

Principles of Dance Medicine

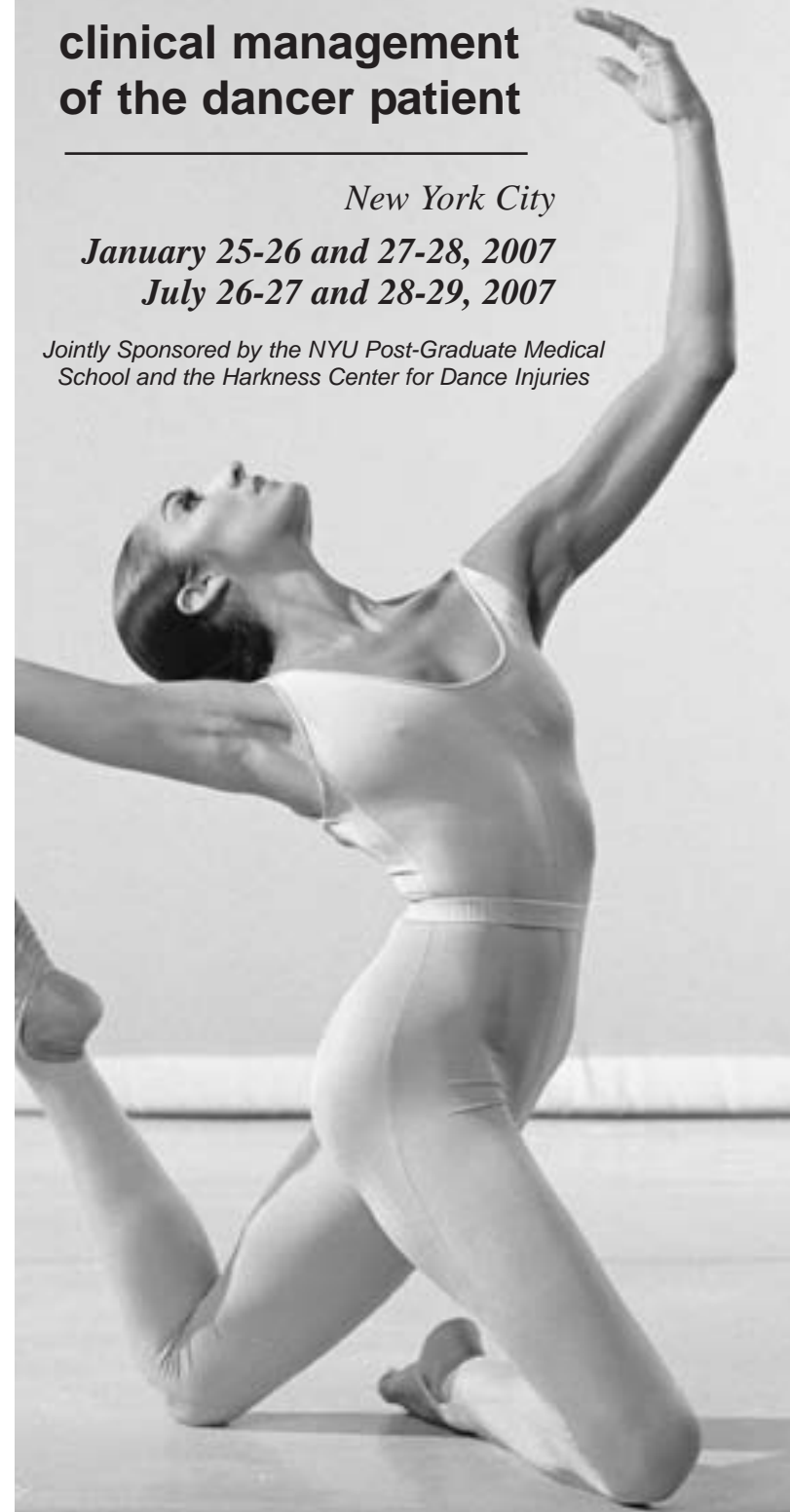
clinical management of the dancer patient

New York City

January 25-26 and 27-28, 2007

July 26-27 and 28-29, 2007

Jointly Sponsored by the NYU Post-Graduate Medical School and the Harkness Center for Dance Injuries



