



INContact

A publication dedicated to the prevention and treatment of dance injuries



HARKNESS CENTER for Dance Injuries

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SUMMER 2013

INTRODUCING NYU LANGONE MEDICAL CENTER'S CONCUSSION CENTER

As the danger of concussions grows ever more clear, the need to identify and treat concussion promptly has become more urgent than ever. The problem: since concussions can produce subtle and multidimensional symptoms, it takes an experienced brain injury team to diagnose and treat them.

NYU Langone Medical Center has stepped into this gap with the launch of its multidisciplinary Concussion Center - a consortium that includes physiatrists, physical therapists and occupational therapists from Rusk Rehabilitation, as well as neurologists and neuroradiologists, neuropsychologists, sports medicine orthopaedists, emergency medicine physicians, and one of our own certified athletic trainers from the Harkness Center for Dance Injuries (HCDI). Dancers experience concussions, too, and they need members of their health team that are able to recognize and refer appropriately. As such, HCDI's Lauren Kreha, ATC, clinical specialist, will serve on the research sub-committee to provide insight on concussion management from an athletic training and performing arts perspective.

With *U.S. News & World Report* top-ten-ranked specialties of rehabilitation, neurology and orthopaedics, NYU Langone's Concussion Center brings an unprecedented combination of resources and expertise to bear on what Steven Flanagan, MD, chair of NYU Langone's Department of Rehabilitation Medicine, calls "a silent epidemic." Dr. Flanagan, a leading expert on traumatic brain injuries, will serve as co-director of the center, along with Laura Balcer, MD, vice chair of neurology, and Dennis Cardone, DO, chief of primary care sports medicine for the Department of Orthopaedic Surgery.

The Concussion Center had its official launch in March with a community symposium on concussion in sports, which drew 200 attendees and featured presentations by Drs. Flanagan and Cardone; Dr. Steven Galetta, chair of neurology; Tara Denham, head of Rusk's vestibular therapy program; and Dr. David Salsberg, assistant director of Rusk's Pediatric Psychology Division. The event's guest speaker was Adam Graves - a two-time Stanley Cup champion and former NHL All-Star with the New York Rangers - who is no stranger to concussion.

Since concussions often require a range of therapies, the center is designed to provide seamless, comprehensive care based on a thorough diagnosis, including brain imaging, where appropriate. A dedicated program manager - a registered nurse - coordinates appointments with the various specialists and oversees each patient's care. The center will also serve as a platform for cutting-edge research, such as investigations being spearheaded by Dr. Galetta, who is also a world-renowned brain injury expert, on biomarkers that can predict which concussion victims are at highest risk for ongoing problems.

To learn more about the NYU Langone Concussion Center, visit www.NYULMC.org/Concussion, or call the Concussion Center line at 855-NYU-2220.

UPCOMING PRESENTATIONS

INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE 23RD ANNUAL MEETING

Seattle, WA
Oct 17-19, 2013

The HCDI research team is pleased to announce that eight abstracts have been selected to be presented at the next Annual Conference of the International Association for Dance Medicine and Science (IADMS), scheduled for October 17-19, 2013 in Seattle, WA. The blind peer-reviewed selected presentations from the HCDI include:

- *Current best practice guidelines for the treatment of dance related concussion.* Lecture Presentation by Lauren Kreha, ATC;
- *Assessing and reporting dance capacities, risk factors and injuries: Recommendations from the IADMS standard measures consensus initiative.* Lecture and Roundtable Presentations by Marijeanne Liederbach, PhD, ATC, PT, CSCS and Thomas M. Welsh, PhD;
- *A comparison of landing biomechanics between dancers and athletes: Effect of fatigue.* Lecture presentation by Marijeanne Liederbach, PhD, PT, ATC, CSCS;
- *Activation of the core musculature: Lessons learned from professional dance experience, as facilitated by modern medical technology.* Lecture Presentation by Mathew Diamond, MD, PhD;
- *The relationship between Profile of Mood States scores and monthly exposure throughout a dance company season.* Lecture Presentation by Leigh Schanfein, MS with Lauren Kreha, ATC; Marijeanne Liederbach, PhD, ATC, PT, CSCS;
- *Kinesio Taping® Method (KTM) for the dancer population: Introduction to theory and application.* Movement Session by Alison Deleget, MS, ATC with Erika Kalkan, PT, DPT;
- *Plyometric training for dancers.* Movement Session by Megan Richardson, MS, ATC;
- *When do time-loss injuries occur? Temporal trends discovered using the International Performing Arts Injury Reporting System in a non-denominator, voluntary clinical setting.* Poster Presentation by Leigh Schanfein, MS with Lauren Kreha, ATC; Marijeanne Liederbach, PhD, ATC, PT, CSCS.

To see full details about the upcoming IADMS meeting, visit www.iadms.org.

15TH ANNUAL CONFERENCE OF THE NATIONAL DANCE EDUCATION ORGANIZATION

FOCUS ON DANCE EDUCATION: THE ART AND CRAFT OF TEACHING

Miami, FL

Oct 23 - 27, 2013

HCDI's Leigh Heflin, MA, MS, will be presenting a movement session this year at the Annual Conference of the National Dance Education Organization (NDEO) in Miami, FL. This year's NDEO conference is being held in collaboration with the Florida Dance Education Organization and the New World School of the Arts and will focus on pedagogy. Ms. Heflin will be presenting a movement session, titled, *The Art of Incorporating Evidence Based Warm-Up and Stretching Techniques in Dance Class* on the first day of the conference, Thursday October 24th from 1-2pm. This workshop will guide attendees through a practical warm-up that includes dynamic stretches and dance-specific exercises, and provide information explaining the science behind the content. More information on this and other presentations at the upcoming NDEO conference can be found at www.ndeo.org.

