

Common Dance Injuries

Dance and gymnastics is highly physically demanding to growing bodies especially with long competitive seasons.

At Impact Physical Therapy we have therapists with up to 12 years of dance/gymnastics/cheerleading experience and training so that we can help you return to full function and performance enhancement for practice and competitions!



Numbness/tingling in hands, grip weakness

Difficulty raising arms or performing lifts

Pain with movement or limited flexion + extension

Deep groin pain
glute pain
difficulty standing one leg
inability to perform splits

Difficulty jumping, squatting

Pain with going up on toes

Pain with jumping

Dance Injuries

Jicheng Xie



Dance Injuries:

Dance Injuries Jeffrey A. Russell, 2024-11-04 Across dance genres the rigors of training and performing can take a toll on a dancer's mind and body leading to injuries. *Dance Injuries: Reducing Risk and Maximizing Performance With HKPropel* Access presents a holistic wellness model and in-depth coverage of how to reduce the risk of injury in dance and how to care for injuries properly when they do occur. Written by an international team of experts in the dance medicine and science field including physicians, athletic trainers, physical therapists, researchers, and dance educators, *Dance Injuries* provides an overview of common dance injuries across a wide variety of dance styles. From their extensive work with dancers, the authors provide valuable insight into minimizing dance injuries to maximize dancer longevity. The text offers practical ways to reduce the risk of dance injuries. Conditioning, flexibility, training, nutrition, hydration, recovery, and rest are addressed. Additionally, a chapter on holistic wellness helps dancers apply a wellness mindset to their training and performance. *Dance Injuries* is richly illustrated with nearly 200 full-color illustrations and 150 photos to help dancers connect with the essential information the book offers. Armed with the understanding gained from the book's medical diagrams, dancers will be motivated to adopt habits to reduce the likelihood of an injury. To further augment learning, the text presents strategies for accessing and interpreting scientific research on dance injuries, approaches to working with various health care professionals when an injury occurs, recurring special elements, sidebars, key terms, and discussion questions, and resources offered online through HKPropel, including application activities, supplemental information, and coverage of niche topics connected to chapter content. Six appendixes add to the wealth of content presented in the chapters. These provide information on international mental health resources, psychological safety in dance, screening for dancer health, disability, dance, and integrated dance considerations for professional dance and artistry and athletics. *Dance Injuries* includes vital information to properly train dancers technically, physically, and mentally to reduce dancers' risk of injury and allow them to perform their best in dance classes, rehearsals, and performances. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately. [Dance Injuries, Their Prevention and Care](#) Daniel D. Arnheim, Joan Schlaich, 1975 **Dance and Dancers' Injuries** Chris Caldwell, Chris Caldwell (LCSP (Phys)), 2001-01-01 Dancing is an art form as well as a sport. To reach the top, dancers have to go through punishing training regimes, pushing their bodies to the limit. This inevitably leads to injuries that need specialist treatment. This title is an informative and easy-to-read book, illustrated with photographs and line drawings, which should help physiotherapists, dancers, parents of dancers, and dance teachers to understand the specific problems that dancers suffer. The book addresses dancers and their injury problems, warming up and warming down, factors causing injury, and affecting recovery, traumatic injuries, from first aid to rehabilitation, young dancers and injuries, overuse injuries, injuries to specific parts of the body, inside a dancer's mind, from the therapist's view, and medical provision. **Dance Anatomy and Kinesiology** Karen S. Clippinger, 2007 Suitable for dance teachers and students as well as for dance professionals, this text

covers the basic anatomical and biomechanical principles that apply to optimal performance in dance Focusing on skeletal and muscular systems it provides the understanding needed to improve movement and reduce injuries **Finding Balance**

Gigi M. Berardi,2005 Finding Balance offers an overview of issues faced by all performing dancers injury technique fitness nutrition career management The text includes profiles of well known dancers how they have coped with these issues

Encyclopedia of Sports Medicine Lyle J. Micheli,2011 This encyclopedia presents state of the art research and evidence based applications on the topic of sports medicine Dancer Wellness Mary Virginia Wilmerding,Donna

