

# 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 And Dancers Injuries

**Lauren E. Elson**



## **Dance And Dancers Injuries:**

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 Injuries, Their Prevention and Care* Daniel D. Arnheim, Joan Schlaich, 1975      **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      **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 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

**Foot and Ankle Injuries in Dance** Christopher W. Hodgkins,2008 Ballet is an exquisitely sophisticated and elegant art form However its seeming ease and gracefulness belie the underlying physical stress Much of a dancer s ability is reliant on favorable anatomy strength and flexibility Their foot mechanics training and performing techniques are unique and thus they present with particular injury patterns The following chapters aim to address these differences and provide an approach to assessing and treating foot and ankle injuries in the ballet dancer

**Essential Dance Medicine** Ana Bracilovic,2009-05-29 Groundbreaking and long overdue Essential Dance Medicine is a unique text designed to help medical professionals learn the presentations differential diagnoses and available treatment options for common dance injuries As different types of dance have evolved so have their related injuries This novel text explains the underlying principles associated with correct ballet modern and ethnic dance movements to better understand the pathophysiology and mechanism of action for the injuries described It provides further insight by elucidating common errors and compensations dancers often make in an effort to achieve correct positioning and technique Describing different types of dance injuries according to body region each chapter is organized by case reports that depict a typical patient followed by the epidemiology and pathophysiology associated with the dancer s injury The history physical examination findings imaging and diagnostic evaluation for each condition are discussed Non operative and surgical treatment options are described according to chronicity and stage of severity of the injury To provide evidence behind the algorithms of treatment and to highlight applicable research relevant studies are cited as often as possible Classic texts are also referenced to provide more in depth information Certain to become a gold standard in the field Essential Dance Medicine is an important new text that provides medical professionals with the necessary tools to treat amateur and professional dancers and help them prolong their dance careers

**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.

**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. *Medical Problems of Performing Artists*, 2009

**Sports-related Fractures, Dislocations and Trauma** Morteza Khodaei, Anna L. Waterbrook, Matthew Gammons, 2020-04-16 This exciting, user friendly text covers everything sports medicine and emergency clinicians need to know when encountering sports related injuries and trauma, whether on the field or in the office. Divided into eight thematic sections, all aspects of musculoskeletal and other trauma care are described in detail, with each chapter including key points for quick reference. The opening section presents general approaches to sports related trauma, from initial evaluation and acute management to stabilization, anesthesia and imaging. The different types of fractures and dislocations, as well as musculoskeletal healing complications, are covered in part two. The next three sections then take in depth looks at bone and joint trauma in the upper extremity, lower extremity and axial skeleton, respectively. Soft tissue and other sports related trauma comprise parts six and seven, from tendons, ligaments, nerves and more, to chest, head and facial injuries. The final and largest section presents sports specific injuries, covering more than 30 individual and team activities, from baseball, basketball and hockey to swimming, sailing and triathlon. Throughout, copious figures, photographs and tables enhance and advance the content for a complete, well rounded examination of the field. Comprehensive but not complex, *Sports related Fractures, Dislocations and Trauma* is a practical, high yield manual for sports medicine and emergency care specialists, primary care

physicians and any other professionals caring for athletes both on the field and in the office The Fit and Healthy Dancer Yiannis Koutedakis, N. C. Craig Sharp, 1999-03-22 Dance is a dangerous business The scientific and medical communities are now beginning to acknowledge that many forms of dance are as strenuous and physically demanding as most sports activities Indeed several scientific and dance studies report that dancers face a greater risk of suffering long term disabilities than other elite athletes Certainly it is fairly safe to assume that most professional and pre professional dancers will be injured at some time in their careers The Fit and Healthy Dancer is a long overdue contribution to dance literature that empowers dancers and their tutors For the first time the authors treat dancers as performing athletes and present essential exercise science information in a user friendly style to help readers prevent injury and maintain good health This volume will help dance and drama students and their teachers professional dancers dance fitness instructors and choreographers physiotherapists and medical practitioners appreciate the importance of a whole host of fitness related concepts including energy and energy production nutrition to fuel dance principles and training of endurance strength and power mobility and flexibility the importance of warm up and cool down weight balance and the effects of reduced body weight in dancers bone density osteoporosis amenorrhoea and the most common injuries in dancers the causes of injuries overtraining exercise induced asthma life after a professional dance career Yiannis Koutedakis and Craig Sharp have written a very comprehensive and informative book that delves into the reasons behind dance injuries and also provides readers with an understanding of methods to improve their standards of fitness and eliminate unnecessary dance injuries Cynthia Harvey The time has come to take advantage of all the knowledge contained in this book to ensure that our dancers are fitter and healthier in the future Sir Peter Wright CBE Director Laureate Birmingham Royal Ballet **Library of Congress Subject Headings** Library of Congress. Cataloging Policy and Support Office, 2005 **Dance and Dancers** ,1988 **Library of Congress Subject Headings** Library of Congress, 2005 *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

*Performing Arts Medicine* Lauren E. Elson,2018-11-20 Covering the full spectrum of treatment guidance for dance artists circus artists musicians and more this practical title by Dr Lauren E Elson expertly explores the intersection of sports medicine and performing arts medicine Ideal for practicing and trainee physiatrists physical and occupational therapists and sports medicine physicians it addresses a wide range of relevant topics including auditory symptoms in musicians management of the dancer s foot and ankle hip and spine return to dance or return to performance guidelines and much more

*The Dancer's Complete Guide to Healthcare and a Long Career* Allan James Ryan,Robert E. Stephens (Ph. D.),1988 Here is the place where the beginning or experienced dancer will find helpful advice on everything from diet to care of injuries to ballet as a business It s a practical guide for starting maintaining and extending a career in dance Written by a former leading dancer and an authority in sports medicine this book answers questions on every aspect of the dancer s career This book is for today s dancers with the brightest hope for long healthy careers

**Will I Ever Dance Again?** Lisa Howell (B Pht,2013-09-30 **Index to Dance Periodicals** ,2001 **Bulletin on the Rheumatic Diseases** ,1993

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