THURSDAY, OCTOBER 16, 2014

Stadt-Casino – Grosser Festsaal

8:00 - 8:50 am REGISTRATION; Tea and Coffee

8:50 - 9:10 am Opening Remarks
Janet Karin, OAM, President, IADMS
Steven Chatfield, PhD, CFO, IADMS
Virginia Wilmerding, PhD, Chair, Program Committee and CEO of IADMS
Presentation – Student Research Award
(Sponsored by Harkness Center for Dance Injuries)
Special Guest: Dr Guy Morin, President of the Executive Council of Basel, Switzerland

9:10 - 10:00 am Opening Panel
Richard Wherlock, Artistic Director of the Basel Ballet
Christian Spuck, Artistic Director of the Zürich Ballet
Kathleen McNurney, Artistic Director of the Luzern Ballet
Amanda Bennett, Artistic Director of the Prix-de-Lausanne and Director of the Ballet School of the Basel Theatre
Moderator: Peter Lewton-Brain, DO, Monaco

10:00 - 10:45 am Clinical Symposium:
Technical errors and dance injuries: reviewing the clinical connections
Luana Poggini, MD, PhD, Accademia Nazionale di Danza, Rome, Italy
Moderator: David S Weiss, MD, New York, New York, USA

11:00 - 11:30 am REFRESHMENT BREAK

11:30 am - 1:30 pm LECTURES (concurrent with Movement Sessions, next page)

<table>
<thead>
<tr>
<th>Grosser Festsaal</th>
<th>Hans Huber Saal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Roger Wolman, MD, London, UK</td>
<td>Moderator: Gayanne Grossman, PT, Allentown, Pennsylvania, USA</td>
</tr>
<tr>
<td>11:30 - 11:40 am A nutrition education program: a practical approach to improve the health of the adolescent dancer</td>
<td>11:30 - 11:40 am Prevention of ankle injuries: evaluation of dynamic stability of the dominant leg in female ballet dancers</td>
</tr>
<tr>
<td>Christina Patsalidou, MFA, BSc, University of Nicosia, Nicosia, Cyprus</td>
<td>Olga Korbolewsk, MSc; Marcin Plenzler, MSc; Robert Šmigielski, MD; Marcin Popieluch, MD; Carolina Medical Center; Michal Staniszewski, MD, University of Physical Education; Urszula Zdanowicz, MD; Malgorzata Kowalska, MSc, Carolina Medical Center, Warsaw, Poland</td>
</tr>
<tr>
<td>11:45 - 11:55 am Prevalence of the Female Athlete Triad in college dance students</td>
<td>11:45 - 11:55 am A foundation for developing a dance-specific ankle stability measure</td>
</tr>
<tr>
<td>Amy Avery, BFA, MS; Jane Baas, MA, MFA, Western Michigan University, Kalamazoo, Michigan, USA</td>
<td>Esther A Chou, MEd, AT; Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>12:00 - 12:20 pm</td>
<td>Proteins, fats and carbohydrates: exploring the evidence for what, why and when the healthy dancer should eat for optimum performance</td>
</tr>
<tr>
<td>12:30 - 12:40 pm</td>
<td>Optimum vitamin D supplementation dose regimen in winter for elite athletes to reduce injury risk</td>
</tr>
<tr>
<td>12:45 - 12:55 pm</td>
<td>Caffeine and dance performance</td>
</tr>
<tr>
<td>1:00 - 1:20 pm</td>
<td>Nutritional supplementation and the dancer</td>
</tr>
<tr>
<td>11:30 am - 1:30 pm</td>
<td>MOVEMENT SESSIONS (concurrent with Lectures, above)</td>
</tr>
<tr>
<td>Theaterstrasse Turnhallen A</td>
<td>Circuit training as warm-up for dancers</td>
</tr>
<tr>
<td>11:30 - 12:15 pm</td>
<td>Improvisation as training for contemporary dancers</td>
</tr>
<tr>
<td>12:30 - 1:15 pm</td>
<td>Integration of joint capsules in plié through the lens of Body-Mind Centering*</td>
</tr>
<tr>
<td>12:30 - 12:20 pm</td>
<td>Signs and symptoms of lower limb dysfunction in child dancers and non-dancers with joint hypermobility</td>
</tr>
<tr>
<td>12:30 - 12:40 pm</td>
<td>Plié flexibility in dancers: differences between positions, measurement methods and limbs</td>
</tr>
<tr>
<td>12:45 - 12:55 pm</td>
<td>Integrating rotator discs into ballet classwork: collaboration of ballet professor, somatic expert, and medical team</td>
</tr>
<tr>
<td>1:00 - 1:10 pm</td>
<td>The relationship between lower extremity strength and kinematics at the hip, knee and ankle during plié and relevé in professional dancers</td>
</tr>
<tr>
<td>1:15 - 1:25 pm</td>
<td>The influence of foot structure on injuries to the distal lower limb segment in ballet dancers</td>
</tr>
</tbody>
</table>

*Integrating joint capsules in plié through the lens of Body-Mind Centering*: a movement session

11:30 am - 1:30 pm  | MOVEMENT SESSIONS (concurrent with Lectures, above)                  |                                                                          |                                                   |
| Theaterstrasse Turnhallen B | Improvisation as training for contemporary dancers                  | Agathe Dumont PhD | Centre National de la Danse Contemporaine d'Angers; Mariam Faquir, Freelance dancer, Paris, France |
| 11:30 - 12:15 pm | Exercises for quadratus femoris                                      | Paula H Baird Colt APMA; Susan J Mayes PT, The Australian Ballet, Melbourne, Australia |
### Thursday, October 16, 2014

