



# INContact

A publication dedicated to the prevention and treatment of dance injuries



HARKNESS CENTER for Dance Injuries

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## Fall 2012

### NEW ACUPUNCTURE PHYSICIAN



The Harkness Center for Dance Injuries (HCDI) is pleased to announce Matthew Diamond, MD, PhD, as the newest member to its clinical team. Dr. Diamond is working with HCDI to incorporate an acupuncture clinic to its current services. Dr. Diamond is a rehabilitation medicine physician and integrative medicine specialist who is certified in medical acupuncture and provides holistic care to athletes and performers. He received his MD and PhD degrees from the Mount Sinai School of Medicine and completed his residency training in rehabilitation medicine at the Rusk Institute of Rehabilitation Medicine at NYU Langone Medical Center. Dr. Diamond was appointed as a fellow in spine and sports medicine at the Hospital for Special Surgery and was invited to join the faculty

of the Rusk Institute. He holds numerous national leadership roles in sports medicine, and his research in dance medicine has been presented at international conferences and published in peer-reviewed journals. Dr. Diamond studied medical acupuncture at McMaster University in Ontario, Canada, where his focus was on using a neuroanatomically-based, neurofunctional approach to improve his patients' performance. Dr. Diamond especially enjoys the classical contemporary dance of Graham and Limon, as well as other movement disciplines, including the Alexander Technique.

### NEW PHYSICAL THERAPY LOCATION

614 2ND AVE (BTW 33RD AND 34TH ST)  
SUITE 2G  
NEW YORK, NY 10016

HCDI's NEW Physical Therapy Center, located at 614 2nd Avenue, between 33rd and 34th Streets, is now in its third month of operation. The Center is staffed by a highly experienced and diverse team of dance medicine experts who are devoted solely to the prevention and treatment of dance injuries. Financial assistance programs are available. To find out more information about our program, and to schedule an appointment, please call 212.598.6022 or 212.598.6504.

## PRESENTATIONS

### PRINCIPLES OF DANCE MEDICINE REVIEW

In July, HCDI held its continuing medical education (CME) course, the *Principles of Dance Medicine: Clinical Management of the Dancer Patient*. This was the fourth return engagement of this popular course, offering colleagues in the dance community unique access to clinical expertise and current research for identifying the biopsychosocial factors influencing injury among dancers. Best practice procedures for preventing injuries as well as best practice protocols for managing them when they do occur were the primary themes of the conference. This year, the course welcomed more than 150 attendees from 26 of the United States and several countries around the world, including Australia, Brazil, Canada, India, Israel, Japan, and the United Kingdom. Further, attendees rated all of the CME course presenters with a score of 4+ out of a possible 5, and many expressed the relevance and

importance of this course for the dance medicine community: "The information presented by experts in the lab settings was the most helpful with those pearls of the field that are only gained by years of experience" (2012 CME course attendee).

The four-day course offered delegates the chance to participate in a number of informative lectures, laboratory sessions, and panel discussions, covering topics on injury prevention and screening techniques to the surgical outcomes and rehabilitation techniques for the dancer patient. David S. Weiss, MD, Clinical Associate Professor, Department of Orthopaedic Surgery at NYU Langone and Associate Director of HCDI opened the course with a survey of dance injuries and lectures on diagnostic imaging techniques and stress fractures. A number of leading dance medicine specialists from NYU Langone and other institutions offered their perspective on issues such as the epidemiology and etiology of injury and included focused lectures on knee, hip, and ankle injuries as well as podiatric concerns and the unique risk factors associated with the varied environmental demands on the dancer patient. Attendees were also treated to live dance demonstrations during the course from several professional dancers, including Ellenore Scott, a finalist from Season 6 of *So You Think You Can Dance*.

In what was a unique opportunity, the first day of the course brought dance educators, dance teachers, somatic practitioners, and dance scientists together with clinical and other healthcare specialists to increase the knowledge and collaboration between those responsible for education of the dancer and those maintaining their health and well-being.



Shown here from left to right: Dr. David S. Weiss; Dr. Donald J. Rose; Dr. William G. Hamilton; Dr. Jason L. Koh  
*Photo credit: Frank Martucci*

The *Principles of Dance Medicine* CME course is scheduled to be held again in 2014. To learn more about this offering and read about all of HCDI's educational programs visit [www.danceinjury.org](http://www.danceinjury.org).

