



# INContact

A publication dedicated to the prevention and treatment of dance injuries



HARKNESS CENTER for Dance Injuries

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- New York City Dance Week

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- Scandanavian Journal of Medicine Science and Sports
- Journal of Dance Medicine and Science

### In the Press

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- Dance Teacher Magazine

### Tip of the Month

### Ongoing Services

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- Summer Course Schedule

## Spring 2013

### We Would Like to Hear From You!

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

## EVENTS

### NEW ACUPUNCTURE CLINIC

The Harkness Center for Dance Injuries (HCDI) is pleased to announce the opening of its NEW Acupuncture Clinic. Spearheaded by Matthew Diamond, MD, PhD and Megan Richardson, MS, ATC with the assistance of HCDI's Associate Director, David S. Weiss, MD, the Acupuncture Clinic opens this month. Acupuncture treatments will be provided by Dr. Diamond, a rehabilitation medicine physician and integrative medicine specialist who is certified in medical acupuncture and provides holistic care to athletes and performers. Dr. Diamond specializes in the treatment of pain and dysfunction using neurofunctional acupuncture and electroacupuncture. For more information and to schedule an appointment, please call HCDI at 212-598-6022. Most major insurance plans accepted (utilization for Acupuncture will be dependent on each plan's benefits). Financial Assistance available.

### INJURY PREVENTION WORKSHOP PANEL

*THE SCHOOL AT STEPS*  
2121 BROADWAY, 4TH FLOOR  
APRIL 14, 2013  
6:00 - 8:00PM  
\$5 ADMISSION (FREE FOR SCHOOL AT STEPS STUDENTS AND FAMILIES)

HCDI will be speaking at the upcoming Injury Prevention Workshop panel at the School at Steps on Sunday, April 14th. This panel discussion covers an array of topics about dancer health, from basic injury prevention to the psychological stressors faced by young dancers. The School at Steps is a program that serves as the training ground for students aged 2-18 years who are interested in exploring various dance styles or focus on one particular idiom. The workshop is open to the general public as well as to those students enrolled in the School at Steps. For more information about the *Injury Prevention Workshop panel* please visit the [School at Steps' website](#).

### "DANCE MEDICINE CAREERS" PANEL

*THE ACTORS' EQUITY ASSOCIATION*  
165 W 46 STREET (AT 7TH AVE)  
14TH FLOOR COUNCIL ROOM  
APRIL 18, 2013  
5:30 - 7:30PM  
FREE

Career Transitions for Dancers, a nonprofit organization that enables dancers to define their career possibilities and develop the skills necessary to excel in a variety of disciplines, has asked HCDI to participate in a panel discussion on April 18th about careers in dance medicine. The panelists will provide information about a numerous healthcare career options, including what it takes to become a physical therapist, an athletic trainer, a podiatrist, or a researcher. This is an opportunity for dancers to find out what they can do now to start preparing for a career in dance medicine. Opportunities for volunteer and internship positions will also be discussed. [RSVP here](#) for this free event.

### FREE INJURY PREVENTION ASSESSMENTS AT DANCE NEW

## AMSTERDAM

HCDI continues to offer its many FREE one-on-one Injury Prevention Assessments every week of the year and now has joined forces with Dance New Amsterdam (better known in the dance community as DNA) to bring some of the sessions downtown! DNA has generously offered their wellness studio as the place where the free HCDI assessments will take place on Mondays, starting in May. Each hour-long session is provided by a licensed healthcare professional that possesses expertise in dance and dance medicine. The sessions are by appointment and are tailored to each individual dancer's specific needs relative to their unique capabilities and the requirements of their particular training/performing workplace. To schedule your FREE assessment call HCDI at 212-598-6022. *Sessions also continue to be offered at the HCDI Physical Therapy Center at 614 Second Avenue (34th Street), so please specify your preferred location when you call to schedule your appointment.*

## NYC DANCE WEEK

JUNE 20 - 29, 2013

FREE

Join HCDI at the NYC Dance Week, a 10-day festival featuring free dance and fitness classes. NYC Dance Week is a community outreach event that encourages the public to experience dance and to live an active, healthy lifestyle. Nearly 25 local dance studios have partnered with NYC Dance Week to provide free classes to students of all ages in order to increase the public's awareness about dance and health. HCDI will be participating in the event by presenting information about injury prevention strategies and medical resources available for the dance community. The full calendar of events can be found soon on the [NYC Dance Week website](#).