**1:30 - 3:30 pm**  LUNCH  (IADMS Committee Meetings, by invitation)

**3:30 - 5:30 pm**  LECTURES  *(concurrent with Movement Sessions, next page)*

<table>
<thead>
<tr>
<th>Grosser Festsaal</th>
<th>Hans Huber Saal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Jeffrey Russell, PhD, Athens, Ohio, USA</td>
<td>Moderator: Matthew Wyon, PhD, Walsall, West Midlands, UK</td>
</tr>
<tr>
<td>3:30 - 3:40 pm</td>
<td>3:30 - 3:40 pm</td>
</tr>
</tbody>
</table>
| **Maximizing Performance Program:** Development and implementation of an injury prevention theory program in a professional dance education  
Julia Jael Monning, BA, Codarts University of the Arts, Rotterdam; Derrick Brown, MSc, Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Nijmegen; Kim Dekker, MSc, Nederlands Institute for Neuro Science, Amsterdam; Stephanie Keizer, MA, Codarts University of the Arts, Rotterdam, The Netherlands | **Risk factors for lower extremity musculoskeletal injury in pre-professional dancers: a systematic review**  
Sarah Kenny, MSc; Jackie Whittaker, PT, PhD; Carolyn Emery, PT, PhD, University of Calgary, Calgary, Alberta, Canada |
| 3:45 - 3:55 pm                                        | 3:45 - 3:55 pm                                       |
| **A young dancer’s guide: what every young dancer needs to know about injury prevention and rehabilitation**  
Bobby Bernstein, Dancer, Pfalztheater Kaiserslautern, Germany, and Certified GYROTONIC® Instructor; Nancy Kadel, MD, Seattle Dance Medicine Clinic, Seattle, Washington, USA | **A comprehensive musculoskeletal profile of advanced female classical ballet dancers**  
Maria Yee, BPhy (Hons); Rowena Toppenberg, MPhtySt (Manip), BPhy (Hons), The University of Queensland, Brisbane, Australia |
| 4:00 - 4:10 pm                                        | 4:00 - 4:10 pm                                       |
| **Balance in dance performance: a systematic review**  
Frances Clarke, BA(Hons), MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK | **Body composition, somatotype and aerobic capacity in dancesport, contemporary dance, and ballet**  
Helena Liiv, University of Tartu, Tartu, Estonia; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Toivo Jürimäe; Jarek Mäestu; Jaak Jürimäe, University of Tartu, Tartu, Estonia |
| 4:15 - 4:25 pm                                        | 4:15 - 4:25 pm                                       |
| **Relationships among lower body power measures and balance in female collegiate dancers**  
Jatin P Ambegaonkar, PhD, ATC; Shane V Caswell PhD, ATC; Nelson Cortes, PhD, George Mason University, Fairfax, Virginia, USA | **Electromyographic comparison of demi plié at the barre, demi plié in centre, and sauté in first position**  
Andrea Kozai, MSc, CSCS, Virtuoso Fitness, Pittsburgh, Pennsylvania, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK |
| 4:30 - 4:40 pm                                        | 4:30 - 4:40 pm                                       |
| **Factors associated with knee kinematics and patellofemoral pain in adolescent ballet dancers**  
Melinda Purnell, PT, BAppA; Claire Hiller, PhD, PT; Kathryn Refshauge, PhD, PT; Roger Adams, PhD, The University of Sydney, Sydney, Australia | **Lower extremity joint demands in relevés and sauté**  
Danielle N Jarvis, MS, ATC; Kornelia Kulig, PhD, PT; University of Southern California; Los Angeles, California, USA |
| 4:45 - 4:55 pm                                        | 4:45 - 4:55 pm                                       |
| **Patellar instability in ballet dancers: a clinical case**  
Małgorzata Kowalska, MSc; Robert Śmigielski, MD; Olga Korbolewska, MSc; Małgorzata Kowalczyk, MSc, Carolina Medical Center, Warsaw, Poland | **Dance injury, rehabilitation, and return to work**  
Lauren Warnecke, MS; Molly Doyle, University of Illinois, Chicago, Illinois, USA |

Revised August 4, 2014  IADMS 24th Annual Meeting  Page 3
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 5:00 - 5:10 pm | Evidence based on relationships between musculoskeletal discomfort rating scores and time-loss injuries among professional dancers  
Marijeanne Liederbach, PhD, PT; Alison Deleget, MS, ATC; Joshua Honrado, SATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA |
| 5:00 - 5:10 pm | Bone health and vocational dance training  
Tânia Amorim, MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; José Maia, PhD; José Machado, PhD, Franklin Marques, PhD, University of Porto, Porto, Portugal; Yiannis Koutedakis, PhD, University of Thessaly, Trikala, Greece |
| 5:15 - 5:25 pm | Occupation-orientated rehabilitation in dance: a 5-year analysis and evaluation of the medical care of professional dancers  
Elisabeth Exner-Grave MD; Ulrich Vierregge, MD; Dagmar Detzel, MD, medicosAufSchalke, Reha GmbH; David Groneberg, MD, PhD, Goethe University, Frankfurt; Eileen Wanke, MD, Institute of Occupational Medicine, Charité - Medical University, Berlin, Germany |
| 5:15 - 5:25 pm | Investigating changes in energy system utilization during a year of contemporary dance training  
Sarah Beck, MSc; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London; Matthew Wyon, PhD, University of Walsall, UK |
| 3:30 - 5:30 pm | MOVEMENT SESSIONS (concurrent with Lectures, above)  
**Theaterstrasse Turnhallen A**  
Moderator: Selina Shah, MD, San Francisco, California, USA  
3:30 - 4:15 pm  
Breath and dynamic alignment: dance science and somatics converge through Bartenief Fundamentals®  
Anne Burnidge, MFA, CLMA, State University of New York at Buffalo, Buffalo, New York, USA  
4:30 - 5:15 pm  
Using experiential anatomy and cueing to enhance the dancer’s integration of the pelvis, hip, and lower extremity  
Judith Steel, MA, CMA, Virginia Commonwealth University, Richmond; Lisa Donegan Shoaf, DPT, PhD, Mary Baldwin College, Staunton, Virginia, USA  
**Theaterstrasse Turnhallen B**  
Moderator: Imogen Aujla, Bedfordshire, UK  
3:30 - 4:15 pm  
Training dancers’ physical conditioning using dance specific routines  
Martha Wiekens, MSc; Alex Balfour, MSc, Buckinghamshire New University, Bucks  
4:30 - 5:15 pm  
Two in one: a dancer's cardio training with emphasis on leg alignment  
Andreas Starr, MSc, state-certified dance teacher, Palucca University of Dance Dresden, Dresden; Liane Simmel, MD, DO, tamed, Tanzmedizin Deutschland eV, Fit for Dance, Munich, Germany |
| 5:30 - 6:00 pm | REFRESHMENT BREAK – Journal of Dance Medicine & Science Meeting (open to all delegates) |
| 6:00 - 7:00 pm | LECTURES (concurrent with Movement Sessions, next page)  
**Grosster Festsaal**  
Moderator: Alexander McKinven, PT, Richmond, UK  
6:00 - 6:45 pm  
Clinical Symposium: Alignment of the leg and its impact on the dancer’s knee  
Liane Simmel, MD, DO, tamed, Tanzmedizin Deutschland eV, Fit for Dance, Munich, Germany  
**Hans Huber Saal**  
Moderator: Sarah Beck, MSc, London, UK  
6:00 - 6:10 pm  
An examination of changes in perception and attitude in university level dance students following a pre-participation screen  
Amanda Clark, BFA; Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio, USA |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 6:25 pm</td>
<td>The effects of a modified classical dance training program on the strength and jumping ability of college ballet dancers</td>
</tr>
<tr>
<td></td>
<td>Aikaterini Tsanaka, MSc; Vasiliki Manou, PhD; Kyriaki Mitrou, BSc; Spiros Kellis, PhD, Aristotle University of Thessaloniki, Thessaloniki, Greece;</td>
</tr>
<tr>
<td>6:30 - 6:40 pm</td>
<td>A study of the health and well-being of former professional classical ballet dancers</td>
</tr>
<tr>
<td></td>
<td>Anneli Chasemore, MSc; Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK</td>
</tr>
<tr>
<td>6:45 - 6:55 pm</td>
<td>Student and Young Professional networking workshop</td>
</tr>
<tr>
<td></td>
<td>Sarah Beck, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK; Ciara Burgi, CSCS, SPT, Duke University School of Medicine, Durham, North Carolina; Jillian Descoteaux, MSc, ATC, Ohio University, Athens, Ohio, USA; Hannah Etlin-Stein, MSc, CSCS, Toronto, Ontario, Canada; Danielle N Jarvis, MS, ATC, University of Southern California; Los Angeles, California, USA</td>
</tr>
</tbody>
</table>

**6:00 - 7:00 pm  MOVEMENT SESSIONS** *(concurrent with Lectures, above)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Moderator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theaterstrasse Turnhallen A</td>
<td>Jatin Ambegaonkar, PhD, Manassas, Virginia, USA</td>
</tr>
<tr>
<td>Theaterstrasse Turnhallen B</td>
<td>Peter Lewton-Brain, DO, Monaco</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 - 6:45 pm</td>
<td>The m/r SEBT: making technical assessment practical for dance educators</td>
</tr>
<tr>
<td></td>
<td>Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming; Glenna Batson, PT, ScD, Winston-Salem State University, Winston-Salem, North Carolina, USA</td>
</tr>
<tr>
<td>6:00 - 6:45 pm</td>
<td>Dealing with anatomical differences in the ballet studio</td>
</tr>
<tr>
<td></td>
<td>Janet Karin, OAM, Australian Ballet School, Melbourne, Australia; Rachel Rist, MA, Tring Park School for Performing Arts, Tring, Hertfordshire, UK</td>
</tr>
</tbody>
</table>

NOTE: Time after each lecture presentation is reserved for audience discussion.

