>
<td><strong>Carbohydrates and the dancer: why and how different choices and timing may affect dance training and performance</strong>&lt;br&gt;Jasmine Challis, BSc, RD(^1)&lt;br&gt;(^1)Freelance Dietitian, Reading, United Kingdom</td>
<td><strong>Patterns discovered in a standardized, annual health screening among professional dancers in multiple and varied dance companies</strong>&lt;br&gt;Heather Southwick, PT, MSPT(^1), 2&lt;br&gt;(^1)Task Force on Dancer Health, Dance USA, Washington, DC, United States, (^2)Boston Ballet, Boston, MA, United States</td>
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11:00 - 11:30 am REFRESHMENT BREAK

Interactive workshop: 11:30 am - 12:20 pm Salon A
Moderator: Jatin Ambegaonkar, PhD.
Manassas, VA, USA.
Implementing plyometric training for a better dancer
Christina D’Amico, CSCS, MSACN
Enhance4Dance, Utica, NY, United States

Interactive workshop: 11:30 am - 12:20 pm Salon C
Moderator: Andrea Alvarez, BS, MFA
College Station, TX, USA.
Physical fitness and psychosocial behavior in young professional dancers: how to gather data.
Janneke de Vries, PhD, PT
Amsterdam University of Applied Sciences, Faculty of Health, European School of Physiotherapy, Amsterdam, Netherlands

Interactive workshop: 12:30 - 1:20 pm Salon A
Moderator: Jatin Ambegaonkar, PhD.
Manassas, VA, USA.
Return to dance progressions after knee surgery: ACL, MPFL, and meniscal repairs
Kristen Schuyten, DPT, SCS
University of Michigan, Michigan Medicine, Howell, MI, United States

Interactive workshop: 12:30 - 1:20 pm Salon C
Moderator: Andrea Alvarez, BS, MFA
College Station, TX, USA.
How to fix a lost relevé: case studies in causes and solutions
Meredith Butulis, DPT, MSPT, Kelly Folwick, BS
Twin Cities Orthopedics, Eden Prairie, MN, United States, Minnesota Dance Medicine Foundation, Minneapolis, MN, United States

11:30 am - 2:30 pm Salon B
Moderator: Alexander McKinven MSc, MACP.
London, UK.
Rehabilitative ultrasound imaging, a biofeedback movement education tool
Paula Baird Colt
The Australian Ballet, Melbourne, Australia

11:30 am - 2:30 pm Navarro/Hildago
Moderator: Valerie Williams, PT, PhD
London, UK.
11.30-11.45 am
The Dance Science's benefits to dance education and its development in China
Rou Wen, PhD, Jiaxin Li, MD, Jingyuan Li, MD
Beijing Dance Academy, Beijing, China
12.30-1.30 pm
“Sitting into the hip” and other coronal plane mysteries: a new model for improving spinal symmetry
Marshall Hagins, PhD, DPT, Kathryn Johnson, RYT
1Harkness Center for Dance Injuries, New York, NY, United States, 2Long Island University, New York, NY, United States, 3Springs Pilates, New York, NY, United States

1.30-2.30 pm
Hypermobility in dance - Is the presence of generalised joint hypermobility a risk factor for physical and psychosocial functioning in young professional dance students?
Janekke De Vries, PhD, PT, T. Kolk, M. C. Scheper, PT, MSc, Janine Stubbe, PhD, B. Visser, S. Ramaekers, Patrick Calders, J. Verbunt, Raoul Engelbert, PhD, PPT
1Education of Physiotherapy, Amsterdam University Of Applied Sciences, Amsterdam, the Netherlands 2Department of Rehabilitation, Academic Medical Center, University of Amsterdam, Amsterdam, the Netherlands 3ACHIEVE, Center of Applied Research, Faculty of Health, Amsterdam University of Applied Sciences, Amsterdam, the Netherlands, 4Amsterdam University of Applied Sciences, Faculty of Sports and Nutrition and University of Performing Arts, Codarts Rotterdam, Rotterdam, the Netherlands, 5Faculty of Medicine and Health Sciences, Department of Rehabilitation Sciences and Physiotherapy Ghent University, Gent, Belgium, 6Department of Rehabilitation Medicine, CAPHRI, Functioning and Rehabilitation, Maastricht University, the Netherlands, 7Maastricht University Medical Center (MUMC+), Maastricht, the Netherlands, 8Adelante Center of Expertise in Rehabilitation and Audiology, Hoensbroek, the Netherlands