IN THE PRESS

HCDI CONTRIBUTES TO INFORMATIONAL PAPER ON CONCUSSION FOR DANCE/USA'S TASK FORCE FOR DANCER HEALTH

HCDI's Clinical Specialist, Lauren Kreha, ATC, served as a contributing author on the Dance/USA Task Force for Dancer Health's "Tips on Concussions for Dancers." The fact sheet provides dancers with information on these traumatic brain injuries, including: how concussions occur; signs and symptoms; best practice for concussion management; and plans for returning

a dancer to activity after a concussion.

POINTE MAGAZINE

In the April/May issue of Pointe Magazine, writer Lauren Kay turned to HCDI for expert advice on the benefits of periodization for getting fit and staying healthy during the summer season. The article includes information on preparing for summer intensives and explains what to do during periods of rest. In the article, "Your Best Body: Get in Shape for Summer Intensives," HCDI's Megan Richardson, MS, ATC and Erika Kalkan, PT, DPT, provide insight into common mistakes dancers make during their training and advise dancers on how they can most effectively plan their training schedules to achieve adequate rest cycles, resulting in year-round peak performance. [Click here](#) to read the full article.

DANCE TEACHER MAGAZINE

In the upcoming August issue of *Dance Teacher Magazine*, HCDI's Alison Deleget, MS, ATC, contributes to an article on the topic of shin splints and stress fractures among dancers. Shin splints and stress fractures most commonly arise from fatigue and muscle imbalance. These injuries are often preventable with adequate rest cycling and appropriate strengthening and stretching exercises. The article will illustrate some of these exercises, as well as provide information about management of these injuries.

Dancers with overuse or muscular imbalance concerns should take advantage of HCDI's free Injury Prevention Assessments, a one-on-one consultation with a clinical specialist. If experiencing an injury or any musculoskeletal complaint, dancers should visit the dance clinic at HCDI to be properly diagnosed by a dance medicine physician. Make an appointment today for either of these services by calling 212-598-6022.

EVENTS

UMDNJ CONVOCATION ADDRESS

HCDI's Director, Donald Rose, MD, gave the convocation address to the 2013 graduating class of the University of Medicine and Dentistry of New Jersey's Robert Wood Johnson Medical School. Dr. Rose is a distinguished alumnus of the university, having graduated with its class of 1980.

WEDNESDAYS WITH HCDI

A NYC DEPARTMENT OF EDUCATION SERIES

HCDI recently concluded a free four-part series on dancer health and wellness in collaboration with the NYC Department of Education (NYCDOE) and its' Dance Director, Joan Finkelstein. This series provided public school dance educators with valuable information about safe training and best practice for K-12 dance students. A hearty thanks to Gibney Dance for a generous space grant to conduct these highly applauded sessions.

If you are interested in workshops and informative lectures on injury prevention for your dance students, parents, or dance educators, please contact Leigh Heflin, Program Coordinator, at harkness@nyumc.org.

FREE SUMMER INJURY PREVENTION ASSESSMENTS AT DANCE NEW AMSTERDAM

Since May 2013, HCDI has been holding a portion of its free, one-on-one Injury Prevention Assessments (IPAs) at Dance New Amsterdam's new Wellness Room. HCDI will continue to do so every Mondays until the end of the summer. The wellness partnership between HCDI and DNA has allowed us to reach out to many dancers in the downtown area, who previously did not know about these services. The dancers gets access to information from an HCDI licensed healthcare professional regarding their unique health needs, and can obtain an individually tailored home exercise program. Call now to sign up for a free injury prevention assessment at DNA before summer is over! To schedule please call HCDI at 212.598.6022.

NOTE: *HCDI's IPA Sessions also continue to be offered throughout the year 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.*

TIP OF THE MONTH

While the incidence of concussion in dance is not yet known, it does occur in

dance. Concussions are complex pathophysiological injuries caused by traumatic forces to the head, face, neck, or elsewhere. The symptoms largely reflect functional rather than structural deficits and may be hard to detect. Therefore, it is critical that these injuries be recognized by all persons in the dance environment and that they are treated properly and immediately. Concussions do not necessarily present with loss of consciousness; in fact, loss of consciousness occurs in only 9-10% of cases. Each concussion is unique with symptoms varying between individuals and concussion events. Signs and symptoms may include headache, dizziness, confusion, memory loss, mood disturbance, fatigue, balance disturbances, sensitivity to light and noise, and nausea. Any dancer sustaining a concussion should immediately be removed from their activity. Current guidelines suggest no return to dance on the day of injury, even if symptoms resolve. The dancer should be evaluated by a licensed health care provider trained in concussion management, and begin physical and cognitive rest. Clearance for physical and cognitive activity should only be given by a licensed healthcare provider experienced in concussion management, and the return-to-dance progression should be individualized, rather than based on a rigid timeline.

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.

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