Program subject to change.

7:30 pm  WELCOME RECEPTION
Grosser Festsaal, Stadt-Casino
FRIDAY, OCTOBER 17, 2014

8:00 - 8:50 am  Stadt-Casino – Grosser Festsaal
IADMS Business Meeting
All IADMS members are urged to attend.

9:00 - 11:00 am  MOVEMENT SESSIONS  *(concurrent with Lectures, below)*

<table>
<thead>
<tr>
<th>Theaterstrasse Turnhallen A</th>
<th>Theaterstrasse Turnhallen B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Moderator:</strong> David S Weiss, MD, New York, New York, USA</td>
<td></td>
</tr>
<tr>
<td>9:00 - 9:45 am</td>
<td></td>
</tr>
<tr>
<td><strong>Using rigid strapping tape instead of pointe shoe padding: exploring the advantages and learning taping methods</strong></td>
<td></td>
</tr>
<tr>
<td>Esther Juon Veitch, ABBO, Waipawa; Beryl Ruth Swinney, BSc (Ost), Wellington, New Zealand</td>
<td></td>
</tr>
<tr>
<td>9:00 - 9:45 am</td>
<td></td>
</tr>
<tr>
<td><strong>A whole-body approach to addressing a vexing though beautiful alignment challenge: hyperextended knees</strong></td>
<td></td>
</tr>
<tr>
<td>Eleanor Kusner, MSc, The Juilliard School, New York, New York, USA</td>
<td></td>
</tr>
</tbody>
</table>

| 10:00 - 10:45 am |
| **Kinesio Taping® Method (KTM) for the dancer population: introduction to theory and application** |
| Alison Deleget, MS, ATC; Erika Kalkan, DPT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York |
| 10:00 - 10:45 am |
| **Kinetic conditioning: applied strength and compound movements** |
| Khyle Eccles, Athletic Artist, Ashbourne, Derbyshire, UK |

9:00 - 11:00 am  LECTURES  *(concurrent with Movement Sessions, above)*

<table>
<thead>
<tr>
<th>Grosser Festsaal</th>
<th>Hans Huber Saal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Moderator:</strong> Liane Simmel, MD, Munich, Germany</td>
<td></td>
</tr>
<tr>
<td>9:00 - 9:30 am</td>
<td></td>
</tr>
<tr>
<td><strong>Scholarly writing demystified</strong></td>
<td></td>
</tr>
<tr>
<td>Ruth Solomon, Emeritus Professor, University of California Santa Cruz, Santa Cruz, California; Jeffrey A, Russell, PhD, AT, Ohio University, Athens, Ohio; Jatin Ambegaonkar, PhD, ATC, George Mason University, Manassas, Virginia, USA</td>
<td></td>
</tr>
<tr>
<td>9:00 - 9:45 am</td>
<td></td>
</tr>
<tr>
<td><strong>Clinical Symposium:</strong> Helping dancers accept the limitations of their bodies</td>
<td></td>
</tr>
<tr>
<td>Linda Hamilton, PhD, New York City Ballet, New York, USA</td>
<td></td>
</tr>
</tbody>
</table>

| 10:00 - 10:10 am |
| **Passion for dance: antecedents, outcomes, and future research directions** |
| Imogen Aujla, PhD, University of Bedfordshire, Bedford, UK |

| 9:45 - 10:05 am |
| **Update from the Standard Measures Consensus Initiative (SMCI)** |
| Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York; Marshall Hagins, PhD, PT, Long Island University, Brooklyn, New York; Jennifer M Gamboa, DPT, OCS, Body Dynamics Inc, Falls Church, Virginia; Thomas M Welsh, PhD, Florida State University, Tallahassee, Florida, USA |

Revised August 4, 2014

IADMS 24th Annual Meeting  Page 6
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 10:15 -10:45 am | Getting to the heart of dance: how, why, and when to use a qualitative methodology in dance research  
Lynda Mainwaring, PhD, CPsych; University of Toronto, Toronto, Ontario, Canada; Shantel Ehrenberg, PhD, University of Surrey, Surrey; Lana Ashton, BSc (Sp Psych), PerformEffectiv Bristol, UK; Tom Welsh, PhD, Florida State University, Tallahassee, Florida, USA; Derrick Brown, MSc, Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Nijmegen, The Netherlands; Annabelle Couillandre, PhD, Université Paris Ouest Nanterre La Défense, Orléans, France; Jeffrey Russell, PhD, ATC, Ohio University, Athens, Ohio; Selina Shah, MD, Center for Sports Medicine, San Francisco, USA; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK; Jatin P Ambegaonkar, PhD ATC, George Mason University, Virginia, USA |
| 10:15 - 10:25 am | Personality predictors of success in professional dancers before and after career transition: assessing the role of entrepreneurial potential and interests  
Andrew Hurst, BA, MA, The Royal Ballet; Gorkan Ahmetoglu, MPhil; Andrea Kallias, PhD, Goldsmiths University; Johanna Herrmann, PhD, University of East London, London, UK |
| 10:25 - 10:55 am | A psychological discussion of eating disorders  
Jeanne Even, LCSW, Institute for Psychoanalytic Training and Research, New York, New York, USA |
| 10:55 - 11:00 am | Using the ICF-model in dance medicine  
Anandi van Loon-Felter, MD, BA, Medical Centre for Dancers and Musicians, The Hague, The Netherlands |