11.45 am-12.15 pm
“Strength training for dancers”: challenging the catchall phrase to examine the effects that changing reps and sets has on muscle physiology
Matthew Wyon, PhD, MSc, Nico Kolokythas, MSc, ASCC
1Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, 2National Institute of Dance Medicine and Science, Birmingham, United Kingdom, 3Elmhurst Ballet School, Birmingham, United Kingdom

12.15-12.30 pm
Born to Dance
A.B.M.(Boni) Rietveld, MD, BA(mus)
1Medical Centre for Dancers & Musicians, HMC Westeinde, The Hague, Netherlands

12.30-1.15 pm
Building your career: a panel discussion on avenues to careers in dance medicine and science
Andrea Alvarez, BS, MFA, Gabriel Gonzales, Amanda Clark, MFA, Siobhan Mitchell, MSc, MRes
1Cleveland, OH, United States, 2Texas A&M University, College Station, TX, United States, 3New Mexico University, Albuquerque, NM, United States, 4University of Bath, Bath, United Kingdom

1.15-1.30 pm
The potential and challenges of the Brazil-United Kingdom Dance Medicine & Science Network.
Adriano Bittar, PT, PhD, Matthew Wyon, PhD, MSc
1State University of Goiás, Goiânia, Brazil, 2Research Centre for Sport, Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom

1.30-2.30 pm
Within-subject experimental designs: a methodological alternative for dance medicine & science researchers
Tom Welsh, PhD, Kaitlin Morgan, BFA, L. Keith Miller, PhD, Steven C. Chatfield, PhD, Jatin Ambegaonkar, PhD, ATC, Lynda Mainwaring, PhD
1Florida State University, Tallahassee, FL, United States, 2University of Kansas, Lawrence, KS, United States, 3University of Oregon, Eugene, OR, United States, 4George Mason University, Fairfax, VA, United States, 5University of Toronto, Toronto, ON, Canada
2.30 pm Closing Remarks Salon A & B
Matthew Wyon, PhD, MSc, President, IADMS
Presentation of the IADMS Poster Award (Supported by Harlequin Floors)
President’s Handover Ceremony
Poster Presentations Group S

Friday October 13, 10.00 - 11.30 am Lamar

Dancing on Broadway with irregular periods and a hip fracture
Dorothy Fink, MD1, David Weiss, MD2, Ryan Turner, RD1, Marijeanne Liederbach, PhD, PT2
1New York University, New York, NY, United States, 2Harkness Center for Dance Injuries, NYU Hospital for Joint Diseases, New York, NY, United States

Examining the change of cardiorespiratory challenge while manipulating across the floor combination design
Alexandra Pooley, MSc1, Michelle Strong,MFA1, Danny Valdez1
1Texas A&M University, College Station, TX, United States

The presence of class-induced muscular fatigue and potentiation in vocational dance students: a pilot study
Jacqueline Dimmock, BA(Hons), MSc1, Nico Kolokythas, MSc, ASCC1,2, Matthew Wyon, PhD, MSc1,2
1Research Centre for Sport Exercise and Performance, University of Wolverhampton, Walsall, United Kingdom, 2National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Pilates training for dancers: a systematic review
Christine Bergeron, MFA1,2, Matthew Wyon, PhD, MSc2-Tina Smith, PhD2, Mike Greenwood, PhD1
1Texas A&M University, College Station, TX, United States, 2University of Wolverhampton, Wolverhampton, United Kingdom