### **MINNESOTA DANCE MEDICINE CONFERENCE**

Minneapolis, MN  
August 24-25, 2012

On August 24th and 25th Dr. Marijeanne Liederbach, Director of Research and Education at HCDI, provided two keynote addresses at the Minnesota Dance Medicine Conference, held at the Cowles Center for Dance and the Performing Arts in Minneapolis. The Minnesota Dance Medicine Foundation hosted the two day conference for medical and dance professionals. The Foundation is dedicated to conducting dance medicine research and education in the Twin Cities, one of the largest dance communities in the country.

### **22ND ANNUAL INTERNATIONAL ASSOCIATION OF DANCE MEDICINE**

## **AND SCIENCE MEETING**

Singapore  
Oct 25 - 28, 2012

The next meeting of the International Association for Dance Medicine and Science (IADMS), which will be held in Singapore, will feature award winning work by the research team of HCDI. Emily Junct, MD, was awarded the highest student research honor for a study she led at HCDI last year entitled, "A retrospective review of return to function after physical therapy for common dance injuries." Dr. Junct, an emergency medicine resident at the University of Washington in Seattle, volunteered a year of her time to HCDI in order to be mentored in clinical dance medicine and research. We are delighted that Dr. Junct's work was selected for special recognized by the IADMS organization.

Also featured as this year's IADMS conference will be Dr. Marijeanne Liederbach, who was asked to give the keynote Clinical Symposium address entitled, "Perspectives on Dance Science Rehabilitation: Understanding Whole Body Mechanics and Four Key Principles of Motor Control as a Basis for Healthy Movement." In addition to this lecture, during a platform session Dr. Liederbach will present the latest biomechanics research findings from HCDI entitled, "Comparison of landing biomechanics between elite male and female dancers and athletes."

David S. Weiss, MD, Associate Director of the HCDI serves as a member of both the Program Committee and the Continuing Education Committee for IADMS and notes: "This will be the first meeting of IADMS to be held in Asia. While most countries in this region have long-established dance forms, the concept and practice of 'dance medicine and science' is still in its infancy in Asia and IADMS welcomes the opportunity to assist in educating about, and promoting, dance wellness in the Pacific Rim."

To see details of the upcoming IADMS meeting, visit [www.iadms.org](http://www.iadms.org).

## **14TH ANNUAL NATIONAL DANCE EDUCATION ORGANIZATION CONFERENCE FOCUS ON DANCE EDUCATION: MANY CULTURES, STRENGTH THROUGH DIVERSITY**

Los Angeles, CA  
Oct 24 - 28, 2012

Leigh Heflin, M.Sc., MA, Education Coordinator at HCDI, will be presenting a lecture at this year's Annual National Dance Education Organization (NDEO) Conference in Los Angeles, CA. The NDEO conference will be held this year in collaboration with International Guild of Musicians in Dance, the Ramón C. Cortines School of Visual and Performing Arts, and the Los Angeles Unified School District. The conference will focus on cultural diversity and explore a multicultural approach to dance education and how these concepts enrich our community's understanding of the important role that cultural traditions play in our lives. Ms. Heflin will be presenting a movement session, entitled, "Strategies for Enhancing Health in the Artistic Culture of Dance: A Dynamic Warm-Up" on the first day of the conference. This workshop addresses the concern that, traditionally, dancers have been physically trained within a culture guided by artistic rather than scientific principles. More information on this and other presentations at the upcoming NDEO conference can be found at [www.ndeo.org](http://www.ndeo.org).

## **HEALING THE DANCER ANNUAL SEMINAR**

October 23, 2012  
11:00 a.m. – 2:00 p.m.  
The Schermerhorn House  
160 Schermerhorn Street  
Brooklyn  
FREE

This year's sixth annual *Healing the Dancer Annual Seminar*, hosted by The Dancers' Resource program of The Actors Fund, will feature keynote speaker Mark Dendy and include a panel discussion by HCDI. The seminar is designed to offer insight into the dancer's physical and emotional wellness, while highlighting HCDI's on-going mission to provide affordable, quality medical care for the dance community. The seminar allows dancers to obtain

information and resources for accessing health care, health insurance and financial assistance, and supporting community organizations. The event is free and open to the public.

The seminar is FREE and open to professional dancers and those who serve them. Beverages and a light snack will be served.