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 11:00 am - 12:00 pm | REFRESHMENT BREAK and POSTER SESSION (Group 1)  
(Poster authors will be available to answer questions at their poster during this time period.) |
| 12:00 - 2:00 pm | LECTURES (concurrent with Movement Sessions, page 9)  
**Grosser Festsaal**  
Moderator: David S Weiss, MD, New York, New York, USA  
12:00 - 12:45 pm  
Clinical Symposium: Metatarsal phalangeal joint in dancers  
James Calder, MD, FRCS(Tr & Orth), Consultant Orthopaedic Surgeon, The Chelsea and Westminster Hospital, London, UK  
12:00 - 12:10 pm  
Qualitative effects of two modes of motor imagery training on improvisational movement: a descriptive study  
Glenna Batson, PT, DSc, Winston-Salem State University, Winston-Salem, North Carolina, USA; Susan Senter, BA, MACP, Trinity Laban Conservatoire of Music and Dance, London, UK  
12:15 - 12:25 pm  
Motor imagery practice for improving relevé range of motion among professional dancers  
Amit Abraham, BPT, MAPhty, Haifa University; Ayelet Dunsky, MA, PhD, Zinman College of Physical Education and Sport Sciences; Ruth Dickstein, PT, DSc, Haifa University, Israel  
12:30 -12:40 pm  
Hypnotherapy: a tool to build confident dancers while reducing performance anxiety  
Eva Nemeth, PT, CHt, Hypnomovement, Marina del Rey, California, USA |
|             | **Hans Huber Saal**  
Moderator: Marika Molnar, PT, LAc, New York, New York, USA  
12:00 - 12:10 pm  
Qualitative effects of two modes of motor imagery training on improvisational movement: a descriptive study  
Glenna Batson, PT, DSc, Winston-Salem State University, Winston-Salem, North Carolina, USA; Susan Senter, BA, MACP, Trinity Laban Conservatoire of Music and Dance, London, UK  
12:15 - 12:25 pm  
Motor imagery practice for improving relevé range of motion among professional dancers  
Amit Abraham, BPT, MAPhty, Haifa University; Ayelet Dunsky, MA, PhD, Zinman College of Physical Education and Sport Sciences; Ruth Dickstein, PT, DSc, Haifa University, Israel  
12:30 -12:40 pm  
Hypnotherapy: a tool to build confident dancers while reducing performance anxiety  
Eva Nemeth, PT, CHt, Hypnomovement, Marina del Rey, California, USA |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 1:00 - 1:20 pm | **Diagnosis and surgical treatment of symptomatic talocalcaneal coalition in ballet dancers**  
Eiichi Hiraishi, MD, Eiju General Hospital, Kenichiro Takeshima, MD, Saitama National Hospital; Norio Usami, MD; Usami Orthopaedic Clinic; Hiroko Ikezawa, MD, Keio University, Tokyo, Japan |
| 1:30 - 1:50 pm | **The need of anterior talofibular ligament (ATFL) reconstruction in professional ballet dancers with chronic ankle instability: rehabilitation and biomechanics tests**  
Małgorzata Kowalczyk, MSc; Robert Smigielski, MD; Olga Korbolewska, MSc; Małgorzata Kowalska, MSc, Carolina Medical Center, Warsaw, Poland |
| 1:00 - 1:10 pm | **One size doesn’t fit all: dancer perceptions and preferences for dance floor properties**  
Luke Hopper, PhD, Edith Cowan University, Mt Lawley, Australia |
| 1:15 - 1:25 pm | **Development of a screening initiative for musical theatre dancers**  
Nicola Stephens, MSc, MCSP, Performers College, Essex, UK; Gary Galbraith, MFA, Dancer Wellness Project, New York, New York, USA |
| 1:30 - 1:40 pm | **Development of a prototype for an educational screening training program**  
Hannah Barna, BA; Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio, USA |
| 1:45 - 1:55 pm | **The development of a national dance medicine and science institute offering education, research and specialist healthcare to dancers**  
Emma Redding, PhD, Trinity Laban Conservatoire of Music and Dance; Nick Allen, MCSP, Jerwood Centre for the Prevention and Treatment of Dance Injuries; Joan Duda, PhD, University of Birmingham; Helen Laws, National Institute for Dance Medicine and Science; Eleanor Quested, PhD, University of Birmingham; Roger Wolman, MD, FRCP, Royal National Orthopaedic Hospital, London; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK |

*12:00 - 2:00 pm concurrent Movement Sessions on next page*
### MOVEMENT SESSIONS:

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Presenter and Details</th>
</tr>
</thead>
</table>
| 12:00 - 12:45 pm | **Theaterstrasse Turnhallen A**  | **Introduction to Therabare ballet class:** proprioceptive training for development and toning of muscles required in ballet  
Marlene R Hall, BA, Orange County School of the Arts, Santa Ana, California, Jeffrey A Russell, PhD, AT, Ohio University, Athens, Ohio, USA |
| 12:00 - 12:45 pm | **Theaterstrasse Turnhallen B**  | **Local interdependence within the dancer’s foot:** identifying normal vs harmful relationships  
Rose Schmieg, DHSc, PT; Carina Stern, BA, Shenandoah University, Winchester, Virginia, USA |
| 1:00 - 1:45 pm  | **Theaterstrasse Turnhallen A**  | **GYROTONIC® workshop:** a case based live demonstration  
Christie-Joy Cunningham, BA; Victor Valderrabano, MD, PhD; Martin Wiewiorski, MD, University of Basel Hospital, Basel, Switzerland; Sergio Honorio, Master Trainer, GYROTONIC Arts Studio, Freiburg, Germany |
| 1:00 - 1:45 pm  | **Theaterstrasse Turnhallen B**  | **Practice for the spine:** three simple procedures involving balance, flexibility and direction  
Tony Thatcher, MFA, Trinity Laban Conservatoire of Dance and Music, London, UK |

**2:00 pm LUNCH – with Round Table Discussions (by online registration, in advance)**

- Dance Science
- Education
- Kinesiology
- Medical Doctor
- Psychology
- Standardization
- Students

Meeting: *Journal of Dance Medicine & Science* Editors (by invitation)

NOTE: Time after each lecture presentation is reserved for audience discussion.

*Program subject to change.*

**AFTERNOON FOR SIGHTSEEING**
**SATURDAY, OCTOBER 18, 2014**

9:00 - 11:00 am  **MOVEMENT SESSIONS**  *(concurrent with Lectures, below)*

<table>
<thead>
<tr>
<th>Theaterstrasse Turnhallen A</th>
<th>Theaterstrasse Turnhallen B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Jeffrey Russell, PhD, Athens, Ohio, USA</td>
<td>Moderator: Jane Baas, MFA, Kalamazoo, Michigan, USA</td>
</tr>
</tbody>
</table>

9:00 - 9:45 am  **Do you know your unique hip profile? Produce personalized turnout development programs using anatomical assessment**  
Lisa Howell, BPhy, Perfect Form Physiotherapy, Sydney, Australia

9:00 - 9:45 am  **The practical application of attentional focus and feedback research to ballet training**  
Clare Guss-West, BHum, MA, RESEO European Network for Opera & Dance Education, Switzerland; Gabriele Wulf, PhD, University of Nevada, USA

10:00 - 10:45 am  **Ankles and feet: safeguarding dancers’ most-likely-to-be-injured body parts**  
Ann F Cowlin, MA, Yale University, New Haven Connecticut, USA

10:00 - 10:45 am  **A mindfulness approach to warm-up**  
Gayanne Grossman PT EdM, Muhlenberg College, Allentown, Pennsylvania, USA; Bonnie Robson MD FRCPC, Toronto, Ontario, Canada

9:00 - 11:00 am  **LECTURES**  *(concurrent with Movement Sessions, above)*

<table>
<thead>
<tr>
<th>Grosser Festsaal</th>
<th>Hans Huber Festsaal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Lauren Elson, MD, Boston, Massachusetts, USA</td>
<td>Moderator: Luke Hopper, PhD, Fremantle, Australia</td>
</tr>
</tbody>
</table>

9:00 - 9:20 am  **Metatarsalgia of the lesser toes in elite dancers: overview & case presentations**  
Peter E Lavine, MD, Centers for Advanced Orthopaedics, Washington, DC, USA