Krasnow,IADMS,2016-10-20 Dancers who want to get the most out of their experience in dance whether in college high school a dance studio or a dance company can now take charge of their wellness Dancer Wellness will help them learn and apply important wellness concepts as presented through the in depth research conducted by the International Association for Dance Medicine Science IADMS and their experts from around the world Four Primary Areas Dancer Wellness covers four primary topics Foundations of dancer wellness which explores the dancer s physical environment the science behind training and conditioning Mental components of dancer wellness which investigates the psychological aspects that influence a dancer s training imagery somatic practices and the ways that rest fatigue and burnout affect learning technique and injury risk and recovery Physical aspects of dancer wellness which examines dancer nutrition and wellness including the challenges in maintaining good nutrition addressing body composition issues bone health injury prevention and first aid Assessments for dancer wellness which offers guidance in goal setting screenings assessing abilities and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned Sidebars within each chapter focus on self awareness empowerment goal setting and diversity in dance Dancer Wellness meets the needs of dancers in any setting says Virginia Wilmerding one of the book s editors from IADMS Our authors are leaders in the field and they thoroughly investigate their areas of specialization Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice This text offers foundational information to create a comprehensive view of dancer wellness Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts says coeditor Donna Krasnow Anyone interested in the health and wellness of dancers can benefit from this book regardless of previous training or level of expertise This book covers each aspect of dancer wellness whether environmental physical or psychological A web resource is included with all new print books and some ebooks For ebook formats that don t provide access the web resource is available separately **Prevention of Injuries in the Young Dancer** Ruth

Solomon,John Solomon,Lyle J. Micheli,2017-07-05 This practical resource discusses the numerous physical psychological and medical issues pertaining to the young dancer as they relate to injury prevention Chapters on injury are arranged anatomically and cover etiology diagnosis treatment strategies and rehabilitation Additional chapters cover screening

nutrition training technique and the role of the physical therapist This comprehensive text addresses the unique needs of these athletes and stresses how their bodies differ in significant ways from those of adults requiring that their training and clinical management be overseen by specialized personnel The book opens with a discussion of the epidemiology of injury in the young dancer followed by a description of screening procedures and a sample screening program Physical therapy and resistance training are then covered along with common conditions and injuries at the spine hip knee and foot ankle complex There are chapters on the use of diagnostic and interventional ultrasound nutrition and bone health psychological matters such as anxiety eating disorders and peer relationships and lastly the prevention of degenerative hip injuries Prevention of Injuries in the Young Dancer is an essential resource with regard to the challenges facing aspiring young dancers It is relevant reading for dance medicine sports medicine and orthopedic professionals as well as dancers their parents and especially those persons who promote their careers *Medical Problems of Performing Artists*, 2003 **Oxford Textbook of Children's Sport and Exercise Medicine** Neil Armstrong, Willem Van Mechelen, 2023 The 4th edition of the Oxford Textbook of Children's Sport and Exercise Medicine is the definitive single volume reference in the field presented in four sections Exercise Science Exercise Medicine Sport Science and Sport Medicine **International Encyclopedia of Dance** Dance Perspectives Foundation, 1998 Exciting and fascinating this reference work succeeds in its goal of bringing joy as well as enlightenment about all forms of dance in all countries of the world An extremely useful synoptic outline of contents with nine sections including Ritual and Religion and Popular Entertainment enables the user to explore dance in its cultural and social aspects while topical essays complement the 2 000 plus entries Heavily illustrated with black and white photographs the encyclopedia captures the fluid movement of dance with its depth and scope this outstanding work has carved a well deserved niche Outstanding Reference Sources the 1999 Selection of New Titles American Libraries May 1999 Comp by the Reference Sources Committee RUSA ALA **Dance Medicine** Allan James Ryan, Robert E. Stephens (Ph. D.), 1987

