

iConference Program

July 2020

Select 29th Annual Conference Presentations

Dance Science Research Sessions
Dance Medicine and Biomechanics Sessions
Dance for Health Sessions

August – October 2020

eNetworking Sessions

September – October 2020

iConference 2020 Presentations
and Presenter Live Q&A Discussion Panels

Dance for Health
Dance Medicine
Dance Research
Interactive/Movement
Dance Educators'
Dance Science

IADMS Business Meeting
Sunday November 1st 9:00pm – 11:00pm GMT

Time Zone Conversion Chart

iConference Sessions are free for IADMS members to view on the IADMS app,
available on your mobile device or [desktop](#).

Sessions will be released throughout the year and available to IADMS members only until September 2021.

CME/CEU credit available for enduring materials (** as noted in the agenda*).

CME credit is optional and will incur a CME processing fee. All purchases can be made through the IADMS
online store.

www.iadms.org/iconference

Program subject to change

iConference Program

Presentations & Enduring Materials from the 29th Annual Conference

Dance Science Research Sessions

Available now on mobile app

3 hours / 1.5 CME credits

***Further features of systematic literature reviews and applications to dance medicine & science current knowledge: quality assessment and meta-analysis.** IADMS Research Committee
Presented by Manuela Angioi PhD, Aline Nogueira Haas PhD, and Claire Hiller PhD, PT (50 mins)

***Gender separation in training: right or wrong?**
Elizabeth Yutzey MFA (10 mins)

Relationship between energy availability, dietary macronutrients on bone mineral density in male and female vocational ballet dancers.
Juncal Roman MSc (10 mins)

***Stress, coping and psychological skills of conservatoire dance students: evaluating psychological wellbeing in practice.** Liliana Araujo PhD, C.Psychol (20 mins)

Technology in dance: reflecting on a data-driven rehab.
Adam Mattiussi BSc, MSc (20 mins)

The effect of the Flipped Classroom Model on altering knowledge and behavior in collegiate dancers.
Mary Petrizzi MS (10 mins)

The research process for students in dance medicine and science. IADMS Student Committee
Presented by Elizabeth Yutzey MFA (50 mins)

***The validity of inertial measurements units in 3-D lower body analysis of classical ballet movements.**
Rachel Ward PhD (10 mins)

**Credit Designation Statement - CME Outfitters, LLC designates this enduring material for a maximum of 1.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

iConference Program

Presentations & Enduring Materials from the 29th Annual Conference

Dance Medicine & Biomechanics Sessions

Available now on mobile app

2 hours 30 minutes / 1.75 CME credits

***Biomechanical determinants of partner selection in sport ballroom dancing couples.**

Adrianna Banio PhD (10 mins)

***Burden of musculoskeletal injuries in pre-professional ballet dancers: a 3-year prospective cohort study.**

Sarah Kenny PhD (10 mins)

***Hip joint cartilage defects in professional ballet dancers: a 5-year longitudinal study.**

Sue Mayes B.App.Sci, PhD(10 mins)

Incidence, anatomical location and mechanism of bone stress injuries in pre-professional male and female ballet dancers: a two-year cohort study.

Maria Chiara Galvan, MSc (10 mins)

***Managing concussion symptoms: myths, science, consensus, and practical strategies.**

Lynda Manwaring PhD, C.Psych (20 mins)

***Musculoskeletal injuries in pole dancers: a prospective surveillance study.**

Joanna Nicholas BSc, PhD (10 mins)

Relationship between maximal ankle strength and saut de chat leaping performance.

Paige E. Rice MSc (10 mins)

***Spine interventions for the young in-season athlete.**

Mohan Radhakrishna MD (30 mins)

The effect of an 8-week neuromuscular training program on Jump performance and landing biomechanics in female adolescent recreational dancers: a controlled trial.

Karen Sudds MSc (10 mins)

***The effect of fatigue on hip and knee landing kinematics in dancers.**

Danielle Jarvis PhD, ATC (10 mins)

The effects of a 9-week hip focused weight training program on hip and knee kinematics and kinetics in amateur and professional female dancers.

Sandro Rajic MSc (10 mins)

iConference Program

Presentations & Enduring Materials from the
29th Annual Conference

Dance for Health Sessions

Available now on mobile app

2 hours 30 minutes / 1.75 CME credits

***Brain research of dance: preparation, analysis, and application.**

Hanna Poikonen MSc, PhD (50 mins)

***Dance for Health: a ten-year program of work.**

Emma Redding PhD (30 mins)

Health within dance pre-professional training in France: a sociological perspective of difficulties and benefits.

Camille Casale MS (10 mins)

Move Dance Feel: exploring dance and wellbeing with women affected by cancer.

Emily Jenkins PgDip, MA (20 mins)

***Movement for multiple sclerosis: a multi-site partnership for practice and research.**

Elizabeth Johnson MFA, BFA (20 mins)

Multisensory instruction addresses learning diversity and enhances dance skill learning and performance.