Effectiveness of Pilates training using mat exercises vs. spine corrector to increase abdominal endurance in collegiate dancers
Christine Bergeron, MFA1,2, Carisa Armstrong1
1Texas A&M University, College Station, TX, United States, 2University of Wolverhampton, Wolverhampton, United Kingdom

The effects of Fletcher Pilates® in the respiratory system of young female ballet dancers from a public dance school
Adriano Bittar, PT, PhD1, Rafaela Noleto, PT2, Rozany Melo, PE3
1State University of Goiás, Goiânia, Brazil, 2BR-UK Dance Medicine & Science Network, Goiânia, Brazil, 3State University of Goiás, Goiânia, Brazil

Dancer kinematics performing pirouettes on the preferred and non-preferred leg
Nahoko Sato, PhD., PT 3, Luke Hopper, PhD2, Andries Weidemann2
1Nagoya Gakuin University, Seto, Japan, 2Edith Cowan University, Perth, Australia

Does the handling of rhythmic gymnastics ball apparatus influence single leg landing performance?
Louise Curley, MSc (PAM), BSc(Hons)1,2,3
1University College London, London, United Kingdom, 2British Gymnastics, Lilleshall, United Kingdom, 3British Association of Performing Arts Medicine, London, United Kingdom

Exploring the closeness, investment and attachment styles of adolescent dancers to their former dance teachers
Mark Pace, BA(Hons), MSc1,2
1University of Edinburgh, Edinburgh, United Kingdom, 2Royal Academy of Dance, London, United Kingdom
The effect of dance classes on physical activity of adolescent girls
Mayumi Kuno-Mizumura, PhD\textsuperscript{1}, Emi Iijima, BA\textsuperscript{1}, Yuriko Hattori, BA\textsuperscript{1}
\textsuperscript{1}Ochanomizu University, Tokyo, Japan

Biomechanical analysis of ballet dancers’ turnout
Misato Tachibana\textsuperscript{1}, Yuki Nishitsuji\textsuperscript{1}, Hayato Yamamoto\textsuperscript{1}, Yusuke Hashii\textsuperscript{1}, Tatsuya Hojo\textsuperscript{1}
\textsuperscript{1}Doshisha University, Kyoto, Japan

Video assessment of countermovement jump performance in first position sauté: a reliability study
Annette Karim, DPT, PhD\textsuperscript{1}
\textsuperscript{1}Azusa Pacific University, Azusa, CA, United States

Learning to dance by video: can mirror neurons cope with that?
Izabela Lucchese Gavioli\textsuperscript{1}, Aline Villa\textsuperscript{1}
\textsuperscript{1}Federal University of Rio Grande Do Sul, Porto Alegre, Brazil

The effect of a one-time, 3 hour health promotion workshop on young competitive dancers
Marissa Schaeffer, SPT, CSCS\textsuperscript{1}, Laurel Daniels Abbruzzese, PT, EdD\textsuperscript{1}
\textsuperscript{1}Columbia University Program in Physical Therapy, New York, NY, United States

Illinois dance studio survey: inclusion of dance science
Jocelyn Garner, PhD\textsuperscript{1}, Katie Pavlik, MSc\textsuperscript{2}, Emily Stoner, FSA\textsuperscript{3}, Rachel Traisman\textsuperscript{4}
\textsuperscript{1}Northwestern University, Joffrey Ballet, Northbrook, Chicago, IL, United States, \textsuperscript{2}Lake Bluff, IL, United States, \textsuperscript{3}Chicago, IL, United States, \textsuperscript{4}Northwestern University, Evanston, IL, United States

A survey of higher education dance science educator credentials in the United States
Gabrielle McNeillie, MFA, BFA\textsuperscript{1}
\textsuperscript{1}Central Washington University, Ellensburg, WA, United States