Preventing Dance Injuries Ruth L. Solomon, John Solomon, Sandra Cerny Minton, 2005 Featuring a diverse range of authors from a wide variety of disciplines this text presents a detailed and accurate reflection of the concerns of dance medicine and science as they have emerged over the last 30 years *Injury Prevention and Management for Dancers* Nick Allen, 2019-11-25 Dancers represent a unique athletic population They can often be required to perform a variety of shows of differing intensity and styles professional ballet dancers may perform up to 150 shows a year across eighteen different productions The dynamic and demanding nature of dance can however lead to injury making injury prevention and management a vital part of dance training Drawing on research and knowledge from both sports and dance medicine this book will provide dance and healthcare professionals with a fundamental understanding of dance terminology physiology and movement requirements and how these relate to specific injuries commonly sustained in dance Proposed models and structures of pathology specific rehabilitation and usable examples are illustrated with step by step photographs and

anatomical diagrams as well as case studies for common injuries Training programmes conditioning exercises and advice are supported by findings from contemporary medical literature to ensure an informed conclusive and evidence based approach to the healthcare of dancers Chapters will cover a range of issues including the unique challenges seen in dance and how they differ from other athletic populations physical preparation and conditioning for dance injury prevention tracking and management models and an exploration of the regional anatomical injuries commonly seen in dance Structured rehabilitation and detailed exercise programmes are covered and dance criteria for musculoskeletal injuries concussion and post surgery are discussed

Cinematographic Analysis of Female Dancers Executing a Sissonne Ouverte Carol G. Brink,1987 **Index to Dance Periodicals** ,2001 [Dance Research Journal](#) ,1996 **Science of Dance Training** Priscilla M. Clarkson,Margaret Skrinar,1988 *Soviet-American Dance Medicine* Lyle J. Micheli,Ruth L. Solomon,John Solomon,1991

The information shared in this document represents a dialogue between the United States and the Soviet Union on the discipline of dance medicine which involves the care of injured dancers as well as prevention of injuries An introduction including a preface opening remarks and an overview of dance medicine comprises section 1 The second section contains presentations Anatomic Physiologic and Developmental Concerns Dance Injury Orthopaedic Aspects of Dance Medicine Stress Fractures in the Dancer Dance Medicine in the Soviet Union The Role of Physical Therapy in Dance Medicine Workshop Physical Therapy and Dance Treatment and Rehabilitation of Common Dance Injuries Strapping for Prevention of Lower Extremity Injuries The Psychological Aspect of Dance and the Dancer Dancers in Transition Aspects of Dance and the Dancer Dancers in Transition Prevention of Dance Injury and A Prospective Study of Physiological Characteristics of Ballet Dancers Section 3 is a roundtable discussion entitled The Dancer and Injury this section contains The Role of the Artistic Director and Choreographer The Role of the Dance Teacher Life and Training of a Professional Ballet Dancer in the United States and Dance Training in the Soviet Union Experiences of an American Student and Performer Sections 4 and 5 consist of questions answers and short biographies of presenters LL **Surgery of the brain and spinal cord v.2, 1912** Fedor Krause,1912

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Table of Contents Dance Injuries

1. Understanding the eBook Dance Injuries
 - The Rise of Digital Reading Dance Injuries
 - Advantages of eBooks Over Traditional Books
2. Identifying Dance Injuries
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Dance Injuries
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dance Injuries
 - Personalized Recommendations
 - Dance Injuries User Reviews and Ratings
 - Dance Injuries and Bestseller Lists
5. Accessing Dance Injuries Free and Paid eBooks
 - Dance Injuries Public Domain eBooks
 - Dance Injuries eBook Subscription Services
 - Dance Injuries Budget-Friendly Options
6. Navigating Dance Injuries eBook Formats
 - ePub, PDF, MOBI, and More
 - Dance Injuries Compatibility with Devices
 - Dance Injuries Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dance Injuries
 - Highlighting and Note-Taking Dance Injuries
 - Interactive Elements Dance Injuries
8. Staying Engaged with Dance Injuries

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Dance Injuries
9. Balancing eBooks and Physical Books Dance Injuries
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dance Injuries
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Dance Injuries
 - Setting Reading Goals Dance Injuries
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Dance Injuries
 - Fact-Checking eBook Content of Dance Injuries
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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