Andrea Downie MA (20 mins)

Understanding the dancer with scoliosis.

Suzanne Koucheravy BS (10 mins)

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iConference Program

eNetworking Sessions

Hosted Live | Registration Required Details Below

Dance Educators Western Region Time Zone

"Building, Expanding, and Serving: How to take your dance science expertise from the studio to the community"

with Margaret Wilson PhD, FIADMS and Jatin Ambegaonkar PhD, ATC

Tuesday, August 4 @ 8:00pm BST / 7:00pm GMT / 3:00pm ET

Registration opens Monday, July 27

Dance for Health:

"Health for Dancers-Dance for Health"

with Clare Guss-West, MA, David Leventhal, Emily Jenkins MA, Hanna Poikonen PhD, Åsa Åstrom, and Fran Meyers

Wednesday, August 5 @ 5:00pm BST / 4:00pm GMT / 12:00noon ET

Registration opens Monday, July 27

Medical Committee-Networking Discussions

with David Popoli MD, Chair and other members of the IADMS Medical Committee

Sunday, August 23 @ 3:00pm BST / 2:00pm GMT / 10:00am ET

Registration opens Friday, August 14

Dance Educators Central Region Time Zone

"Building, Expanding, and Serving: How to take your dance science expertise from the studio to the community"

with Edel Quin MSc and Nefeli Tsiouti MA, MSc

Friday, August 28 @ 2:00pm BST / 1:00pm GMT / 9:00am ET

Registration opens Thursday, August 20

Meet the Student Committee

with Elizabeth Yutzey MFA, Chair and other members of the IADMS Student Committee

Sunday, August 30 @ 5:00pm BST / 4:00pm GMT / 12:00noon ET

Registration opens Saturday, August 22

Dance Educators Eastern Region Time Zone

"Building, expanding, and serving: How to take your dance science expertise from the studio to the community"

with Mayumi Kuno-Mizumura PhD and Charmaine Tay

Wednesday, September 2 @ 10:00am JST / 1:00am GMT / Tuesday, Sept 1 9:00pm ET

Registration opens Tuesday, August 25

Student-to-Professional Virtual Networking Session

With members of the IADMS Student Committee and experts in dance medicine and science

Sunday, September 6 @ 5:00pm BST / 4:00pm GMT / 12:00noon ET

Registration opens Saturday, August 29

Research Networking Event

with members of the IADMS Research Committee

Friday, October 9 @ 4.40pm BST / 3.40pm GMT / 11.40pm ET

Registration opens Thursday, October 1

Registration details for eNetworking events:

All networking events are free to attend, but registration is required. Registration for each event opens 8 days prior and will close the day before the event. To register, and learn more about each event, login to the mobile app and go to "Networking Events" icon (image of two hands shaking). You can see the event description and the link to register. Under the "Register: Event Name" link is a survey to complete registration. The registration link is also available under the "survey" section under the event in the schedule. Once registered, the day before the event you will see a second event in the schedule titled "REGISTERED-Event Name" that will include all Zoom meeting details. For any registration inquiries please email conference@iadms.org.

iConference Program

Presentations & Enduring Materials from the 30th Annual Conference

Listed by release date, alphabetical by presentation

Dance for Health-2020 Sessions

Release Date: Monday, September 21
Q&A Discussion Panel: Friday, September 25 @ 1:00pm GMT
Moderator: Gayanne Grossman PT, Allentown, PA, USA

4 hours and 20 minutes / 2.25 CME/CEU credits

Guest Speaker:

***Deconstructing mental health and addictions in dancers (60 mins)**

Antonio Ocana MD
Epiphany360, Marina del Ray, CA, United States

A summary of the WHO 2019 scoping review, synthesising the evidence on the role of dance in improving health and well-being (10 mins)

Emily Jenkins PgDip, MA^{1,2}
¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom
²English National Ballet, London, United Kingdom

***Autonomy, collaboration, creativity and dignity: evaluating a three-year dance for dementia programme (10 mins)**

Bethany Whiteside MSc, PhD¹, Lisa Sinclair MA²
¹Royal Conservatoire of Scotland, Glasgow, Scotland, United Kingdom
²Scottish Ballet, Glasgow, Scotland, United Kingdom

Community arts programming supports social engagement and personal growth in older adults (10 mins)

Niyati Dhokai PhD¹, Holly Matto, PhD², Emily Ihara PhD², Catherine Tompkins PhD², Shane Caswell PhD³, Nelson Cortes PhD³, Rick Davis DMA¹, Sarah Coogan MS³, Victoria Fauntroy BS³, Elizabeth Glass MA¹, Judy Moon Lee MEd¹, Gwen Baraniecki-Zwil MSc¹, Jatin Ambegaonkar PhD, ATC³
¹Hylton Performing Art Center, George Mason University, Manassas, VA, United States
²Department of Social Work, George Mason University, Fairfax, VA, United States
³Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States

