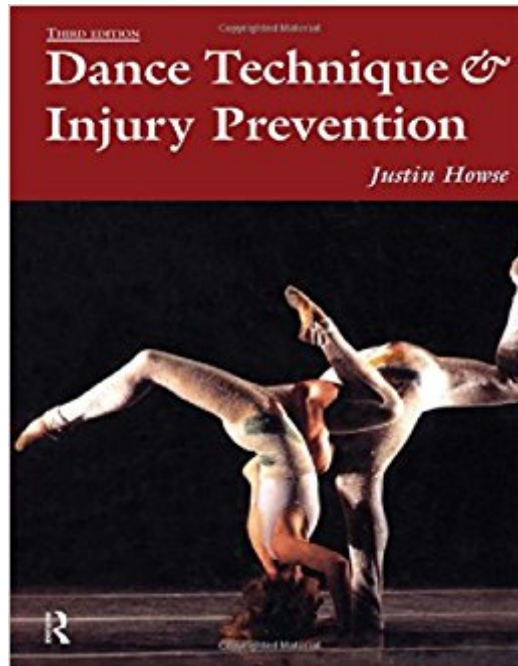




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# Dance Technique And Injury Prevention



## Synopsis

Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment, physical therapy, and dance instruction.

## Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

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## Customer Reviews

This book written by Justin Howse, Consultant Orthopaedic Surgeon to the Royal Ballet Schools, The Royal Academy of Dancing and the Remedial Dance Clinic, London , and also by Shirley Hancock, Principal Physiotherapist to the Royal Ballet Schools, the Royal Academy of Dancing and the Remedial Dance Clinic ,London.This book is a study reading requirement for the Royal Academy of Dancing Anatomy paper.The foreward by Dame Ninette de Valois, says it all really. "This book gives us the opportunity to indulge in some serious reflection. It is full of highly technical observations on movement as related to the world of ballet and is accompanied by helpful instructions. A great deal of it should be rewarding to students, dancers, teachers, repetiteurs and ballet staff in general. I dare to add that in my opinion, it is also food for thought for choreographers. Today it is not customary for choreographers to give either scientific or practical thought to their choreographic demands. Let us recall that a composer has to remember to keep within the range of a singer's voice. It therefore seems right for a choreographer to study more carefully not only the limitation of dancer's limbs but also the limitation of their general stamina ."You will never regret spending the money on this book.I refer to this book often. It has excellent photographs also.I am fortunate in that one of my friends is a physiotherapist who works at the local medical centre.This book provides excellent back up.

This is an indispensable resource for the physical therapist or Pilates instructor who works with dancers. It covers functional anatomy as it relates to the dancer, teaches the analysis of posture and movement as it relates to the classical dancer, the typical injuries sustained by dancers and their management and rehabilitation. This text, combined with Sally Fitt's, Dance Kinesiology, should be in every therapist's library. If the book has one fault, it is that it focuses almost exclusively on classical dancers.

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Dance Technique and Injury Prevention 6 Arrangements - individual sheet music - by John W Schaum! Polka From The Golden Age, Sword Dance, Petrouchka Russian Dance, Chicken Reel, Rosamunde Ballet Music AND Mexican Hat Dance (Jarabe Tapatio) Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) How to Best Handle Accident Injury Claims: Settling Your Own Injury Claims for Big Money Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches Injury Prevention And Public Health: Practical Knowledge, Skills, And Strategies Body Mechanics for Manual Therapists: A Functional Approach to Self-Care and Injury Prevention While We Were Sleeping: Success Stories in Injury and Violence Prevention Sports Injury Prevention and Rehabilitation Fixing Your Feet: Injury Prevention and Treatments for Athletes The Athlete's Book of Home Remedies: 1,001 Doctor-Approved Health Fixes and Injury-Prevention Secrets for a Leaner, Fitter, More Athletic Body! Electrical Injury: A Multidisciplinary Approach to Therapy, Prevention, and Rehabilitation (Annals of the New York Academy of Sciences) Playing (Less) Hurt: An Injury Prevention Guide for Musicians Football Conditioning a Modern Scientific Approach: Fitness Training - Speed & Agility - Injury Prevention Badminton: A Guide to Injury Prevention Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer)

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