



INContact

A publication dedicated to the prevention and treatment of dance injuries



HARKNESS CENTER for Dance Injuries

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SPRING 2014

PRINCIPLES OF DANCE MEDICINE CLINICAL MANAGEMENT OF THE DANCER PATIENT

DIGITAL CONTINUING MEDICAL EDUCATION COURSE

NYU LANGONE MEDICAL CENTER

AVAILABLE ONLINE: MAY; JUNE; AUGUST; SEPTEMBER

The Harkness Center for Dance Injuries (HCDI) is proud to offer its acclaimed continuing medical education course, *Principles of Dance Medicine: Clinical Management of the Dancer Patient*, as an online learning series. This digital CME course, provided by the NYU Post Graduate Medical School, will offer healthcare professionals evidence-based research about the numerous intrinsic and extrinsic risk factors associated with dance injuries. It will discuss the diagnosis, work-up, and treatment (both non-operative and operative) for injuries commonly seen in dancers. Further, it will disclose the best-known means of reducing injury occurrence and severity, and teach the skills necessary for dance medicine professionals to improve health outcomes among their dancer-patients. Latest research findings on injury rates in dance, screening, ergonomics, biomechanics, injury prevention, and rehabilitation will be covered.

Twelve modules of the CME course will be released during 2014. Continuing education credits will be available.

For more information on specific topics, 2014 release dates, tuition, speakers, and CME and CEU credits visit the [Harkness Center for Dance Injuries' website](#)

EVENTS

HARKNESS CENTER FOR DANCE INJURIES CELEBRATES ITS 25TH ANNIVERSARY!

In November 2014, HCDI will be honored at the NYU Langone Medical Center's annual Founder's Dinner gala at The American Museum of Natural History. More information about the gala will be available soon by the [NYU Special Events Department](#).

DANCE EDUCATION LABORATORY SUMMER INTENSIVE

Anatomy and Kinesiology for the Dancer

92nd Street Y

New York, NY

June 16-22, 2014

\$375 until June 9th; \$400 after

The 92nd St Y's Dance Education Laboratory (DEL) has invited HCDI to present a week-long intensive course for dance educators and dance/movement therapists, entitled "Anatomy and Kinesiology for the Dancer". This course will teach participants how to apply kinesiological principles and functional anatomy to their dance practice, while building foundational knowledge about the biological, psychosocial, and environmental factors that influence dancers' health over their lifespan. During the week-long intensive, participants will learn about the musculoskeletal system, common dance injuries, injury prevention, and conditioning of the dancer of all ages and levels of participation. [Click here](#) to find out more about this exciting DEL summer intensive.

PARTICIPATE IN DANCE CONCUSSION RESEARCH

HCDI is conducting an online based research study which focuses on the knowledge and attitudes of dancers regarding concussion. The results of this study will allow us to improve concussion education and management efforts in the performing arts community. You do NOT need to have had a concussion to participate in this survey.

The survey is completely anonymous and consists of 8 demographic questions about your age, sex, and dance history; and 56 questions about concussion symptoms, management, diagnosis, and scenarios. The survey takes between 10-25 minutes to complete.

You must be 18 years of age or older to participate in this survey. There are no risks related to participation in this survey. There are no direct benefits to you, but the information could provide valuable insight for the community regarding management of dance concussions. If you are interested, please take the online survey: [Concussion knowledge and attitudes in a sample of the dance community](#).