***Dance and music engagement affects health outcomes in older adults: a randomized controlled trial (10 mins)**

Jatin Ambegaonkar PhD, ATC¹, Holly Matto PhD², Emily Ihara PhD², Catherine Tompkins PhD², Nelson Cortes PhD¹, Sarah Coogan MS¹, Shane Caswell MS¹, Victoria FauntroyBS¹, Elizabeth Glass MS³, Judy Lee MEd³, Gwen Baraniecki Zwil MSc³, Rick Davis³, Niyati Dhokai PhD³
¹Sports Medicine Assessment, Research, and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States
²Department of Social Work, George Mason University, Fairfax, Virginia, United States
³Hylton Performing Arts Center, George Mason University, Manassas, Virginia, United States

***Dance and Parkinson's: the effects on girdle dissociation during the turning movement (20 mins)**

Aline Haas PhD¹, Marlene Brito Fortes BA², Fruzsina Nagy BSc², Marcela dos Santos Delabary MSc¹, Leonardo Alexandre Peyré-Tartaruga PhD¹, Tina Smith PhD², Yiannis Koutedakis PhD², Matthew Wyon PhD²
¹Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil
²University of Wolverhampton, Wasall, United Kingdom

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Dance for Multiple Sclerosis: a national ballet company's medical and engagement departments collaborate to propose data collection via digital application (10 mins)

Catherine Cassidy BA, Martin Lanfear MSc, PT
Scottish Ballet, Glasgow, Scotland, United Kingdom

***Dancing through aging (60 mins)**

Krista White MA¹, Vanessa Paglione BKin², Anne Flynn MA², Sarah J. Kenny PhD^{2,3,4}

¹University Heights Community Association Dance and Movement Program, Calgary, AB, Canada

²Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada

³O'Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada

⁴Alberta Children's Hospital Research Institute, University of Calgary, Calgary, AB, Canada

+Interactive Session

***Effects of dance and Nordic Walking program on strength and flexibility in Parkinson's disease (20 mins)**

Aline Haas PhD¹, Rebeca Gimenes Donida MSc¹, Mariana Wolffenbuttel BA¹, Marcela dos Santos Delabary MSc¹, Ana Paula J. Zanardi MSc¹, Elren Passos-Monteiro PhD², Flávia Gomes Martinez PhD¹, Leonardo Alexandre Peyré-Tartaruga PhD¹

¹Federal University of Rio Grande do Sul, Brazil, Porto Alegre, Brazil

²Universidade Federal do Pará, Castanhal, Brazil

'I'm smiling because it's lovely': exploring the perceived impact of a pilot dance for multiple sclerosis programme (10 mins)

Bethany Whiteside PhD, MSc¹, Lisa Sinclair, MA²

¹Royal Conservatoire of Scotland, Glasgow, Scotland, United Kingdom

²Scottish Ballet, Glasgow, Scotland, United Kingdom

Motivation and determinants for successful engagement among community-dwelling older adults participating in ballroom dance workshops (10 mins)

Sarah Coogan MS¹, Jatin Ambegaonkar PhD, ATC¹, Victoria Fauntroy BS¹, Gwen Baraneicki-Zwil MS², Elizabeth Glass MS², Niyati Dhokai PhD²

¹Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, Manassas, VA, United States

²Hylton Performing Arts Center, George Mason University, Manassas, VA, United States

Physical activity in female adolescent dancers in ballet dance studio classes (10 mins)

Pranjal Joshi MSc¹, Victoria Fauntroy BS^{1,2}, Sarah Cooga MS¹, Jatin Ambegaonkar PhD, ATC¹, Shruti Ambegaonkar DPT¹

¹Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, Fairfax, VA, United States

²Crossroads Dance Theater, Herndon, VA, United States

***Systematic review of dance as treatment for chronic pain (10 mins)**

Benjamin Hickman, Alycia Fong Yan PhD, Fereshteh Pourkazemi PhD, Roxanna Pebdani PhD, Claire Hiller PhD, PT
Faculty of Medicine, University of Sydney, Sydney, NSW, Australia

The effects of a 10-week ballet intervention for over 50s on fundamental movement skills and joint range of motion (10 mins)

Rachel Ward BMedSci, PhD, Meg Letton BexPhys, Jeanette Thom PhD
University of New South Wales, Sydney, NSW Australia

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Presentations & Enduring Materials from the 30th Annual Conference

Listed by release date, alphabetical by presentation

Dance Medicine-2020 Sessions

Release Date: Monday, September 28
Q&A Discussion Panels: Friday, October 2 @ 12:30am GMT &
Friday, October 2 @ 1:00pm GMT
Moderator: Matthew Grierson MD, Seattle, WA, USA &
Lauren Elson MD, Boston, MA, USA

4 hours and 10 minutes / 0.75 CME/CEU credits

Guest Speakers:

Oral health, elite sport, and performance (20 mins)