Current situation of dance science classes in Japanese university dance programs
Kumiyo Kai, MFA, BS\textsuperscript{1}, Rie Oshimoto, BPT, BS\textsuperscript{2}, Yuki Murata, MS, CSCS\textsuperscript{3}
\textsuperscript{1}Nihon Fukushi University, Mihama, Japan, \textsuperscript{2}Funcphysio Physical Therapy, Tokyo, Japan, \textsuperscript{3}Chukyo University, Toyota, Japan

The effects of different attentional focus on postural stability in classic ballet
Riko Mizushima, MA\textsuperscript{1}, Mayumi Kuno-Mizumura, PhD\textsuperscript{1}
\textsuperscript{1}Ochanomizu University, Tokyo, Japan

The comparative analysis of anatomical and metaphorical imagery on psychological and physical stress in dancers
Cassandra Tumasz\textsuperscript{1}, Lauren Kearns, MFA, E-RYT 500\textsuperscript{1}
\textsuperscript{1}Elon University, Elon, NC, United States

Self-administered attribution retraining for dancers
Ashley Van Egeren, BA\textsuperscript{1}, William Chaplin, PhD\textsuperscript{2}, Forrest Scogin, PhD\textsuperscript{1}
\textsuperscript{1}University of Alabama, Tuscaloosa, AL, United States, \textsuperscript{2}St. John’s University, Queens, NY, United States
Water cross training for the integral development in collegiate dancers with different technical weaknesses
Marai Garay, BA
1University Autonomous of Chihuahua, Chihuahua, Mexico.

DAFT steady increase training versus Plyometric high intensity interval training on cardiovascular levels in collegiate dancers
Brooke Griffin, BS1, Amanda Alvarez, BS1, Kali Taft1
1Texas A&M University, College Station, TX, United States

Examining the saut de chat leap: a Delphi method study
Katie Lerch, BS1, Amir Khastoo, BA, SPT1, K. Michael Rowley, BS, BA1, Kornelia Kulig, PhD, PT1
1University of Southern California, Los Angeles, CA, United States

A biomechanical analysis and comparison of the foundational demi-plié to functional variations
Lauren Schutz, BSE, BA1
1The University of Iowa, Iowa City, IA, United States

The effects of choreographic repetition on range of motion and strength in dancer’s hips
Victoria Banner, SPT1
1University of South Florida, Tampa, FL, United States

Effects of Pilates Method in the range of young ballerinas’ turnout using a Functional Footprint® rotational instrument
Isabel Giovannini Komeroski, BA1, Camila Dall’Agnol1, Laura Ruario Moraes, BA1, Débora Cantergi, MSc, PhD1, Aline Haas, PhD1
1Federal University of Rio Grande do Sul, Porto Alegre, Brazil

Kinematic analysis of a male dancer during a partner’s acrobatic movement in Brazilian samba dance: a case study
Laura Ruario Moraes, BA1, Débora Cantergi, PhD1, William Dhein, MSc1, Jefferson Loss, PhD1, Aline Haas, PhD1
1Federal University of Rio Grande do Sul, Porto Alegre, Brazil
The impact of fatigue on dancers: current knowledge and research direction
Alexandra Bryan, AT¹, Jeffrey Russell, PhD, AT¹
¹Ohio University, Athens, OH, United States

Screening tool in dance: a systematic review and proposal to development of a protocol for kinetic-functional evaluation
Flora Pitta, PT, MS¹, Mayara A. Kovachich², Isabel C. N. Sacco¹, Andreja P. Picon, PhD¹
¹University of São Paulo, São Paulo, Brazil

Validation of a basic screening tool to investigate balance impairments in collegiate dancers following musculoskeletal injuries and concussion
Jovauna Currey, MD¹, Kelli Sharp¹
¹University of California, Irvine, Orange, CA, United States

Injuries among university dance team members
Jessica Graning, DPT, PCS², Todd Watson, DPT, OCS¹
¹Western Carolina University, Cullowhee, NC, United States

Perceptions of dancers and dance instructors on dance-related pain and injury: survey study
Kimberly Veirs, MPT, ATC¹, Carol Dionne, PT, PhD¹, Jonathan Baldwin, MS, CNMT¹
¹University of Oklahoma, Health Sciences Center, Oklahoma City, OK, United States