9:00 - 9:10 am  **Biomechanics of a tendu closing: analyzing knee motion in 1st, 3rd, and 5th positions**  
Merry Lynn Morris, MFA, LMT; Nyssa Masters, MS; Aimee B Klein, DPT; Stephanie Carey, PhD, University of South Florida, Tampa, Florida, USA

9:30 - 9:50 am  **Dancer's heel and dancer's tendinitis: results of open surgery**  
Saskia Haltjema, MD, BA; ABM Rietveld, MD, BA, Medical Centre for Dancers and Musicians, The Hague, The Netherlands

9:30 - 9:40 am  **Application of physics laws and principles to teaching and learning dance techniques: turn on one foot**  
Li Lei, PhD, Dixie State University, St George, Utah, USA

9:45 - 9:55 am  **Questioning efficiency in dance**  
Edel Quin, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

10:00 - 10:10 am  **An evidence-based protocol for conservative treatment of the posterior ankle impingement syndrome in professional ballet dancers**  
Ruta Jezerskyte Banfi, Bc, MSc, CiaoFysio; Tamara Soler, Bc, Amsterdamfysio; Leon Katsman, Bc, freelance physiotherapist, Amsterdam, The Netherlands

10:00 - 10:10 am  **Understanding performance enhancement: a critical review**  
Gemma Harman, BA, MSc; Emma Redding, PhD; Patricia Holmes, PhD, Trinity Laban Conservatoire of Music and Dance, London, UK
### Saturday, October 18, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker/Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10:15 - 10:25 am</strong></td>
<td><strong>Clinical results of stress fractures at the base of the second metatarsal in ballet dancers</strong>&lt;br&gt;Kenichiro Takeshima, MD, National Hospital Organization Saitama National Hospital; Eiichi Hiraishi, MD; Takeshi Morioka, MD, Eiju General Hospital, Tokyo, Japan</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Examining effects of metaphorical and anatomical images on dancers’ alignment during jumps</strong>&lt;br&gt;Teresa Heiland, PhD, Loyola Marymount University, Los Angeles; Kathryn Leonard, PhD, California State University Channel Islands, Camarillo, California, USA</td>
<td></td>
</tr>
<tr>
<td><strong>10:30 - 10:50 am</strong></td>
<td><strong>Fractures of the hallucal sesamoids treated with ultrasound-guided injections</strong>&lt;br&gt;Panagiots Symeonidis, MD, PhD, St Luke's Hospital, Thessaloniki, Greece</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Assisting dancers in the transfer of skills from supplemental training to dance technique and performance</strong>&lt;br&gt;Paula Baird Colt, APMA, The Australian Ballet, Melbourne, Australia; Barbara Harris, Boston Ballet, Boston, Massachusetts, USA; Leila Kester, Nederlands Dance Theater, Amsterdam, The Netherlands; Clarice Marshall, MFA, Freelance, New York, New York, USA; Jennifer Mills, ARAD, Birmingham Royal Ballet, Birmingham, West Midlands; Jane Paris, MA, The Royal Ballet, London, UK</td>
<td></td>
</tr>
</tbody>
</table>

**11:00 am - 12:00 pm**<br>REFRESHMENT BREAK and POSTER SESSION (Group 2)<br>(Poster authors will be available to answer questions at their poster during this time period.)

**12:00 - 1:30 pm**<br>LECTURES (concurrent with Movement Sessions, next page)

<table>
<thead>
<tr>
<th>Lecture Time</th>
<th>Lecture</th>
<th>Speaker/Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 12:10 pm</td>
<td><strong>Effects of contact improvisation for proprioception: an exercise intervention as part of rehabilitation</strong>&lt;br&gt;Christina Mastori, BSc, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK</td>
<td></td>
</tr>
<tr>
<td>12:15 - 12:35 pm</td>
<td><strong>Concussion in dance: back to the studio</strong>&lt;br&gt;Jeffrey A Russell, PhD, AT, Ohio University, Athens; Kandis J Maust, AT, Ohio State University, Columbus; Jillian Descoteaux, MSc, AT, Ohio University, Athens, Ohio, USA</td>
<td></td>
</tr>
<tr>
<td>12:45 - 12:55 pm</td>
<td><strong>Concussion knowledge and attitudes among dancers</strong>&lt;br&gt;Lauren Kreha, ATC, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA</td>
<td></td>
</tr>
<tr>
<td>1:00 - 1:10 pm</td>
<td><strong>The dilemma: risk-taking choreography versus injury</strong>&lt;br&gt;Moira McCormack, MSc, The Royal Ballet Company, London UK</td>
<td></td>
</tr>
<tr>
<td>12:00 - 12:20 pm</td>
<td><strong>Attentional focus and motor skills research and its application to ballet training</strong>&lt;br&gt;Gabriele Wulf, PhD, University of Nevada, Nevada, USA; Clare Guss-West, BHum, MA, RESEO European Network for Opera &amp; Dance Education, Zurich, Switzerland</td>
<td></td>
</tr>
<tr>
<td>12:30 - 12:40 pm</td>
<td><strong>Ballet body capital: perceptions of ‘good’ pain and ‘bad’ pain from young ballet dancers</strong>&lt;br&gt;Angela Pickard, PhD, Canterbury Christ Church University, Canterbury, UK</td>
<td></td>
</tr>
<tr>
<td>12:45 - 12:55 pm</td>
<td><strong>Comparison study of body image and mirror impact between beginning and advanced female ballet students</strong>&lt;br&gt;Sally Radell, MFA, MA; Margaret Keneman, PhD; Mara Mandradjieff, MEd Kennesaw State University; Daniel Adame, PhD, Emory University, Atlanta, Georgia; Steven Cole, PhD, Research Design Associates, Yorktown Heights, New York, USA</td>
<td></td>
</tr>
</tbody>
</table>
1:15 - 1:25 pm | **When do traumatic time-loss dance injuries occur?**
Leigh Schanfein, MS; Lauren Kreha, ATC; Marijeanne Liederbach, PhD, PT, Harkness Center for Dance Injuries, NYU Langone Medical Center Hospital for Joint Diseases, New York, New York, USA

1:00 - 1:20 pm | **Juggling the demands of a dance curriculum: using periodization techniques as a tool**
Gaby Allard, MA; Derrick Brown, MSc, Radboud University Nijmegen, Donders Institute for Brain, Cognition and Behaviour, Nijmegen, The Netherlands; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

**12:00 - 1:00 pm MOVEMENT SESSIONS** (concurrent with Lectures, above)

**Theaterstrasse Turnhallen A**
Moderator: Teresa Heiland, PhD, Los Angeles, California, USA

12:00 - 12:45 pm | **How to create flexible hip joints for healthy turnout, extension, and balance**
Eric Franklin, BA, BFA, Institute for Franklin Method, Wetzikon, Switzerland

12:00 - 12:45 pm | **Creating strength and control in both the hypermobile and inflexible back: a yoga adaptation**
D Abbey Alter, B Phil, Walnut Lodge Yoga and Movement Center, Sharon, Pennsylvania, USA

**Theaterstrasse Turnhallen B**
Moderator: Lauren Elson, MD, Boston, Massachusetts, USA

12:00 - 12:45 pm | **The effect of age on spinal range of motion: a review**
Janine Bryant, BFA, Eastern University, St Davids, Pennsylvania, USA