Ian Needleman PhD, BDS^{1,2}

¹UCL Eastman Dental Institute, London, United Kingdom

²Honorary Consultant in Periodontology with UCLH, London, United Kingdom

***Sweet music: how taste may improve dance performance (20 mins)**

Russel Best PhD^{1,2}

¹Centre for Sports Science and Human Performance, Wintec, Hamilton, New Zealand

²School of Health and Social Care, Teesside University, Middlesbrough, United Kingdom

The gut and wellbeing application in dancers (30 mins)

Ese Stacey MSc, MBBS

Consultant Specialist in Sport & Exercise Medicine, Brighton, United Kingdom

***A pre-class neuromuscular warm-up for prevention and self-management of SIJ dysfunction and anterior hip impingement (60 mins)**

Megan Richardson ATC¹, Natale Imrisek MSPT², Sally Donaubauer DPT

¹Megan Richardson Wellness, New York City, NY, United States

²Framework Physical Therapy, Los Angeles, CA, United States

+Interactive Session

***Does the presence of scoliosis increase the risk of dance injury in adolescent recreational dancers? (10 mins)**

Arnold Wong BPhysio, PhD¹, Kenney Lau BSc, MSc¹, Olivia Fung BA, MA¹, Dino Samartzis BSc, DSc², Clifton Chan BPhysio, PhD³, Claire Hiller PhD, PT³, Patrick Yung FRCS⁴, Brenton Surgenor BSc, MSc⁵, Veronika Schoeb BPhysio, PhD⁶

¹Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong,

²Department of Orthopaedic Surgery, Rush University Medical Centre, Chicago, IL, United States

³Faculty of Medicine and Health, The University of Sydney, Sydney, Australia

⁴Department of Orthopaedics and Traumatology The Chinese University of Hong Kong, Hong Kong

⁵The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

⁶School of Health Sciences, University of Applied Sciences and Arts Western Switzerland, Lausanne, Switzerland

Eating disorder recovery in dancers: what does it look like and what does it take? (20 mins)

Dawn Smith-Theodore MA, CEDS¹, Monika Saigal MS, RD^{2,3}

¹Private Practice, Los Angeles, CA, United States

²Private Practice, New York City, NY, United States

³The Julliard School, New York City, NY, United States

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Incidence of injury, operation, and NSAID use in large cohort of young professional and preprofessional dancers (10 mins)

Sarah Hatef MPH^{1,2}, Annelise Senkowski BA¹, Lily Senkowski¹, Christopher Senkowski MD¹

¹Department of Surgery, Mercer University School of Medicine, Savannah, GA, United States

²The Ohio State University College of Medicine, Columbus, OH, United States

Injuries, load, mood, stress, and compliance with monitoring within semesters of a tertiary dance program: a longitudinal cohort study (10 mins)

Melanie Fuller M SPPhty, M Msk Phty¹, Gene Moyle DPsych¹, Geoffrey Minett PhD²

¹Queensland University of Technology, Creative Industries Faculty, Brisbane, QLD, Australia

²Queensland University of Technology, School of Exercise and Nutrition Sciences, Faculty of Health, Brisbane, QLD, Australia

Injury incidence among aerial dance performers in Ireland: a prospective cohort study (10 mins)

Stephen O Rourke BA, BSc, Louise Keating BSc, MSc, Eleanor Creighton BSc

The Royal College of Surgeons Ireland, Dublin, Ireland

***Injury patterns over a three-year period in a professional ballet company: changes and trends (10 mins)**

Mai Katakura PhD, MD^{1,2}, Nick Allen PhD^{3,4}, Angela Keley PhD¹, James Calder PhD, MD^{1,2}

¹Imperial College London, United Kingdom

²Fortius Clinic, London, United Kingdom

³Birmingham Royal Ballet, Birmingham, United Kingdom

⁴National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Prevention and treatment of eating disorders and body image concerns in dancers (20 mins)

Fumi Somehara BSc, APD¹, Shane Jeffrey BSc, APD²

¹Private Practice, Sydney, NSW, Australia

²Private Practice, Brisbane, QLD, Australia

Rehabilitation for injured dancers: a systematic review (10 mins)

Yanan Dang MA, MSc¹, Yiannis Koutedakis PhD^{1,2}, Ruoling Chen PhD¹, Matthew Wyon PhD^{1,3}

¹Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom

²Department of Sport Science, University of Thessaly, Trikala, Greece

³National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Relationships between lateral limb bias, turnout, and lower limb injury in a female pre-professional ballet dancer population (10 mins)

Elise McMahon BPhysio, Rod Pope PhD, Kate Freire BSc, PhD

Charles Sturt University, Albury, NSW, Australia

Relationships between sleep disturbance and sleep related-impairment in collegiate dancers (10 mins)

Victoria Fauntroy BS, ATC¹, Amelia Stork², Hansen-Honeycutt DAT, PES², Joel Martin PhD, CSCS¹, Jatin Ambegaonkar PhD, ATC¹

¹Sports Medicine Assessment, Research and Testing (SMART) Laboratory, George Mason University, VA, United States