Self-reported injury histories in professional ballet and collegiate dance majors
Valerie Williams, PT, PhD¹, Timothy Sell, PT, PhD, Mita Lovalekar, MBBS, PhD³
¹Brunel University, London, United Kingdom, ²Duke University, Durham, NC, United States, ³University of Pittsburgh, Pittsburgh, PA, United States

The dancers’ study: dance activity participation (including level of performance and previous injuries) increase risk of osteoarthritis?
Angela Contri, MA, BSc(Hons)¹, Matthew Wyon, PhD, MSc², Nick Allen, PhD³, Kimberley L. Edwards, PhD¹
¹University of Nottingham, Academic Orthopaedics Trauma and Sports Medicine, Nottingham, United Kingdom, ²Research Centre for Sport, Exercise, and Performance, University of Wolverhampton, Walsall, United Kingdom, ³University of Pittsburgh, School of Medicine, Department of Radiology, Pittsburgh, PA, United States

T2 and T1ρ MRI mapping of articular cartilage and clinical correlates in female and male ballet dancers
Kelli Sharp, DPT¹, ², Jeffery Russell, PhD, AT³, Hon Yu, PhD⁴, Alex Luk, PhD⁴, Adam Rudd, MD⁴, Jimmy Ton, MD⁴, Hiroshi Yoshioka, MD⁴
¹University of California at Irvine, School of Arts: Dance Department, Irvine, CA, United States, ²University of California at Irvine, Department of Physical Medicine Rehabilitation, Irvine, CA, United States, ³Ohio University: School of Applied Sciences and Wellness, Athens, OH, United States, ⁴University of California at Irvine, School of Medicine, Department of Radiology, Irvine, CA, United States
Lifetime prevalence of injuries in the Italian professional dance scenario
Sara Muccioli, BSc(Hons), BA(Hons)¹, Angela Contri, BSc(Hons), MA¹, Omar De Bartolomeo, MD, PhD², Michela Bozzolan, PT, MSC¹
¹Università degli studi di Ferrara, Ferrara, Italy, ²Ballet School of Teatro Alla Scala, A.O. Istituto Ortopedico Gaetano Pini, University of Milan, Milano, Italy

20-year systematic review of the hip pathology, risk factors, treatment and clinical outcomes in ballet dancers
Ioanna Bolia¹, Hajime Utsunomiya³, Renato Locks¹, Karen Briggs¹, Marc Philippon¹
¹Steadman Philippon Research Institute, Vail, CO, United States

Comparison of hip abductor strength in dancers with and without snapping hip syndrome: a cross sectional study
Sefika Kiziltoprak¹, Manuela Angioi¹, Karen Sheriff²
¹Queen Mary University of London, UK, London, United Kingdom, ²Royal Ballet School, London, United Kingdom

Rehabilitation of a dancer with an anterior approach total hip arthroplasty: a case report on benefits and pitfalls
Lynnette Khoo-Summers, DPT, PT¹
¹Washington University School of Medicine, Program in Physical Therapy, Department of Orthopaedics, St Louis, MO, United States

Challenges in treating Achilles tendon injuries in the adolescent dancer: a case series
Jessica Waters, PT, DPT¹
¹Cleveland Clinic, Cleveland, OH, United States

Case Study: Evidence-based medicine to treat chronic nonspecific low back pain in a dancer
Suzanne Semanson, DPT¹
¹NYULMC, Hospital for Joint Diseases Harkness Center for Dance Injuries, New York, NY, United States

Principles of aquatic rehabilitation/exercise and the benefits for dancers
Katie Rodrick MS, ATC¹
¹Cleveland Clinic, Cleveland, OH, United States

Neurological considerations about rhythm in American tap dancing
Izabela Lucchese Gavioli¹, Camila Costamilan Schlichting¹
¹Federal University of Rio Grande do Sul, Porto Alegre, Brazil