3:00 - 5:00 pm | **LECTURES** (concurrent with Movement Sessions, next page)

**Grosser Festsaal**
Moderator: Alexander McKinven, PT, Richmond, UK

3:00 - 3:10 pm | **The effect of age on spinal range of motion: a review**
Janine Bryant, BFA, Eastern University, St Davids, Pennsylvania, USA

3:15 - 3:35 pm | **Is ballet dancing associated with hip joint articular cartilage damage and acetabular labral tear?**
Susan Mayes, PT, The Australian Ballet, Melbourne; April-Rose Ferris, PT; Jill Cook, PT, PhD, Monash University, Frankston; Andrew Garnham, MD, The Australian Ballet, Melbourne, Australia

3:45 - 3:55 pm | **A dysfunctional pelvic floor limits a dancer’s performance: how to face the problem through dance medicine and enhance a dancer’s technique**
Judith-Elisa Kaufmann, tamed Organization for Dance Medicine, Vienna, Austria

**Hans Huber Saal**
Moderator: Rachel Rist, MA, Tring, UK

3:00 - 3:20 pm | **Motor control of rhythmic dance from a dynamical systems perspective**
Akito Miura, PhD, Nagoya University, Nagoya, Japan; Fuji Shinya, PhD, Heart and Stroke Foundation Centre for Stroke Recovery, Sunnybrook Research Institute, Toronto, Canada; Yuji Yamamoto, PhD, Nagoya University, Nagoya; Kazutoshi Kudo, PhD, The University of Tokyo, Tokyo, Japan

3:30 - 3:40 pm | **Does the way you practice [and think] affect the learning and performing of a complex dance skill?**
Letitia Barakat, BhlthSc (Hons); Stephen Cobley, PhD; CPsychol; Peter J Sinclair, PhD, The University of Sydney, Sydney, Australia

3:45 - 3:55 pm | **Interdisciplinary approaches to pedagogical practices within a contemporary dance conservatoire**
Naomi Lefebvre Sell, PhD; Emma Redding, PhD; Ali Curtis-Jones, MA, Trinity Laban Conservatoire of Music and Dance, London, UK
4:00 – 4:10 pm  
**Evaluation and management of the dancer with lumbar spine and anterior hip/thigh pain**  
Carolyn Keeler, DO; Rosalinda Canizares, DPT; Priscilla Tu, DO, Duke University, Durham, North Carolina, USA

4:15 - 4:25 pm  
**Femoral shaft torsion in injured and non-injured dancers and its correlation with hip range of motion and turnout**  
Eliza Hafiz, Msc; Claire E Hiller, PhD; Leslie L Nicholson, PhD; Elizabeth J Nightingale, PhD, University of Sydney, Alison Grimaldi, PhD, University of Queensland, Brisbane; Kathryn M Refshauge, PhD, University of Sydney, Sydney, Australia

4:30 - 4:40 pm  
**Return to dance activity profile for hip preservation surgery**  
Devyani Hunt, MD; Michael James; Heidi Prather, DO; John Clohisy, MD, Washington University School of Medicine, St Louis, Missouri USA

4:45 - 4:55 pm  
**Hip replacement for professional dancers: is a professional dance occupation still possible?**  
Martin Ihle, MD, Parkklinik Weissensee, Berlin, Germany

3:00 - 5:00 pm  
**MOVEMENT SESSIONS** (concurrent with Lectures, above)

<table>
<thead>
<tr>
<th>Theaterstrasse Turnhallen A</th>
<th>Theaterstrasse Turnhallen B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderator: Frances Clarke, MSc, Walsall, West Midlands, UK</td>
<td>Moderator: Marika Molnar, PT, LAc, New York, New York, USA</td>
</tr>
<tr>
<td>3:00 - 3:45 pm</td>
<td>3:00 - 3:45 pm</td>
</tr>
<tr>
<td><strong>Local cueing for dancers’ hip joint</strong></td>
<td><strong>Introduction of work intensity parameters in the dance class</strong></td>
</tr>
<tr>
<td>Sonia DeVille, MFA, Body Dynamics, Inc, Falls Church, Virginia, USA</td>
<td>Aryeh Weiner, ArtEZ School of Dance, Arnhem, Netherlands</td>
</tr>
<tr>
<td>4:00 - 4:45 pm</td>
<td>4:00 - 4:45 pm</td>
</tr>
<tr>
<td><strong>Turnout: with and without warm-up</strong></td>
<td><strong>Exploring hip joint stability and mobility through multiple somatic strategies</strong></td>
</tr>
<tr>
<td>Luís Xarez, PhD, Faculty of Human Kinetics, University of Lisbon, Portugal</td>
<td>Eva Powers, MA, Wayne State University, Detroit, Michigan, USA</td>
</tr>
</tbody>
</table>

5:00 - 5:30 pm  
**REFRESHMENT BREAK**  
( Meeting: JDMS Editorial Board – by invitation)

**CLOSING PLENARY SESSION**

5:30 - 6:45 pm – Grosser Festsaal
Moderator: Selina Shah, MD, San Francisco, California, USA

5:30 - 6:15 pm  
**Clinical Symposium:**  
**Bone health in dancers**  
Roger Wolman, MD, FRCP, Royal National Orthopaedic Hospital, London

6:30 pm  
**Poster Awards**

6:35 pm  
**Closing Remarks** – Janet Karin, OAM, President, IADMS
Saturday, October 18, 2014

NOTE: Time after each lecture presentation is reserved for audience discussion.

Program subject to change.

| 7:30 pm | Ballett Basel Performance: “Dance Talks”  
| Theater Basel  
| Choreography by Jean-Philippe Dury, Ed Wubbe, Richard Wherlock  
| Ticket required. Tickets to the performance are being offered to IADMS Annual Meeting delegates at a reduced rate, with a limit of four (4) tickets per delegate. Availability is on a first-come, first-served basis, via the online meeting registration system. The deadline for reserving ticket(s) online is September 8, 2014. See IADMS website for details.

8:30 pm | DANCE PARTY !  
| Stadt-Casino – Grosser Festsaal |
Utilization of and need for routine primary care services among dancers
Stephanie Alimena, BA, University of Connecticut School of Medicine, Farmington, Connecticut; Mary E Air, MD; Caitlin Gribbin, BA; Elizabeth Manejias, MD, Hospital for Special Surgery, New York, New York, USA

How appropriate sequential progressions in the early years of dance training foster healthy and effective learning environment and attitude
Jane Andrewartha, Movement and Dance Education Centre, Mont Albert, Australia

Effects of a twelve-week rehabilitative intervention program integrating yoga conditioning on a postpartum dancing body: a case study
Chloe Naalchigar, MSc, BSc, Royal Academy of Dance, London; Lana Ashton, BSc, YSC™, PerformEffectiv Bristol, UK

Vertical and horizontal lines of energy in turnout
Annemari Autere, BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France

The effect of carbohydrate-protein supplementation on delayed onset muscle soreness and performance following exercise induced muscle damage in female dancers
Meghan Brown, BSc; Emma Stevenson, BSc, PhD, Northumbria University, Newcastle, UK