²School of Dance, George Mason University, VA, United States

Risk factors for dance-related lumbar injury among dancers: a large-scale study (10 mins)

Arnold Wong BPhysio, PhD¹, Kenney Lau BSc, MSc¹, Olivia Fung BA¹, Claire Hiller PhD, PT², Clifton Chan BPhysio, PhD², Patrick Yung FRCS³, Dino Samartzis BSc, MSc⁴, Veronika Schoeb BPhysio, PhD⁵, Samuel Ling FRCSEd³, Brenton Surgenor BSc, MSc⁶

¹Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong

²Faculty of Medicine and Health, The University of Sydney, Sydney, NSW, Australia

³Department of Orthopaedics and Traumatology The Chinese University of Hong Kong, Hong Kong, Hong Kong

⁴Department of Orthopaedic Surgery, Rush University Medical Centre, Chicago, IL, United States

⁵School of Health Sciences (HESAV), University of Applied Sciences and Arts Western Switzerland (HES-SO), Lausanne, Switzerland

⁶The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

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Dance Research-2020 Sessions

Release Date: Monday, October 5
Q&A Discussion Panel: Friday, October 9 @ 3:00pm GMT
Moderator: Nancy Kadel MD, Seattle, WA, USA

4 hours and 30 minutes / 1.25 CME/CEU credits

Guest Speakers:

***Context, complexity, bias and philosophy in performance medicine (30 mins)**

Caroline Bolling PhD, PT^{1,2}

¹Health and Safety in Sports, IOC research center, Amsterdam, The Netherlands

²Cirque du Soleil, Montreal, Quebec, Canada

***Epidemiological headaches (30 mins)**

Evert Verhagen PhD¹

¹Amsterdam UMC, Department of Public and Occupational Health, Amsterdam, The Netherlands

***Adapting research tools for addressing complex movement in dance: encouraging multi-disciplinary engagement in research questions (20 mins)**

Margaret Wilson PhD

University of Wyoming, Laramie, WY, United States

Are we building on poor foundations? Science needs a strong footing (10 mins)

Matthew Wyon PhD^{1,2}

¹Institute of Human Sciences, University of Wolverhampton, Walsall, United Kingdom

²National Institute of Dance Medicine and Science, Birmingham, United Kingdom

***E-learning in conservatoire dance training: challenges and possibilities (60 mins)**

Hiu Tung Yu MSc, MFA, Wai Pan Cheung BFA, Brenton Surgenor BSc, MSc, Jake K. Ngo MSc

School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

+Interactive Session

***Examples of biomechanical concepts in dance: understanding and using mechanics in the dance studio (60 mins)**

Leigh Schanfein BS, MS¹, Kumiyo Kai MFA²

¹Barnard College, Columbia University, New York City, NY, United States

²Nihon Fukushi University, Aichi, Japan

+Interactive Session ~Q&A Friday Oct 16th

How to identify quality research (50 mins)

Lauren Copping BS, MFA¹, Valeriya Volkova BSc (Hons)², Shannon Ye BS³, Elizabeth Yutzey MFA⁴, Leanne Steel MSc⁵, Catherine Haber MSc, MAS⁶, Paige Rice BS, MSc⁷, Jill Descoteaux MSc, PhD⁸

¹University of British Columbia, Vancouver, BC, Canada

²University of Calgary, Calgary, AB, Canada

³University of Southern California, Los Angeles, CA, United States

⁴Drexel University, Philadelphia, PA, United States

⁵Trinity Laban Conservatoire of Music & Dance, London, United Kingdom

⁶Institute of Sport Science, University of Bern, Bern, Switzerland

⁷Edith Cowan University, Joondalup, Australia

⁸Cirque Du Soleil, Zumanity, Las Vegas, NV, United States

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What is competency within dance medicine and science? How can this be recognised across countries and professions (10 mins)

Matthew Wyon PhD¹, Nico Kolokythas MSc, PhD², Elaina Manolis DPT³, Steven Karageanes DO⁴, Ana Azevedo PhD, PT⁵

¹University of Wolverhampton, Walsall, United Kingdom

²Elmhurst Ballet School, Birmingham, United Kingdom

³Spaulding Rehabilitation Hospital, Charlestown, MA, United States

⁴Saint Mary Mercy Hospital, Livonia, MI, United States

⁵Private Practice, Oeiras, Portugal

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Interactive/Movement-2020 Sessions

Release Date: Monday, October 12
Q&A Discussion Panel: Friday, October 16 @ 1:00pm GMT
Moderator: Kathleen Davenport MD, Miami, FL, USA

7 hours / 0.5 CME/CEU credits

Attention unites, ability divides: using mindful attentional focus techniques to enable access to ballet for all (60 mins)

Clare Guss-West BHum, MA
Dance and Creative Wellness Foundation, Rotterdam, Netherlands

Beginning with the beginning: developing a culture of wellness in the dance class (15 mins)