The adult dancer: intrinsic and extrinsic factors that influence performance, well-being, and treatment of injuries
Wendy Coates, MD¹
¹UCLA School of Medicine/Los Angeles County Harbor, UCLA Medical Center Los Angeles, Los Angeles, CA, United States

Person-centered care and dancers’ mental health
Nicoletta P. Lekka, MD, PhD¹
¹Sheffield Health and Social Care Foundation Trust, Sheffield, United Kingdom
Training and injury prevention for the hypermobile dancer: a means to functional & aesthetic mobility
Alison Marsh, BA\(^1\), Chris Aiken, MFA, BA\(^1\)
\(^1\)Smith College, Northampton, MA, United States

The role of micronutrients for soft tissue injury rehabilitation in dancers
Chloe Travers, BA(Hons)\(^1\), Meghan Brown, PhD\(^2\), Stephanie De’Ath, MSc\(^3\)
\(^1\)Middlesex University, London, United Kingdom, \(^2\)Gloucestershire University, Gloucester, United Kingdom, \(^3\)National Institute of Dance Medicine and Science, London, United Kingdom

A comparison of body fat, energy level and diet in performing arts majors
Katherine Schulz\(^1\), Margaret Wilson, PhD\(^1\)
\(^1\)University of Wyoming, Laramie, WY, United States

Exploring energy intake and motivations behind food choices of collegiate female modern dancers
Alexandria Farrar, MS, NDTR, Elizabeth Beverley, PhD\(^1\), Darlene Berryman, PhD, RD\(^1\), Jeff Russell, PhD, AT\(^1\)
\(^1\)Ohio University, Athens, OH, United States

Prevalence and knowledge of the female athlete triad among collegiate dancers
Ann F. Brown, PhD, CISSN\(^1\), Michelle S. Little\(^1\), Melanie J. Meenan, MFA, MA\(^1\), Katie N Brown, PhD, RDN\(^1\)
\(^1\)University of Idaho, Moscow, ID, United States

Associations among age, experience, and injuries of dancers presenting to a dancer wellness clinic
Hannah Colopy, BS\(^1\), Sally Dunn, BA\(^1\), Kaitlin Coughlin, BA\(^1\), Rosalinda Canizares, DPT, SCS\(^1\), Daniel Schmitt, PhD\(^1\), Carolyn Keeler, DO\(^1\)
\(^1\)Duke University, Durham, NC, United States

Musculoskeletal effects and injury risk in collegiate Indian classical and ballet dancers
Roshni Prakash\(^1\), Blythe Williams, PhD\(^1\), Michael Granatosky, PhD\(^1,2\), Rosalinda Canizares, PT, DPT\(^1\)
\(^1\)Duke University, Durham, NC, United States, \(^2\)University of Chicago, Chicago, IL, United States

Correlation between roles performed & injuries sustained during The Nutcracker season in professional ballet companies
Maeve Talbot, SPT\(^1\), Miranda Young, SPT\(^1\)
\(^1\)Mary Baldwin University, Staunton, VA, United States

Trunk stability training analyzed through a single leg step-down test in collegiate ballet dancers
Carolyn Meder\(^1\), Rose Smith, DPT, SCS\(^1,2\), Thomas Palmer, PhD, ATC\(^1,2\)
\(^1\)University of Cincinnati, Cincinnati, OH, United States, \(^2\)University of Cincinnati, College-Conservatory of Music’s Ballet Department, Cincinnati, OH, United States

Turning pliés into gargoyles: the effects of mental rehearsal strategies on working memory span for dance movement
Sarah Green, BA\(^1\), Rebecca Bays, PhD, MS\(^1\)
\(^1\)Skidmore College, Saratoga Springs, NY, United States
FRIDAY, October 13, 2017

A DAY FOR TEACHERS (ADFT)
Hosted by the IADMS Dance Educators’ Committee

8:00 - 8:30 am  Registration; Light breakfast, Lobby

8:30 - 10:30 am  Morning Session  Elsa Urmston IADMS Dance Educators Committee Chair  Salon B