Posterior ankle impingement in ballet: an interdisciplinary approach
Polina Smirnova, MPA, PT; Ricardo Casal Grau, MD, Laura Chaves, PT; Centro Médico El Viso, Madrid, Spain

Examining coordinative structure using the ‘Alternate Basic’ in Cha-Cha-Cha: a pilot study
Michael Chang, BExSSc(Hons); Mark Halaki, PhD, University of Sydney; Kwee Yum Lee, PhD, Australian Catholic University; Roger Adams, PhD; Stephen Cobley, PhD, University of Sydney; Nicholas O’Dwyer, PhD, Charles Sturt University, Sydney, Australia

A review of professional organizations’ educational initiatives specific to dancer health
Amanda Clark, BFA; Gary Galbraith, MFA, Case Western Reserve University, Cleveland, Ohio, USA

Correlation between balance ability and dance performance
Frances Clarke, BA(Hons), MSc; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

The role of GYROTONIC® in injury prevention and rehabilitation in professional dancers
Christie-Joy Cunningham, BA; Victor Valderrabano, MD, PhD; Martin Wiewiorski, MD, University of Basel Hospital, Basel, Switzerland

Forms of coxa saltans, and how dancers can choose to treat them
Irene Davey, BFA, Ohio University, Athens, Ohio, USA

An experimental model for collecting real-time and retrospective self-reported injury data based on the IADMS SMCI recommendations
Stephanie De’Ath, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

The development of a digital health tool for monitoring dancers’ physical activity-related energy expenditure in an uninterrupted, long-term fashion, including dance performances
Matthew Diamond, MD, PhD, Harkness Center for Dance Injuries, Hospital for Joint Diseases, New York University School of Medicine, New York, New York; Steven Diamond; Sridhar Iyengar, PhD, Misfit Wearables Corporation, Redwood City, California, USA
A qualitative investigation into the management of ‘swayback knee’ in contemporary dance training
Judy Difiore, CertEd, AISTD, Middlesex University; Manuela Angioi, MSc, PhD, Queen Mary University of London, London, UK

Initial investigation into implementing periodized training in dance companies: a directors’/choreographers’ perspective
Ditte Egholm, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

An appropriate lower limb joint coordinate system for 3D motion capture of dance movements
Alycia Fong Yan, PhD; Claire Hiller, PhD; Peter Sinclair, PhD; Richard Smith, PhD, The University of Sydney, Australia

Injuries presenting to a walk-in clinic at a summer dance intensive program: a three-year retrospective data analysis
Jessica Fulton, DPT, HFS; Ciara Burgi, CSCS, DPT; Rosalinda C Canizares, DPT, SCS; Charles Sheets, PT, Dip MDT; Robert J Butler, DPT, PhD; Priscilla Tu, DO, MS; Carolyn E Keeler, DO, Duke University, Durham, North Carolina, USA

Does a tight iliotibial band alter turnout measurement?
Gayanne Grossman, PT, EdM; Adora Goldovsky, Byungchul Cha, PhD, Muhlenberg College, Allentown, Pennsylvania, USA

Performance ability and postural balance among young dancers
Janet Karin, OAM, Australian Ballet School; Oren Tirosh, PhD, Institute of Sport, Exercise and Active Living, Victoria University, Melbourne, Australia; Nili Steinberg, PhD, Wingate College for Physical Education and Sports Sciences, Wingate Institute, Israel

The difference in port de bras between experienced ballet dancers and novices
Yui Kawano, BS; Rui Asano, BS; Naoko Murakoshi, MEd; Chisa Aoyama, BS; Mai Kitaura, BS; Issei Ogasawara, PhD, Mukogawa Women's University, Nishinomiya, Hyogo, Japan

Correlation of muscle force momentum in the dominant leg with dynamic stability in female ballet dancers
Jakub Placzki, MSc; Olga Korboleswska, MSc; Robert Śmigielski, MD; Małgorzata Kowalczyk, MSc; Marcin Popieluch, MD, Carolina Medical Center; Michał Staniszewski, MD, University of Physical Education, Warsaw, Poland

Considering the role of gravity in core coordination
Kima M Kraimer, MA, Traverse City, Michigan, USA
The effect of quality of movement on the square-hop and side-hop tests in Thai classical dancers
Warin Krityakiarana, PT, PhD; Nopporn Jongkamonwiwat, PT, Srinakharinwirot University, Thailand

Muscle architecture during passive muscle stretching in female ballet dancers
Sayaka Kubo; Yasuyuki Yoshida; Mayumi Kuno-Mizumura, PhD, Ochanomizu University, Tokyo, Japan

Postural stability and physical performance in elderly social dancers
Mayumi Kuno-Mizumura, PhD; Misaki Yoshida, MS; Yuko Komuro, MS; Yasuyuki Yoshida, PhD, Ochanomizu University, Tokyo, Japan

“There’s a dance in the old dame yet” Dance exercise strategies for an ageing world
Jeremy Leslie-Spinks, University of Wolverhampton, Walsall, UK

Effects of supplemental training on fitness parameters in dancers: a critical review
Rui-Jia Claire Low, BSc (Hons), Singapore General Hospital, Singapore; Khamisha Catriona, DPT, Glasgow Caledonian University, Glasgow, UK; Tan May Leng Dawn, DPT, Singapore General Hospital, Singapore

Injury explored: science + art = a new understanding
Lynda Mainwaring, PhD, CPsych; Arrani Senthinathan, MSc, University of Toronto; Ana Klasnja, MA; Sabrina Greupner; Kevin Von Appen, Ontario Science Centre, Toronto, Ontario, Canada; Andrija Dimitrijević, PhD; Aleksandar Kostić, PhD; Ljiljana Petrović, University of Arts, Belgrade, Serbia

The impact of nutritional education on vocational ballet school students
Natasha Massie, MSc, BA(Hons), Birmingham Royal Ballet, Birmingham, UK

Application and investigation of a new mobility device for differently-abled dancers
Merry Lynn Morris, MFA, LMT, University of South Florida, Tampa, Florida, USA

The importance of supplementary strength training for the en dehors muscles
Bárbara Pessali Marques, BSS, Federal University of Minas Gerais; Hugo Cesar Martins Costa, MSc, Pontifical Catholic University, Belo Horizonte, MG, Brazil

Recycling of dance floor scraps for the sake of dancers’ health
ABM Rietveld, MD, BA (music), Medical Centre for Dancers & Musicians, Medical Centre of The Hague, The Netherlands

Reliability of the Dance Fitness Indicator®
Kate Rogan, MSc, Middlesex University, London; Matthew Wyon, PhD, University of Wolverhampton, Walsall, UK

Kinematical analysis of basic rhythmic movement of hip-hop dance
Nahoko Sato, MS, PT, Nagoya Gakuin University, Seto , Aichi; Hiroyuki Nunome, PhD, Fukuoka University, Fukuoka, Fukuoka; Koichiro Inoue, MS, Kokugakuin University, Yokohama, Kanagawa; Yasuo Ikegami, PhD, Aichi Shukutoku University, Nagakute, Aichi, Japan [YOURS IS CORRECT]

‘A Healthy Dancer’: factors influencing the health of dancers engaged in intensive training programs
Stéphanie Scoffier-Mériaux, PhD; Lisa Gilabert, University of Nice Sophia Antipolis, Peter Lewton-Brain, Ecole Supérieure de Danse de Cannes Rosella Hightower, Fabiennens d’Arripe-Longueville, University or Nice Sophia Antipolis, France
Concussion consequences and recovery guidelines for dancers
Arrani Senthinathan, MSc; Lynda Mainwaring, PhD, CPsych University of Toronto, Toronto, Ontario, Canada