Rebecca Gose MFA, Barbara Powers, BFA, MFA
The University of Georgia, Athens, GA, United States

Mindfulness in the beginning ballet class (15 mins)

Barbara Powers BFA, MFA
University of Georgia, Athens, GA, United States

Positive education in the ballet studio: a school-wide approach to wellbeing in an elite ballet training institution (15 mins)

Philippa Ziegenhardt Adv. Dip. Grad Cert
The Australian Ballet School, Melbourne, VI, Australia

'Progressive angular isometric loading' and 'Regressive angular isometric loading' (PAILs/RAILs) adapted for the dance population (60 mins)

André Megerdichian BFA, MFA, Jennifer Deckert MFA
University of South Carolina, Columbia, SC, United States

Safeguarding the mental health of the artist in the creative process: calming emotional arousal (60 mins)

Stuart Waters, MA¹, Steve Peck^{1,2}, Erin Sanchez MSc^{1,2,3,4}
¹Rockbottom, London, United Kingdom
²Steve Peck Psychotherapy, London, United Kingdom
³One Dance UK, Birmingham, United Kingdom
⁴National Institute of Dance Medicine and Science, Birmingham, United Kingdom

Strength and conditioning: dancer specific, not dance specific (30 mins)

Jason Harrison BA, MA
Present Tense Fitness, Dayton, OH, United States

***Strength training considerations and safety modifications to produce stronger and more powerful dancers (30 mins)**

Emma Faulkner PT, DPT^{1,2}, Rob West DPT²
¹Atlanta Dance Medicine, Atlanta, GA, United States
²Decatur Hand and Physical Therapy Specialists, Decatur, GA, United States

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The Breakalign Method: alignment in movement for appropriate distribution of load as an injury preventative measure (60 mins)

Nefeli Tsiouti MSc^{1,2}

¹Project Breakalign, Nicosia, Cyprus

²European University Cyprus, Nicosia, Cyprus

Thriving in ballet: using compassion to enhance resilience and performance in dancers (15 mins)

Inge Gnatt BPhyc^{1,3}, Philippa Ziegenhardt Adv.Dip, Grad Cert², Lisa Pavane Grad Cert², Maja Nedeljkovic PhD, MPhyc^{1,3}

¹Swinburne University of Technology, Melbourne, VIC, Australia

²The Australian Ballet School, Melbourne, VIC, Australia

³Centre for Mental Health, Melbourne, VIC, Australia

Understanding the biomechanics of arabesque and penché to overcome barriers in physical performance (60 mins)

Leigh Schanfein BS, MS^{1,2}, Elisabeth Jeffrey², Tanya Trombly BA, ACE^{2,3}

¹Barnard College, Columbia University, NY, United States

²Freelance Dancer, NY, United States

³Anti-Bunhead Fitness, NY, United State

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Dance Educators'- 2020 Sessions

Release Date: Monday, October 19

Q&A Discussion Panel: Friday, October 23 @ 3:00pm GMT

Moderator: Jennifer Decker MFA, Columbia, SC, USA

4 hours and 20 minutes

Guest Speaker:

Reducing physical stress through breathing kinematic approach (60 mins)

Kuniko Yamamoto-Morimoto PhD, ATC^{1,2,3}

¹Total Life Care, Kyoto, Japan

²A-Yoga Mind and Body Movement Therapy, Kyoto, Japan

³Kyoto MBM Labo, Kyoto, Japan

Ballet body belief: adaptive and maladaptive aspects of perfectionism in female adolescent ballet dancers in the UK and Europe (20 mins)

Angela Pickard PhD

Canterbury Christ Church University, Canterbury, United Kingdom

Ballet science: combining pedagogical tradition with modern innovations to create injury resistant dancers (10 mins)

Shayla Bott BFA, MFA, Ashley Parov MFA, Brenda Critchfield MS, ATC

Brigham Young University, Provo, UT, United States

Philosophy and implementation of change within traditional dance conservatoire environments (60 mins)

Jessica Wheeler BA^{1,2}, Nico Kolokythas MSc, PhD^{1,2}, Frances Clarke MSc, PhD³, Emma Redding PhD³

¹Elmhurst Ballet School, Birmingham, United Kingdom

²University of Wolverhampton, Walsall, United Kingdom

³Trinity Laban Conservatoire of Music & Dance, London, United Kingdom

Red flag and amber flag: using predictive formulae to predict relative stage of maturation in elite pre-professional ballet dancers (10 mins)

Niall MacSweeney MSc

Royal Ballet School, London, United Kingdom

Safe dance practice knowledge, behaviours, and beliefs among dance teachers (10 mins)

Jillian L. Ball BKin¹, Meghan L. Critchley MSc¹, Amanda M. Black PhD^{1,2,3}, Sarah J. Kenny, PhD^{1,2,4}

¹Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Calgary, AB, Canada

²Alberta Children's Hospital Research Institute, University of Calgary, Calgary, AB, Canada