For more information please contact Alice Vienneau, LMSW at 212-221-7301 ext. 261 or email her at [avienneau@actorsfund.org](mailto:avienneau@actorsfund.org).

## **PUBLICATIONS**

### **IADMS / JOURNAL OF DANCE MEDICINE AND SCIENCE**

After seven years in development, the Standard Measures Consensus Initiative (SMCI) Committee of the International Association for Dance Medicine and Science has completed a Technical Report and Executive Summary concerning the organization's aim to develop standards for the measurement of injury and risk in dance. Led by HCDI's Dr. Marijeanne Liederbach and Dr. Marshall Hagins, along with Dr. Jennifer Gamboa and Dr. Thomas Welsh the work presents prevention and data management models and recommendations for improving the ability of the dance medicine and science community to reduce the risk of injuries to dancers. The Technical Report includes the background and rationale for each of the SMCI's recommendations and will be published in the next edition of the *Journal of Dance Medicine and Science*, while the Executive Summary of the article, along with a power point presentation summarizing it, will be available on the IADMS website, [www.iadms.org](http://www.iadms.org).

Liederbach, M., Hagins, M., Gamboa, J., Welsh, T. Recommendations and Implementation Strategies for the Assessment and Reporting of Dancer Capacities, Risk Factors, and Injuries: Steps toward Consensus. *Journal of Dance Med and Science*, 16(4); 2012.

### **JOURNAL OF BIOMECHANICS**

A research study conducted in the HCDI's human performance laboratory was published in the most recent issue of the *Journal of Biomechanics*. This study looked at the impact of an inclined floor surface, also known as a raked stage, during unilateral jump landing on both male and female dancers.

Findings from the study indicated that unilateral landings on inclined surfaces create measurable changes in lower extremity biomechanical variables when compared with non-inclined surfaces.

Pappas, E., Orishimo, K., Kremenic, I., Liederbach, M., Hagins, M. The Effects of Floor Incline on Lower Extremity Biomechanics During Unilateral Landing From a Jump in Dancers. *Journal of Biomechanics*, 28; 2012, 192-199.

## **IN THE PRESS**

### **SPORTS ILLUSTRATED**

Donald J. Rose, MD, Director of HCDI, was cited in a recent *Sports Illustrated* article about NBA player Brandon Roy's surgical options. Read the full article, entitled "Brandon Roy's Potential Return Creates an Intriguing Possibility for Contenders" on [Sports Illustrated online](#).

### **NEW YORK PRESS/ WEST SIDE SPIRIT**

In an article from the *New York Press/ West Side Spirit*, "Facing Down the Odds," professional dancer Joy Animashaun from the Dance Theater of Harlem gives an account of her recent experience under the care of Dr. Donald J. Rose, Director of HCDI, and other members of the clinical staff at HCDI. After Ms. Animashaun was diagnosed with tibial stress fractures, she turned to HCDI for medical care. Her interview addresses the struggles she experienced with injuries over the years and her successful surgical and rehabilitative outcomes. Ms. Animashaun states in the article that, "after every surgery, I have come back stronger because I am learning about the type of body I have and how to condition it." Read the full article on the [New York Press](#) website.

### **DANCE SPIRIT**

Find new cross-training exercises in the May/June issue of *Dance Spirit* magazine, in an article entitled, "The 7 Best Moves for Your Dancer Bod." This article focuses on exercises that encourage dancers to maintain fitness while

on the road or without a gym membership. Leigh Heflin, M.Sc., MA, of HCDI, along with other fitness professionals provided exercises for this article that demonstrate how a dancer can use his or her own body-resistance to build strength. Find out more on the [Dance Spirit](#) website.

### **DANCE MAGAZINE**

Read the July issue of *Dance* magazine to find tips on the aging dancer in an article entitled, "Listening to Your Body: 5 Dancers' Decade by Decade Approach to Dancing Health." Megan Richardson, MS, ATC, a Clinical Specialist at HCDI, provides useful information for dancers during all stages of their career. The story, in particular, addresses bone health, stretching techniques, and how the aging process affects the dancer's body. Click [here](#) to read the full article.

### **SCHOLASTIC CLASSROOM SCIENCE MAGAZINE**

Dr. David Weiss, Associate Director of HCDI, is featured in this month's *Scholastic Classroom Science Magazine*, a periodical which exposing 6th-10th grade students across the country to interesting jobs. This story focuses on the science & medicine of treating dancers and their injuries and provides Dr. Weiss' expert opinion about what kind of injuries dancers get, how dancers bodies are different and how injuries are prevented and treated.