If you have questions, contact Lauren Kreha, ATC at lauren.kreha@nyumc.org. You may also contact the Institutional Review Board (IRB) at 212-263-4110

PRESENTATIONS

AMERICAN COLLEGE OF SPORTS MEDICINE 2014 ANNUAL MEETING: WORLD CONGRESS ON EXERCISE IS MEDICINE, AND WORLD CONGRESS ON THE ROLE OF INFLAMMATION IN EXERCISE, HEALTH AND DISEASE

Orlando, FL
May 27- 31, 2014

HCDI's Director of Research and Education, Marijeanne Liederbach, PhD, PT, ATC, CSCS will present the findings of a research study, entitled: "Ankle Sprain Rate Differences between Dancers and Athletes: Shoe Heel Height Effects on Landing Biomechanics," at the American College of Sports Medicine's (ACSM) 61st Annual Meeting. Dr. Liederbach's session will be held on Thursday May 29th at 8:00am. The ACSM Annual Meeting brings together attendees from over 70 disciplines to evaluate and discuss current and ongoing research in the field of sports medicine. The full conference brochure can be found on the [ACSM website](#).

PERFORMING ARTS MEDICINE ASSOCIATION 32ND ANNUAL SYMPOSIUM

Snowmass, CO
June 26-29, 2014

The Performing Arts Medicine Association (PAMA), in conjunction with the Aspen Music Festival and School, will present its 32nd Annual Symposium, *Medical Problems of Performing Artists* this June 2014. The conference will take place in Snowmass, CO. This annual meeting brings together medical professionals who work with the performing arts community in an effort to identify factors that contribute to injury, highlight emerging research and treatment options for common musculoskeletal and neurologic concerns, and discuss wellness education to reduce performance risks among artists of all levels. HCDI has been invited to make four presentations during this 4-day conference, including:

HCDI Presentations at the PAMA's 32nd Annual Symposium

Care of the professional theatrical performer. David S. Weiss, MD
Transverse plane motion at the knee: implications for anterior cruciate ligament injury risk in dancers. Marijeanne Liederbach, PhD, PT, ATC, CSCS

A review of current literature regarding best practice guidelines for the treatment and management of dance related concussion. Lauren Kreha, ATC

When do dance injuries occur among freelance dancers? Temporal trends for acute and slow-onset time-loss injury occurrence. Leigh Schanfein, MS

For more information and full schedule of the conference visit the [PAMA](#)

[website](#).

National Athletic Trainers Association Advanced Education Committee Winner

HCDI'S Marijeanne Liederbach, PhD, PT, ATC, CSCS was selected as the winner of the National Athletic Trainers Association (NATA) District 2 Advanced Education Committee's contest for online presentation of her talk, "What distinguishes dance from sport: how do injury patterns differ between dancers and athletes?" This digital presentation will be made available to the NATA membership in June 2014.

IN THE PRESS

NATA NEWS

Dance Dance Revolution

HCDI was featured on the cover of the January 2014 issue of NATA News, the national magazine of the National Athletic Trainers Association. The cover article entitled, "Dance Dance Revolution", written by Jamie Siegel, describes the lives and careers of two of HCDI's athletic trainers: Marijeanne Liederbach, PhD, PT, ATC, CSCS and Alison Deleget, MS, ATC. The article highlights the accomplishments of the Center and provides insight for up and coming ATs who aim to work in the realm of performing arts medicine.

For more information on this article and careers in athletic training, visit the [NATA website](#); or to learn more about HCDI's AT Clinical Affiliation opportunities [click here](#).

DANCE MAGAZINE

Are You Stretching the Wrong Way?

HCDI's Leigh Heflin, MA, MSc consulted on an article in the January 2014 edition of *Dance Magazine*, entitled "Are You Stretching the Wrong Way?" The article, written by Candice Thompson, discusses recent research on stretching, including the difference between, and benefits of, static and dynamic stretching, as well as information about the use of foam rolling for myofascial release. The article explains how dancers can incorporate these techniques into their daily routines for best performance. Visit [Dance Magazine](#) to read the entire article.