³Hotchkiss Brain Institute, University of Calgary, Calgary, AB, Canada

⁴O'Brien Institute for Public Health, University of Calgary, Calgary, AB, Canada

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Safeguarding in the context of dance education: a panel discussion (60 mins)

Erin Sanchez MSc^{1,2}, Steven J Karageanes DO³, Kathleen McGuire Gaines⁴, Carlo Bagutti MD⁵, Zahra Carpenter BFA, Jo-Anne La Fleche MPs, MA, Lynda Manwaring PhD, C.Psych⁶, Karine Rathle, MSc⁷, Bonnie Robson MD, DPsych, Paula Thompson PsyD⁸

¹National Institute of Dance Medicine and Science, Birmingham, United Kingdom

²One Dance UK, Birmingham, United Kingdom

³St. Mary Mercy Hospital MercyElite Sports Medicine, Livonia, MI, United States

⁴Minding the Gap, Pittsburgh, PA, United States

⁵Unité de Médecine du Sport, VidyMed, Lausanne, Switzerland

⁶University of Toronto, Toronto, ON, Canada

⁷President, Healthy Dancer Canada, Montréal, Quebec, QC, Canada

⁸California State University, Northridge, Studio City, CA, United States

Understanding the perception, attitudes and beliefs of adolescent recreational dancers towards dance injury and its prevention (10 mins)

Hui Tung Yu MSc, MFA¹, Veronika Schoeb PhD², Brenton Surgenor BSc, MSc³, Clifton Chan PhD, PT⁴, Claire Hiller PhD, PT⁴, Dino Samartzis DSc, MSc⁵, Patrick SH Yung FRCS⁶, Arnold Wong BPhysio, PhD¹

¹Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong, Hong Kong

²School of Health Sciences (HESAV), University of Applied Sciences and Arts Western Switzerland (HES-SO), Lausanne, Switzerland

³School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, Hong Kong

⁴Faculty of Medicine and Health, The University of Sydney, Sydney, NSW, Australia

⁵Department of Orthopedic Surgeon, Rush University Medical Center, Chicago, IL, United States

⁶Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, Hong Kong

***Which arabesque? From Coralli's & Perrot's to Balanchine's arabesque (20 mins)**

Annemari Autere

BalletBodyLogic, Compagnie Ariel, Villefranche sur Mer, France

+Interactive Session

iConference Program

Presentations & Enduring Materials from the 30th Annual Conference

Listed by release date, alphabetical by presentation

Dance Science-2020 Sessions

Release Date: Monday, October 26
Q&A Discussion Panel: Friday, October 30 @ 1:00pm GMT
Moderator: Peter Lewton-Brain DO, Monte-Carlo, Monaco

4 hours and 15 minutes / 1.25 CME/CEU credits

Guest Speaker:

***Biomarker profiling and monitoring for the elite dancer (30 mins)**

Charlie Pedlar PhD, FBASES

St Mary's University, Twickenham, London, United Kingdom

Aesthetic and kinetic measures of dance balance (10 mins)

Elizabeth Coker, MA

New York University, New York City, NY, United States

***Does dehydration really impair performance? (15 mins)**

Jasmine Challis MRes, RD¹, Meghan Brown PhD, SENr²

¹Freelance registered dietitian, Reading, United Kingdom

²Birmingham City University, School of Health Sciences, Department of Sport and Exercise, Birmingham, United Kingdom

International perspective on nutrition for dancers (30 mins)

Fumi Somehara MSc, APD¹, Monika Saigal MS, RD^{2,3}, Jasmine Challis MRes, RD⁴

¹Private Practice, Sydney, NSW, Australia

²Private Practice, New York City, NY, United States

³The Julliard School, New York City, NY, United States

⁴Freelance registered dietitian, Reading, United Kingdom

Kinematic characteristics of lower limb elevation movement (arabesque) in ballet: focusing on aesthetics (10 mins)

Yui Kawano PhD¹, Mayumi Kuno-Mizumura PhD², Cheng-Feng Lin PhD³

¹Japan Institute of Sports Sciences, Tokyo, Japan

²Ochanomizu University, Tokyo, Japan

³National Cheng Kung University, Tainan, Taiwan

Kinematic impact of socks on contemporary dance practice (10 mins)

Julie Ferrell-Olson MFA, MSc¹, James Brouner PhD²

¹Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

²Kingston University, London, United Kingdom

Lower limb contact posture during saut de chat takeoff differs in dancers with and without flexor hallucis longus tendinopathy (10 mins)

Hai-Jung Steffi Shih BS, PT, K. Michael Rowley PhD, Kornelia Kulig PT, PhD

Division of Biokinesiology and Physical Therapy, University of Southern California, Los Angeles, CA, United States

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Observation and imagery: analysis and comparison of the patterns of brain activation during passive observation and motor imagery of dance movement sequences (10 mins)

Leonor Castro MS¹, Filipa Sousa PhD^{2,3}, José Paulo Santos PhD^{1,4}

¹Experimental Biology Unit, Faculty of Medicine, University of Porto, Porto, Portugal