HARKNESS CENTER
for Dance Injuries

SCHOOL OF MEDICINE



NEW YORK UNIVERSITY



NYU Hospital for Joint Diseases

Faculty

NYU Hospital for Joint Diseases/Harkness Faculty:

Donald J. Rose, MD- Director

David S. Weiss, MD- Associate Director

Marijeanne Liederbach, MSPT, MSATC- Director of Research

Alison Deleget, MS, ATC

Faye Dilgen, MSPT

Marshall Hagins, PhD, PT

Marc Hunter-Hall, MPT, CSCS

Megan Richardson, MS, ATC

Jeffrey E. Rosen, MD

Emily Sandow, DPT

Guest Faculty:

Mark Bookhout, PT, MS, FAAOMPT- President, Physical Therapy Orthopaedic Specialists; Adjunct Associate Professor, College of Osteopathic Medicine, Michigan State University

Micheline Cassella, PT- Physical Therapist, Children's Hospital; Boston Ballet

Jennifer M. Gamboa, DPT, OCS, MTC- President & Director of Clinical Services, Body Dynamics, Inc; Director of Health & Wellness Services, Washington Ballet

James G. Garrick, MD- Director, Center for Sports Medicine, Saint Francis Memorial Hospital; Clinical Professor of Orthopaedic Surgery, Department of Pediatrics, University of California San Francisco School of Medicine

Beth Glace, MS- Research Nutritionist, Nicholas Institute of Sports Medicine and Athletic Trauma, Lenox Hill Hospital, NY

Gayanne Grossman, PT, EdM- Temple University; Muhlenberg College, Philadelphia, PA

Linda H. Hamilton, PhD- Clinical Psychologist, New York City Ballet; Advice Columnist, Dance Magazine

William G. Hamilton, MD- Attending Orthopaedic Surgeon, New York City Ballet; American Ballet Theatre; Clinical Professor of Orthopaedic Surgery, Columbia University College of Physicians and Surgeons

Katy Keller, MS, PT- Clinical Director of PT, The Juilliard School; Physical Therapist, New York City Ballet

Lyle J. Micheli, MD- Clinical Professor of Orthopaedic Surgery, Harvard Medical School; Director, Sports Medicine, Children's Hospital; Orthopaedic Surgeon, Boston Ballet

Marika Molnar, PT, LAC- Director, Westside Dance Physical Therapy; Director of PT Services, New York City Ballet

Martha Myers, MS- Dean Emeritus American Dance Festival; Henry Plant Professor Emeritus, Connecticut College

Thomas Novella, DPM- Hospital for Special Surgery; New York College of Podiatric Medicine

Douglas E. Padgett, MD- Associate Attending Orthopaedic Surgery, Hospital for Special Surgery and NY Presbyterian Hospital; Associate Professor of Clinical Orthopaedic Surgery, Weill Medical College, Cornell University

Heather Southwick, PT- Physical Therapist, Children's Hospital; Boston Ballet

Course Location

All conference activities will commence in Loeb Auditorium on the ground floor of NYU Hospital for Joint Diseases. The Hospital is located at 301 East 17th Street in Manhattan's Gramercy Park neighborhood, a few blocks from world famous Fifth Avenue shopping, Union Square, the East Village and historic Murray Hill.

About the Harkness Center

The Harkness Center for Dance Injuries was founded in 1989 to provide quality and affordable healthcare for dancers of all ages, backgrounds and income levels. The Center offers an array of clinical, prevention, education and research services.

For additional information about the Center and the Harkness faculty, see www.danceinjury.com.

Course Description

Foundation Course:

Work-related musculoskeletal disorders are common among dancers. Successful management of these injuries requires healthcare practitioners to possess not only a distinct body of knowledge but also a specialized set of clinical skills. This course will examine in detail the unique demands faced by dancers in their workplace and will present evidence for what is known about the biological, psychosocial, and environmental factors influencing wellness and injury occurrence.

Spotlight Courses:

Spotlight courses are designed to provide an in-depth exploration of factors associated with the occurrence of dance injuries by anatomic region. Participants will learn how exposure to various forms of dance influences injury patterns as well as how to evaluate and treat dancers in such a way as to safely and cost-effectively return them to their individual work environment with minimal risk for reinjury. Laboratory sessions will emphasize manual interventions, neuromuscular re-education and dance specific rehabilitation progressions.