## PUBLICATIONS

The HCDI's Associate Director, Dr. David S. Weiss and his colleague, Dr. Matthew Diamond, who is HCDI's newest physician team member as well as a New York State licensed acupuncturist, have co-authored two new and exciting scientific articles about dancers. Using magnetic resonance imaging (MRI) scanners, they compared dancers to non-dancers for femur bone competence (stiffness) and knee joint integrity. The articles are published, respectively, in the journals, *Osteoporosis International* and *Scandinavian Journal of Medicine and Science in Sports*. Both studies compared a group of pre-professional contemporary female dancers to a matched control group of non-athletic females. The formal citations for these articles are:

Rajapakse, C. S.; Diamond, Matthew; Honig, Stephen; Recht, Michael; Weiss, David S.; Regatte, Ravinder. Micro-finite element analysis applied to high-resolution MRI reveals improved bone mechanical competence in the distal femur of female pre-professional dancers. *Osteoporosis International*. 2012; ([e-publication ahead of print](#))

Chang, Gregory; Diamond, Matthew; Nevsky G, Regatte, Ravinder; Weiss, David S. Early knee changes in dancers identified by ultra-high-field 7T MRI. *Scand J Med Sci Sports*. 2013; ([e-publication ahead of print](#))

HCDI's Director of Research, Dr. Marijeanne Liederbach and Senior Research Associate, Dr. Marshall Hagins, along with their colleagues Dr. Jennifer Gamboa and Dr. Thomas Welsh had a seminal technical report entitled, "Assessing and reporting dancer capacities, risk factors and injuries: Recommendations from the International Association for Dance Medicine and Science's Standard Measures Consensus Initiative." published in the December 2012 issue of [Journal of Dance Medicine and Science](#).

## IN THE PRESS

### POINTE MAGAZINE

Writer Jennifer Stahl looked into the benefits of running for ballet dancers in her recent *Pointe Magazine* article entitled, "Your Best Body: Running for Dancers". Leigh Heflin, from HCDI, and others in the field of dance medicine contributed to this article to provide dancers with safety tips and sound information about the benefits of incorporating running into their cross-

training routines. [Click here](#) to read the full article.

## DANCE TEACHER MAGAZINE

HCDI's Dr. Marijeanne Liederbach joined forces with executives and faculty members from the National Dance Education Organization, the American Ballet Theatre Jacqueline Kennedy Onassis School, NYU's Steinhardt Dance Education Program and the New York City Department of Education's Director of Dance Programs to ask *Dance Teacher Magazine* to contextualize photographs used in its magazine in order to ensure that the images used convey clear messages about safety in dance education. Dance Teacher Magazine's Editors most graciously agreed. [Click here](#) to read the Letter to the Editor.

## TIP OF THE MONTH

HCDI joins the entire medical community this month in celebrating *National Athletic Training Month*, a national effort to bring awareness to the profession and accomplishments of athletic trainers. Athletic trainers are health care professionals who are State licensed and nationally regulated specialized care givers to athletes and physically active people. Athletic trainers prevent, diagnose, and treat injuries and other field emergencies. Athletic trainers treat acute as well as chronic medical conditions including cardiac abnormalities and heat stroke. HCDI has always been a strong supporter of athletic training professionals, and currently has four athletic trainers on its staff. HCDI's athletic trainers work in clinical settings both on and off-site for numerous dance companies and Broadway shows. HCDI's Director of Research, Dr. Marijeanne Liederbach, PhD, PT, ATC, CSCS was and continues to be a pioneer in the athletic training community. Dr. Liederbach was part of the first wave of women athletic trainers to enter the professional arena and throughout her career, dating back to the early 80's, has continually strived to bring quality athletic training services to the dance community. Her own work as an athletic trainer started at Lenox Hill Hospital where she treated athletes from the New York Knicks, Rangers, Cosmos and Jets, while also working with the Joffrey Ballet and hundreds of other dancers in need. A story about Dr. Liederbach's work as an athletic trainer in professional dance was published in the NFL's 1986 Professional Football Athletic Trainer Newsletter, entitled, "The Joffrey, the Jets and Marijeanne", during a time when she was teaching ballet lessons to several of the Jets players. Dr. Liederbach's emphasis on improving athletic training services for dancers has flourished and she continues to produce and present research, contributing greatly to the field of dance medicine. Over the years, the athletic trainers from HCDI have been recognized for their on-going efforts, such as in 2008 when HCDI's Megan Richardson, MS, ATC was highlighted for her noteworthy contributions to the dance community in an article released in *Dance Spirit Magazine*. Dr. Liederbach and the highly productive staff of HCDI athletic trainers have helped transform the profession to its current state where women athletic trainers can be found in all settings, making novel and useful contributions to the field.

## 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