²Porto Biomechanics Laboratory, University of Porto, Porto, Portugal

³CIFI2D, Faculty of Sports, University of Porto, Porto, Portugal

⁴Department of Management, University Institute of Maia, Maia, Portugal

Perception-action coordination dynamics: suggestions for dance education (40 mins)

Akito Miura PhD¹, Takahide Etani PhD², Derrick D. Brown MSc^{3,4}, Ruud G. Meulenbroek PhD³

¹Faculty of Human Sciences, Waseda University, Tokorozawa, Saitama, Japan

²School of Medicine, Kanazawa University, Kanazawa, Ishikawa, Japan

³Donders Institute for Brain, Cognition, and Behavior, Donders Centre for Cognition, Radboud University, Nijmegen, Netherlands

⁴Institute for Sport Science, Dance Science, University Bern, Bern, Switzerland

Performing and perceiving movement synchrony in live dance performance (20 mins)

Guido Orgs MSc, PhD¹, Staci Vicary¹, Jorina von Zimmermann², Daniel C. Richardson²

¹Department of Psychology, Goldsmiths, University of London, London, United Kingdom

²Department of Experimental Psychology, University College London, London, United Kingdom

Physiological demands of musical theatre (10 mins)

Stephanie Pittman BSc, MSc, Emma Redding PhD, Scott Sinclair BSc, MSc

Trinity Laban Conservatoire of Music and Dance, London, United Kingdom

***Protein for the dancer; considerations for plant-based diets (30 mins)**

Meghan Brown PhD, SENr¹, Jasmine Challis MRes, RD², Ann Brown³

¹Birmingham City University, School of Health Sciences, Department of Sport and Exercise, Birmingham, United Kingdom

²Freelance registered dietitian, Reading, United Kingdom

³University of Idaho, Department of Movement Sciences, College of Education, Health & Human Sciences, Moscow, ID, United States

***The biomechanical profile of professional dancers' foot-ankle complex during multidirectional landings (20 mins)**

Ana Morais Azevedo PhD, PT¹, Raul Oliveira PhD, PT^{1,2}, João R. Vaz PhD, PT², Nelson Cortes PhD³

¹R'Equilibri_us, Private Practice, Lisbon, Portugal

²CIPER, Faculdade Motricidade Humana, Lisbon, Portugal

³George Mason University, Manassas, VA, United States

The relationship between perceptual and neuromuscular fatigue in elite adolescent ballet dancers (10 mins)

Matthew Lamarque MSc, MRes^{1,2}, Matthew Springham BSc, MSc², Charles Pedlar PhD, FBASES², Karen Sheriff BSc, MSc¹

¹The Royal Ballet School, London, United Kingdom

²St Mary's University, Twickenham, London, United Kingdom

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iConference Program

Time Zone Conversion Chart

| Session | Date | Time Zone | | | | | | | Moderator |
|----------------------|----------------------|-----------------------|-----------------------|----------|---------|----------|----------------------|----------------------|--------------------|
| | | AEST | JST | CET | BST | GMT | ET | PT | |
| Dance for Health | Friday, September 25 | 11:00 PM | 10:00 PM | 3:00 PM | 2:00 PM | 1:00 PM | 9:00 AM | 6:00 AM | Gayanne Grossman |
| Dance Medicine A | Friday, October 2 | 10:30 AM | 9:30 AM | 2:30 AM | 1:30 AM | 12:30 AM | 8:30 PM ⁺ | 5:30 PM ⁺ | Matthew Grierson |
| Dance Medicine B | Friday, October 2 | 11:00 PM | 10:00 PM | 3:00 PM | 2:00 PM | 1:00 PM | 9:00 AM | 6:00 AM | Lauren Elson |
| Dance Research | Friday, October 9 | 2:00 AM ⁺ | 12:00 AM ⁺ | 5:00 PM | 4:00 PM | 3:00 PM | 11:00 AM | 8:00 AM | Nancy Kadel |
| Interactive/Movement | Friday, October 16 | 12:00 AM ⁺ | 10:00 PM | 3:00 PM | 2:00 PM | 1:00 PM | 9:00 AM | 6:00 AM | Kathleen Davenport |
| Dance Educators' | Friday, October 23 | 2:00 AM ⁺ | 12:00 AM ⁺ | 5:00 PM | 4:00 PM | 3:00 PM | 11:00 AM | 8:00 AM | Jennifer Decker |
| Dance Science | Friday, October 30 | 12:00 AM ⁺ | 10:00 PM | 2:00 PM | - | 1:00 PM | 9:00 AM | 6:00 AM | Peter Lewton Brain |
| Business Meeting | Sunday, November 1 | 8:00 AM ⁺ | 6:00 AM ⁺ | 10:00 PM | - | 9:00 PM | 4:00 PM | 1:00 PM | Leigh Ponniah |

^{+/-} denotes date change due to time zone by 24hours