Education Objectives

1. Identify biopsychosocial factors influencing injury occurrence among dancers and implement strategies to modify risk and prevent injury.
2. Evaluate ergonomic risk within the dance workplace and create strategies for acceptable and effective modification.
3. Critically evaluate evidence-based literature in order to describe special needs of the adolescent dancer and implement prevention programs.
4. Recognize the value and limits of the screening process for adult and adolescent dancers. Explain the place of screening in a broader model of prevention and intervention.
5. Practice methods required for proper fitting of a ballet pointe shoe and for custom crafting of corrective padding, taping, and bandaging of a dancer's injury compatible with his/her required footwear.
6. Choose appropriate manual therapy techniques and rehabilitation protocols aimed at efficiently and effectively restoring function and minimizing risk for reinjury.



Harkness Center for Dance Injuries

NYU Hospital for Joint Diseases
301 East 17th Street
New York, NY 10003

Phone: 212-598-6022
Fax: 212-598-7613

Target Audience

PHYSICIANS, PHYSICAL THERAPISTS, CERTIFIED ATHLETIC TRAINERS, CHIROPRACTORS, OCCUPATIONAL THERAPISTS, PHYSICIAN ASSISTANTS, AND NURSE PRACTITIONERS.

Certain course content may not be within the applicant's specific practice act and/or scope of practice and it is the responsibility of the applicant to conform to their practice act/scope of practice.

Course Level: Various

Course Details

Statement of Need:

Research has shown the annual incidence of injury among dancers to be as high as 95%. The demands of dance and the environmental features of the dance workplace are unique and varied, requiring healthcare providers who render care a distinct body of knowledge and specialized set of clinical skills.

Accreditation Statement:

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of NYU Post-Graduate Medical School and the Harkness Center for Dance Injuries. NYU Post-Graduate Medical School is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement:

The NYU Post-Graduate Medical School designates this educational activity for *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credits commensurate with the extent of their participation in the activity.

Module 1: Maximum of 13.25 credits; Module 2: Maximum of 12.75 credits; Module 3: Maximum of 12.75 credits; Module 4: Maximum of 13.25 credits

The Board of Certification, Inc. (BOC) of the National Athletic Trainers Association has approved each course within this educational activity to provide a maximum of 13 continuing education units for Certified Athletic Trainers (P2540). The New York Society for Continuing Education in Physical Therapy, Inc. (NYSCEPT) has awarded each course a total of 13 continuing education units.



Disclosure Statement:

The NYU Post-Graduate Medical School adheres to the ACCME Essential Areas and Policies, including the Standards for Commercial Support regarding industry support of continuing medical education. In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

Cancellation Policy:

Registration fee less a \$50.00 administration fee can be refunded with written notice received within 2 weeks of the course date. Cancellations after that time are subject to a 50% refund less the administration fee. No refunds will be issued within 72 hours of the course.

MODULE 1: January 25-26, 2007 Foundation Course

Thursday January 25, 2007

- 8:00 - 9:00 Registration Sign In
- 9:00 - 9:10 Welcoming Remarks- Donald J. Rose, MD
- 9:10 - 9:40 Injuries in Dance: Biopsychosocial Considerations- Marijeanne Liederbach, MSPT, MSATC, CSCS
- 9:40 - 10:20 Occurrence of Injury in the Ballet Idiom- James G. Garrick, MD
- 10:20 -11:00 Occurrence of Injury in Modern Dance and Musical Theatre- David S. Weiss, MD
- 11:00 - 11:45 Psychosocial Risk Factors Associated with Dance Injuries - Linda H. Hamilton, PhD
- 11:55 - 12:45 Impact of Nutrition and Hydration on Dance Performance and Wellness- Beth Glace, MS
- 12:45 - 2:00 Lunch (on your own)
- 2:00 - 2:30 Putting It All Together- Practical Case Study
- 2:30 - 4:00 Issues Across the Lifespan of the Dancer
Treating the Whole Dancer; Thinking Beyond the Textbook- Marika Molnar, PT, LAc and Martha Myers, MS
- 4:00 - 4:30 Preventative Screening: Historical Perspective, Value and Limits- James G. Garrick, MD and Marijeanne Liederbach
- 4:30 - 5:00 Question & Answer Period