- A dancer-centric journey - in pursuit of an interdisciplinary approach to training, healthcare and performance  
  
  Clare Guss-West

- Teaching dance to young children: A healthy and effective approach to training and educating young dancers  
  
  Jane Andrewartha

- The early maturing dancer: challenges and advantages in UK vocational training  
  
  Siobhan Mitchell

- Status of dancer wellness education programs in U.S. colleges/universities: A 20-year update  
  
  Marita Cardinal

- Creating a culture of wellness in university dance training programs  
  
  Veoletta Dyer, Sarah Wilcoxon, Gayanne Grossman & Tom Welsh

- From dance artist to healthy dance advocate: a conversation  
  
  Maggie Morris, Sonia Rafferty & Emma Redding

10:30 - 11:30 am  Poster Presentations with refreshments  Lamar

11:30 - 1:30 pm  Movement sessions  Salon A & C

- The beauty of physics: biomechanics in the ballet class  
  
  Margaret Wilson & Jennifer Deckert

  OR

- I stand corrected! From correction to constructive feedback  
  
  Karine Rathle

- The importance of the foot core for dancers  
  
  Kirsten Roberts

  OR

- How to train young dancers to create good back extension without risking lumbar vertebrae arch fractures (spondylolisis)  
  
  Jarmo Ahonen

1:30 - 3:30 pm  Lunchbreak with option of Education Roundtable  San Houston  (*lunch fee applicable)

3:30 - 5:30 pm  Afternoon Presentations  Salon B

- Youth dancers: perspectives from growth and maturation  
  
  Robert M. Malina

- Directors’ panel discussion: Implementing dance science and medicine – the challenges of 21st century dance training  
  
  Madeleine Onne, Goby Allard, Luc Vanier & Risa Steinberg
SATURDAY, October 14, 2017

A DAY FOR MEDICS (ADFM)

8:00 - 8:30 am  Registration; Light breakfast, Lobby

8:30 - 10:30 am  Session One Peter Lavine IADMS Vice President Salon B

- Biomimetic surgical implants, a new strategy to improve musculoskeletal functional recovery  
  Ennio Tasciotti

- Defining your boundary of medical practice: current controversies of stem cell therapies  
  Ming Hao Zheng

- Non-surgical and surgical management of the complicated hip: Biomechanical and functional considerations  
  Shaw Bronner & Melissa Strzelinski

10:30 - 11:30 am  Poster Presentations with refreshments Lamar

11:30 - 1:30 pm  Session Two Salon B

- From the dance floor to the pelvic floor: concerns regarding pelvic floor dysfunction in performers  
  Brooke Winder

- Diastasis recti: a post-partum musculoskeletal concern affecting the safe return to professional dance  
  Vanessa Muncrief

- Discoid lateral meniscus tear in dancers: report of two cases  
  Mai Katakura

- Relationship between ultrasonography findings and physical examination outcomes for knee injuries in young dancers  
  Itzhak Siev-Ner

- Ultrasonography and clinical examination for knee injuries among pre- and post-menarche dancers  
  Nili Steinberg

- To screen or not to screen-that is the question?  
  Laurel Daniels Abbruzzese vs Sarah Kenny

- Cryotherapy-help or harm?  
  Valerie Williams vs Rosalinda Canizares

1.30 - 3.30 pm  Lunchbreak with option of medical doctors’ networking event

3.30 - 5.30 pm  Session Three Salon B

- The tale of the talus: a multidisciplinary panel on diagnosis and treatment of the talus and hind foot complex in dancers  
  Nancy Kadel, Peter Lewton-Brain, Kathleen Davenport, Moira McCormack

- Posterior ankle impingement in dancers  
  Kevin Varner

- Arthroscopic treatment of posterior ankle impingement in professional ballet  
  Carlos Meheux

- Extracorporal shock wave therapy for post-surgical scar tissue in the ankle: A Case Series  
  Kathleen Bower