



INContact

A publication dedicated to the prevention and treatment of dance injuries



HARKNESS CENTER *for Dance Injuries*

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Winter 2013

We Would Like to Hear From You!

Help us improve our newsletter by taking our [2 QUESTION SURVEY](#).

FOLLOW US ON FACEBOOK

This year, connect with the Harkness Center for Dance Injuries (HCDI) by "liking" us on our [Facebook](#) page or following and "tweeting" at us on [Twitter](#). These two social media platforms will announce up-to-the-minute details on all of HCDI's on-going events and provide you with helpful tips and research findings in the field of dance medicine.

MEETINGS AND CONFERENCES

DANCE/USA TASKFORCE ON DANCER HEALTH

On Saturday, January 12th, 2013, the Harkness Center for Dance Injuries hosted the DanceUSA Taskforce on Dancer Health winter meeting in NYUHD's Loeb Auditorium. DanceUSA is the national service organization dedicated to serving the management needs of a broad cross-section of professional dance companies in North America. The Taskforce on Dancer Health is an ad hoc group of medical professionals who provide care for many of DanceUSA's member dance companies. The mission of the Taskforce is to raise awareness about health and safety matters in the workplace of professional dance companies. During the recent Taskforce meeting, the Harkness Center for Dance Injuries' Dr. Marijeanne Liederbach, Director of Research and Education, who serves as the DanceUSA Taskforce Research Committee Chair, and the Harkness Center for Dance Injuries' Clinical Specialist, Lauren Kreha, presented a talk about standardized injury reporting and demonstrated the Center's electronic database, the International Performing Arts Injury Reporting System (IPAIRS). IPAIRS is an injury surveillance system which allows for secure, real-time injury circumstance data entry and subsequent analysis of injury rates and injury risk factors in order to improve efficiency and effectiveness of preventative efforts and rehabilitation practices.

INTERNATIONAL ASSOCIATION OF DANCE MEDICINE AND SCIENCE ANNUAL MEETING

HCDI was honored to be a part of the International Association for Dance Medicine and Science's (IADMS) recent annual meeting this year in Singapore. Three of HCDI's team members were present: Dr. Marijeanne Liederbach, Director of Research and Education, Dr. Matthew Diamond, and Research Associate Leigh Schanfein. Dr. Liederbach was this year's invited Clinical Symposium speaker on the topic of motor control, for which Ms. Schanfein served as demonstrator. The underlying message of this presentation was that being highly technically trained as "ready to dance" does not always correlate with being actually prepared for the work demands of dance. Dr. Liederbach also presented HCDI's most recent and provocative findings on the topic of dancer versus athlete landing biomechanics. Dr. Diamond, HCDI's newest physician team member, gave an excellent presentation on ultra-high resolution MRI and the dancer's knee. Lastly, a tremendous highlight of the conference for HCDI was that the IADMS' prestigious Student Research Award was bestowed upon former HCDI Research Intern, Dr. Emily Junck, who presented her retrospective study findings on a review of injury data that was analyzed by Dr. Junck at HCDI last year. Congratulations to the HCDI team who now look forward to presenting new work at next year's meeting in Seattle, WA!

IN THE PRESS

POINTE MAGAZINE

An update about the use of epsom salt baths was provided by Harkness Center for Dance Injuries' Clinical Specialist, Lauren Kreha, for Pointe Magazine last quarter in an article entitled, "Your Best Body: A Deep Hurt". The article was featured in the October/November edition of Pointe Magazine and can be found [online](#). The story's author, Nancy Wozny, reports on the emotional pain that coincides with dance injury and offers advice from experts in dance medicine on the recovery process.

EVENTS

JACKSON GABRIEL SILVER FOUNDATION

Members of the HCDI staff are not only dancers and former dancers, but many are also avid runners. This year the HCDI running team is putting its talents to work racing in support of the work of the Jackson Gabriel Silver Foundation (JGSF). JGSF's goal is to raise awareness and funds for research for a cure for a rare disease called Epidermolysis Bullosa (EB). HCDI's Supervisor of Physical Therapy, Dr. Faye Dilgen has a son who suffers from EB.

Two of the HCDI's staff members, Allie Pinel and Faye Dilgen ran the Disney 5K and Disney Half Marathon. Their efforts, along with the rest of the running team, raised \$39,000 to support JGSF and research for a cure for EB.

EB research outcomes have never looked more promising as gene therapy, bone marrow transplants and protein therapy protocols are all moving forward to provide promising treatments options for EB sufferers. To learn more about the organization and to make a donation, please visit www.JGSF.org.

WELCOME LEAH SARAH SANDOW

"On February 12, 2013 Emily Sandow, DPT at HCDI, welcomed baby Leah Sarah Sandow at 8lbs, 12 oz and 21". Congratulations to the Sandow family!

HARKNESS TEAM MEMBER NAMED HOSPITAL'S EMPLOYEE OF THE MONTH!

The Harkness Center for Dance Injuries celebrates the recognition of Alison Deleget, Clinical Specialist, for having been awarded NYUHJD's January 2013 Employee of the Month. For the past eight years, Ms. Deleget has served as a critical member of the Harkness Center for Dance Injuries' core team, working side-by-side with the Center's Director and Associate Director, Dr. Donald Rose and Dr. David Weiss during their weekly Dance Clinics and closely with the Harkness Center's Department Head, Dr. Marijeanne Liederbach on an array of administrative tasks. Ms. Deleget also works regularly as the backstage healthcare provider at many of New York's elite dance companies and Broadway shows. She has lectured at the Harkness Center's internationally acclaimed CME courses; provided community outreach education to local dance school students, teachers and parents on the topic of injury prevention, and has presented research platforms at national and international professional association conferences. In addition to the above, Ms. Deleget is on faculty at Dance Theatre of Harlem, serving both as their on-site healthcare provider and anatomy instructor.

INSTITUTIONAL NEWS

AN UNPRECEDENTED NATURAL DISASTER INSPIRES AN UNPRECEDENTED RESPONSE FROM THE NYU LANGONE COMMUNITY AND A SAFE, SWIFT EVACUATION OF PATIENTS

All hands on deck - as a call to action, what phrase could be more apt to describe NYU Langone Medical Center's response to the greatest crisis in its history, the unprecedented assault of Hurricane Sandy that began on Monday, October 29, 2012? Arranging for separate ambulances to transfer 322 patients to 14 other hospitals within 13 hours was a physical and logistical challenge of epic proportions, requiring the efforts of all available caregivers.

Some 1,000 medical and professional personnel- including nurses, physicians, fellows, residents, medical students, and therapists - along with firefighters and countless volunteers from our administrative and support staff rose to the challenge, safely evacuating every single patient.

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

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 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.



This newsletter is published by The Harkness Center for Dance Injuries