Friday January 26, 2007

- 9:00 - 9:45 Defining Expert Practice- Jennifer M. Gamboa, DPT, OCS, MTC
- 9:45 - 10:15 Screening and Injury Reporting:
Understanding the Sequence of Prevention Model- Marijeanne Liederbach, MSPT, MSATC, CSCS
- 10:15 - 10:45 The Young Dancer- Literature Review- Alison Deleget, MS, ATC
- 10:45 - 11:30 The Young Dancer- Normative Data- Heather Southwick, PT
- 11:30 - 12:15 The Adult Dancer- Normative Data- Marijeanne Liederbach
- 12:15 - 1:00 Transitional Dance Class- Michelina Cassella, PT
- 1:00 - 2:00 Lunch (on your own)
- LAB: Screening Tests & Measures:*
- 2:00 - 4:00 Functional Testing of the Adult Dancer- Marijeanne Liederbach
- 4:00 - 4:30 Assessment of Pointe Readiness in the Young Dancer- Emily Sandow, DPT and Megan Richardson, MS, ATC
- 4:30 - 5:00 Putting It All Together- Practical Case Study

MODULE 2: January 27-28, 2007 The Spine

Saturday January 27, 2007

- 7:30 - 8:00 Registration Sign In
- 8:00 - 8:10 Welcoming Remarks- David S. Weiss, MD
- 8:10 - 9:10 Spine Injuries in Dance: Orthopaedic Exam and Treatment - Lyle J. Micheli, MD

Rehabilitation:

- Marshall Hagins, PhD, PT and Katy Keller, MSPT
- 9:10 - 9:50 Clinical Presentation of the Dancer with Spinal Pathology: Pain and Function
- 9:50 - 10:50 Using the Clinical Exam to Direct Intervention: Principles and Practices
- 10:50 - 11:40 Spinal Manipulation: Current Evidence
- 11:40 - 12:40 Movement Impairments of the Spine in Dancers
- 12:40 - 1:40 Lunch (on your own)
- 1:40 - 4:40 *LAB* - Spinal Manipulation
- 4:40 - 5:00 Putting It All Together- Practical Case Study

Sunday January 28, 2007

- 9:00 - 9:30 Treatment of Spine Injury and Movement Dysfunction in Dancers- Mark Bookhout, PT, MS, FAAOMPT
- 9:30 - 1:30 *LAB*- Introduction to Concepts and Techniques of Muscle Energy and Therapeutic Exercise as it Applies to the Treatment of Spine Injuries in Dancers- Mark Bookhout, PT, MS, FAAOMPT
- 1:30 - 2:15 Putting It All Together- Practical Case Study

MODULE 3: July 26-27, 2007 Shoulder, Hip & Knee

Thursday July 26, 2007

- 11:00 - 11:30 Registration Sign In
- 11:30 - 11:40 Welcoming Remarks- Donald J. Rose, MD
- 11:40 - 12:10 Upper Extremity Injuries in Dance: Orthopaedic Exam and Treatment - Jeffrey E. Rosen, MD
- 12:10 - 12:30 Relationship Between Upper Extremity Task Demands and Injury Patterns Across Dance Idioms- Megan Richardson, MS, ATC
- 12:30 - 1:15 The Shoulder Girdle: Dance Specific Rehabilitation- Marc Hunter-Hall, MPT, CSCS
- 1:15 - 2:15 Lunch (on your own)
- 2:15 - 3:30 *LAB:* Movement Dysfunction of the Upper Extremity in Dance- Marc Hunter-Hall, MPT, CSCS and Megan Richardson, MS, ATC
- 3:30 - 5:30 A Pilates-Based Approach to Dance Skill Restoration Following Upper Extremity Injury- Alison Deleget, MS, ATC