## **INSTITUTIONAL NEWS**

### **MEDICAL CENTER EARNS HONOR ROLL IN U.S. NEWS & WORLD REPORT RANKING**

NYU Langone Medical Center has been ranked number 11 in the nation on U.S. News & World Report's 2012-2013 "Best Hospitals Honor Roll," with 13 nationally ranked specialties, including top-10 rankings in geriatrics, neurology and neurosurgery, orthopaedics, rehabilitation, and rheumatology. The Medical Center was once again ranked number 2 in the New York metropolitan area based on the number of its nationally recognized specialty areas. State rankings were introduced this year, and NYU Langone also ranked number 2 in New York State.

Read the rest of this article and more about the NYU Langone Medical Center in the recent edition of [News and Views](#).

## **TIP OF THE MONTH**

In 1975, a study in *The Journal of Sports Medicine* by Dr. James A. Nicholas ranked ballet as among the most physically and mentally demanding of all activities, right on top of the list with football and bullfighting (Nicholas 1975). The extreme demands faced by dancers, like athletes, can result in injury. In fact, one study cited an 80% incidence of major injury among elite ballet dancers over the course of their career (Hamilton 1989). Most injuries in dance are overuse in nature and arise insidiously; however, 35% of dance injuries result from a single, traumatic event (acute), such as when landing from a jump with faulty limb alignment (Byhring et al 2002; Garrick et al 1993; Liederbach 1985; Nilsson et al 2001; Micheli et al 1984; Solomon et al 1995, 1996, 1999; Scialom et al 2006). In the case of an acute injury immediate injury management steps should be taken including the proper application of cold compression to the injured area. The **R.I.C.E.** acronym (Rest, Ice, Compress, Elevate) is useful to remember in those first few minutes after initial injury occurrence, and can be critical to reducing injury severity and helping expedite recovery.

**REST:** The body needs time to heal. The amount of rest depends on the severity of injury as indicated by pain, swelling, decreased ROM, or decreased strength.

**ICE:** the proper application of ice can decrease swelling, pain, muscle spasm, and metabolism. Put an ice pack on an injury immediately following the injury for 10 - 15 minutes then repeat every hour. Skin should be protected with a moist towel between the ice and the skin. Use ice for the first 72 - 96 hours after the injury and routinely for chronic conditions.

**COMPRESS:** External compression, such as in the form of an ace bandage, assists the body's healing process by reducing circulation to the area during

the acute injury stage. Compression includes felt horseshoe applications, ace bandages and elasticized sleeves. If a compression wraps too tight, it can impair circulation and not allow proper removal of metabolic waste from the injury site.

**ELEVATE:** Elevate the inflamed body part above the heart for the injury to heal most effectively. Elevation assists the body in draining swelling from the site of the injury.

**Why R.I.C.E.?** The acute phase of inflammation is the initial reaction of body tissue to an irritant or injury and is characteristic of the first three or four days after injury. Inflammation is your body's way of protecting itself, localizing the injury, and ridding the body of some injurious agent in preparation for healing and repair. Inflammation is the body's natural defense, but too much inflammation slows healing because it cannot progress to the next phase.

Don't forget to seek professional medical attention immediately. A medical provider can lead you to the proper treatment to get you on the road to recovery.

## **THE HARKNESS CENTER FOR DANCE INJURIES ON-GOING SERVICES INCLUDE:**

- Orthopaedic Medical Care and Consultations
- Orthopaedic Surgery Services
- Dance Physical Therapy and Athletic Training Services
- FREE Injury Prevention Assessments
- Injury Prevention Lectures and Workshops
- Biomechanical Research and Analysis
- Raked Stage Evaluations
- Therapeutic Pilates and Yoga
- Fitness and Private Coaching
- Financial Assistance for the Un- and Under-Insured Dancer

Visit our [website](#) for further information or call the Harkness Center for Dance Injuries to schedule an appointment.

## **HELP SUPPORT OUR NEXT 20 YEARS**

The Harkness Center for Dance Injuries is part of a not-for-profit organization that survives on contributions from the dance community and its friends. Help us to continue our services for another 20 years by [becoming a supporter](#) of the Center.