PUBLICATIONS

JOURNAL OF PHARMACEUTICAL SCIENCES

HCDI's Associate Director, David S. Weiss, MD and Senior Research Associate, Marshall Hagins, PhD co-authored a paper in the *Journal of Pharmaceutical Sciences*, discussing the most common drug used clinically for musculoskeletal pain, dexamethasone sodium phosphate (DSP). This article investigates the controversy of delivering DSP by iontophoresis. The study found that cathodal iontophoresis delivers significantly more quantifiable amounts of preservative-free DSP solution across *in vivo* human skin compared with passive delivery of the same, suggesting that positive clinical outcomes are likely related to an increase in drug delivery. This study also demonstrated the feasibility of microdialysis to successfully assess iontophoretic delivery of DSP.

Joshi, A.; Stagni, G.; Cleary, A.; Patel, K.; Weiss, D.; Hagins, M. (2014). Iontophoresis successfully delivers dexamethasone sodium phosphate to dermis as measured by microdialysis. *Journal of Pharmaceutical Sciences*, 103:191-196.

THE AMERICAN JOURNAL OF SPORTS MEDICINE

A two-part study from a recent investigation that occurred in HCDI's research laboratory was published in the March 2014 online edition of the *American Journal of Sports Medicine*. Both studies sought to compare landing biomechanics between male and female dancers and athletes, with part one looking at the influence of gender and its correlation to ACL injury risk, and part two looking at the effect of fatigue on ACL injury landing patterns. Part one found that female team sport athletes displayed a significantly higher risk landing alignment than did their male team sport counterpart and both men and women dancers. In addition, dancers exhibited better trunk stability than did athletes. Part two found that dancers are significantly more resistant to fatigue from jump landings than athletes, which may be a result of increased lower extremity endurance due to the extensive and consistent training in

landing technique that begins at the early stages of dance participation. These research findings may explain the lower incidence of ACL injury in male and female dancers compared to team athletes.

To read more click on the full citation below:

[Orishimo, K., Liederbach, M., Kremenec, I., Hagins, M., Pappas, E. \(2014\). Comparison of Landing Biomechanics Between Male and Female Dancers and Athletes, Part I. Influence of gender and implications for ACL injury risk. American Journal of Sports Medicine.](#)

[Liederbach, M., Kremenec, I., Orishimo, K., Pappas, E., Hagins, M. \(2014\). A comparison of landing biomechanics between male and female dancers and athletes, Part II: influence of fatigue on special landing patterns causing ACL injuries. American Journal of Sports Medicine.](#)

HCDI AROUND THE WORLD

HCDI'S Marijeanne Liederbach, PhD, PT, ATC, CSCS, participated in a *Health and Safety in the Arts* mission to Cuba sponsored by the University of Illinois at Chicago School of Public Health and the Performing Arts Medical Association, January 26-February 2. Dr. Liederbach also participated in a CME course entitled, *Music, Movement and Mood* in Toronto Canada, February 8-9 sponsored by the Glenn Gould School of the Royal Conservatory and the Performing Arts Medical Association.

HCDI's Suzanne Semanson, DPT, PT instructed a four-day Guest Artists Residency program at Texas A&M in November 2013. This residency program was prepared for the Dance Science majors within the University's Dance Department and included instruction on the biopsychosocial aspects of dance injury, plyometric training, kinesiotaping, careers in dance medicine, current research on warm-up and stretching, and information about how to incorporate sports science into the dance classroom.

FOLLOW HCDI ONLINE

"Like" us on [Facebook](#) or follow us on [Twitter](#) to get daily tips and information from HCDI.

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 One-on-One Injury Prevention Assessments
- Acupuncture Services
- Injury Prevention Lectures and Workshops
- Biomechanical Research and Analysis
- Epidemiologic Research and Injury Surveillance Services
- Treatment Outcomes Research
- Backstage Prevention and Treatment Services
- CME and CEU Courses
- Raked Stage Evaluations
- Therapeutic Pilates and Yoga
- 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 25 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 25 years by [becoming a supporter](#) of the Center.

If you wish to unsubscribe from this newsletter, please email harkness@nyumc.org and write "unsubscribe" in the subject heading.



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