The effect of textured insoles on ankle proprioception among dancers
Nili Steinberg, PhD, Wingate Institute, Netanya, Israel; Oren Tirosh, PhD, Victoria University, Melbourne; Gordon Waddington, University of Canberra, Canberra; Roger Adams, Sydney University, Sydney; Janet Karin, OAM, The Australian Ballet School, Melbourne, Australia

Iliotibial band tightness in ballet and modern dancers
Heather Stiff, BA, The Ohio State University College of Medicine; Lindsay Harmon-Matthews, PT, DPT, The Ohio State University’s Wexner Medical Center; Nienke Willigenburg, PhD, The Sports Health and Performance Institute; Mariah Nierman, DPT, AT, The Ohio State University's Wexner Medical Center; Timothy E Hewett, PhD; The Sports Health and Performance Institute, Columbus, Ohio, USA

A differential diagnosis challenge: greater trochanteric apophysitis in a young dancer with hip pain
Melissa Strzelinski, PT, MPT, Rocky Mountain University of Health Professions, Provo, Utah, USA

How much is too much? Identifying and avoiding burnout in dance
Brenton Surgenor, MA, BPhEd, Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong SAR

Integrating psychological concepts into the medical support and care of professional dancers
Caroline Tchagaspanian, BSPod, HELB; Julie Monteleone, BSPod, HELB, Brussels, Belgium

The effect of sling exercise training on jump height, active range of motion, and balance in vocational contemporary dancers
Mikum Leah Webster, MSc; Sarah Beck, MSc, Trinity Laban Conservatoire of Music and Dance, London, UK

Modified functional movement screen and injury surveillance in dance
Samantha Whitson; Sarah Coogan; Kimberly Pritchard, PhD, ATC; Rose Schmieg, DHSc, PT, Shenandoah University, Winchester, Virginia, USA

Comparing dance specific tests to the m/rSEBT in wellness screenings
Margaret Wilson, PhD; Emily Brumbaugh, BFA; Peta Comelli; Meghan Critchley; Kat Darden; Jessie Mays; Sarah Moulden; Jessica Rodman, University of Wyoming, Laramie, Wyoming, USA

The effectiveness of dance interventions to improve older adult health: a systematic literature review
Phoebe Woei-Ni Hwang, MS, University of Hawaii at Manoa, Hawaii, USA

Biomechanical injury risk factors related to the ‘Leapover’ and the ‘Birdie’ jumps in Irish dance
Cathriona Yeomans, BSc; Richard Twycross-Lewis, Mres, PhD; Manuela Angioi, PhD, Queen Mary University of London, London, UK

Cueing movement to avoid compensation: a survey of movement modification devices
Tricia Zweier, MFA, MS, Lindenwood University, St Charles, Missouri, USA
A Day for Teachers:  
Training the Complete Dancer

**Stadt-Casino**

8:00 - 8:25 am  
Registration; Tea and Coffee

**Theaterstrasse Turnhallen A** (across the street from the Stadt-Casino)

8:35 - 8:45 am  
Opening Remarks  
Margaret Wilson, PhD, University of Wyoming, Laramie, Wyoming  
Member-at-Large, IADMS Board of Directors  
Chair, IADMS Education Committee

8:45 – 10:15 am  
Motivation  
Janet Karin, OAM, The Australian Ballet School, Melbourne, Australia

10:15 - 10:45 am  
Refreshment Break

11:00 am - 12:30 pm  
Posture, placing, and alignment: an interactive session looking at finding consensus and sharing best practice  
Rachel Rist, MA, Tring Park School for the Performing Arts, Tring, Hertfordshire, UK

12:30 - 2:00 pm  
Lunch

2:00 - 3:30 pm  
Eat Learn Perform  
Derrick Brown, MSc, Donders Institute for Brain, Cognition and Behaviour Centre for Cognition, Radboud University, Nijmegen, The Netherlands

3:30- 3:40 pm  
Closing Remarks

*Please note that discussion will be a component of each presentation.*
Musculoskeletal Medicine Day

Stadt-Casino – Hans Huber Saal

7:30 - 8:15 am  Registration; Tea and Coffee

8:15 - 8:30 am  Opening Remarks
Marika Molnar, PT, LAc
David S Weiss, MD

Moderator: David S Weiss, MD

8:30 - 9:30 am  Achilles and patellar tendinopathy: research on basic biology and new treatment methods
Håkan Alfredson, MD, Sports Medicine Unit, Department of Surgical and Perioperative Science, Umeå University, Umeå, Sweden, Pure Sports Medicine Clinic, London, UK

9:30 - 10:30 am  Ultrasound evaluation of tendinopathy in dancers
Scott Epsley, BPhty, GradCertSportsPhysio, Sports + Spinal Physical Therapy, Washington, DC, USA

10:30 - 11:00 am  Refreshment Break

11:00 - 11:30 am  Panel Discussion – Tendinopathy
David S Weiss, MD, Department of Orthopaedic Surgery and Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, New York, USA;
Håkan Alfredson, MD, Sports Medicine Unit, Department of Surgical and Perioperative Science, Umeå University, Umeå, Sweden, Pure Sports Medicine Clinic, London, UK;
Scott Epsley, BPhty, Grad Cert Sports Physio, Sports + Spinal Physical Therapy, Washington, DC, USA;
Marika Molnar, PT, LAc, Director of Physical Therapy Services, New York City Ballet and School of American Ballet, Director, Westside Dance Physical Therapy, New York, New York, USA;
William G Hamilton, MD, Clinical Professor of Orthopaedic Surgery, Icahn School of Medicine at Mount Sinai, Orthopaedic Consultant, New York City Ballet, School of American Ballet, American Ballet Theatre, Jacqueline Kennedy Onassis School at American Ballet Theatre, New York, New York, USA
SUNDAY, OCTOBER 19, 2014

Musculoskeletal Medicine Day

11:30 am - 12:45 pm  **Is there ever a simple ankle sprain in a dancer?**
**A multidisciplinary approach to a dancer's nemesis**
Marika Molnar, PT, LAc, Director of Physical Therapy Services, New York City Ballet and School of American Ballet, Director, Westside Dance Physical Therapy, New York, New York, USA;
Peter Lewton-Brain, DO, MA, Monte Carlo, Monaco, Ecole Supérieure de Danse de Cannes Rosella Hightower, Cannes, France;
David S Weiss, MD, Department of Orthopaedic Surgery and Harkness Center for Dance Injuries, NYU Langone Medical Center, New York, New York, USA;

1:00 - 2:30 pm  **Lunch**
Moderator:  Marika Molnar, PT, LAc

2:30 - 3:45 pm  **A potpourri of things often missed**
William G Hamilton, MD, Clinical Professor of Orthopaedic Surgery, Icahn School of Medicine at Mount Sinai, Orthopaedic Consultant, New York City Ballet, School of American Ballet, American Ballet Theatre, Jacqueline Kennedy Onassis School at American Ballet Theatre, New York, New York, USA

3:45 - 4:00 pm  **Closing Remarks**