Friday July 27, 2007

- 9:00 - 9:45 Hip Injuries in Dance: Orthopaedic Exam and Treatment Douglas E. Padgett, MD
- 9:45 - 10:15 Anterior Hip Pain in Young Versus Mature Dancers- Marijeanne Liederbach, MSPT, MSATC, CSCS
- 10:15 - 11:00 Turnout: Functional Measurement and Relationship to Injury- Gayanne Grossman, PT, EdM
- 11:00 - 11:15 Overview of Knee Injuries in Dance- Marijeanne Liederbach
- 11:15 - 11:30 Anterior Interval Knee Pain in Dancers- Faye Dilgen, MSPT
- 11:30 - 12:10 Epidemiology and Treatment of ACL Injury in Dance- Donald J. Rose, MD
- 12:10 - 12:40 Outcome of ACL Injury in Dance- Marijeanne Liederbach
- 12:40 - 1:00 Putting It All Together- Practical Case Study
- 1:00 - 2:00 Lunch (on your own)
- 2:00 - 3:30 *LAB:* Assessing Movement Dysfunction of the Lower Extremity- Marijeanne Liederbach
- 3:30 - 5:15 Functional Rehabilitation of Lower Extremity Injuries in Dance: The 3P's: Progressive Resistance, Plyometrics & Perturbation- Faye Dilgen, MSPT and Megan Richardson, MS, ATC
- 5:15 - 6:00 Putting It All Together- Practical Case Study

MODULE 4: July 28-29, 2007 Foot & Ankle

Saturday July 28, 2007

- 8:00 - 8:30 Registration Sign In
- 8:30 - 8:40 Welcoming Remarks- David S. Weiss, MD
- 8:40 - 9:30 Posterior Ankle Pain in Dancers - William G. Hamilton, MD
- 9:30 - 10:15 Stress Fractures: Evaluation and Treatment - David S. Weiss, MD

Clinical Applications: Foot and Ankle:

- Thomas Novella, DPM
- 10:15 - 11:15 Essential Range of Motion Measurement Techniques in the Dancer's Foot and Ankle
- 11:30 - 12:45 Clinical Assessment of Selected Dance Foot/Ankle Injuries
- 12:45 - 1:45 Lunch (on your own)
- 1:45 - 2:35 Orthotics, Athletic Shoes, and Custom Shoe Modifications
- 2:45 - 3:25 Orthotic and Shoe Modification- Laboratory
- 3:25 - 4:35 Selected Padding and Taping Tricks for the Dancer's Foot
- 4:35 - 5:45 Pointe Shoes: Nomenclature and Fitting

Sunday July 29, 2007

- 9:00 - 9:45 Epidemiology of Ankle Sprain Injuries in Dance- Marijeanne Liederbach, MSPT, MSATC, CSCS
- 9:45 - 11:15 Foot/Ankle Joint Mobility and Function- Emily Sandow, DPT
- 11:15 - 12:30 Functional Rehabilitation of the Foot and Ankle- Emily Sandow, DPT and Megan Richardson, MS, ATC
- 12:45 - 2:00 Taping Modifications for the Dancer Patient- Megan Richardson, MS, ATC and Alison Deleget, MS, ATC
- 2:00 - 2:30 Putting It All Together- Practical Case Study

Registration Information:

Registration deadlines: Modules 1 & 2 - December 18, 2006; Modules 3 & 4 - June 25, 2007 (space permitting). Class size is limited, early registration is recommended. Additional registration forms available to download at: www.danceinjury.com.

First Name: _____

Last Name: _____

Degrees: _____

Organization: _____

Address 1: _____

Address 2: _____

City, State, Zip: _____

Telephone: _____

Fax: _____

Email: _____

I would like to receive mailings regarding future conferences

* **Please note:** Foundation Course is a pre-requisite for all subsequent courses.

Check the box next to the courses you wish to attend:

Individual Courses:

- Module 1: Foundation* January 25,26 \$350
- Module 2: Spine January 27,28 \$350
- Module 3: Shoulder, Hip & Knee July 26,27 \$350
- Module 4: Foot & Ankle July 28,29 \$350

Discount Packages:

- Full Program: \$1,100 (\$300 savings)
- Modules 1 and 2: \$ 600 (\$100 savings)
- Modules 1, 3 and 4: \$ 900 (\$150 savings)

Payment Options

- I am enclosing a check payable in US dollars to NYU Hospital for Joint Diseases.
- I authorize Harkness Center at NYU Hospital for Joint Diseases to charge my credit card.

Visa Master Card American Express

Card Number _____ Exp. (Month/Year) _____

Signature as it appears on card _____

Send form to:

Harkness Center for Dance Injuries
NYU Hospital for Joint Diseases
301 East 17th Street
New York, NY 10003
Fax: 212-598-7613
Email: harkness@nyumc.org