

HARKNESS CENTER FOR DANCE INJURIES

Clinical Expertise and Evidence in Dance Medicine

April 30 - May 1, 2016
New York, NY



Harkness Center for Dance Injuries
614 Second Avenue, Ste. 2G
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www.danceinjury.org

Clinical Expertise and Evidence in Dance Medicine

Continuing Education Certificate Course

April 30 - May 1, 2016

The Harkness Center for Dance Injuries (HCDI) was founded in 1989 with the mission to enhance the health, well-being and quality of life of dancers and dance companies by providing state-of-the-art, affordable medical care. The Center offers an array of clinical, prevention, education and research services.

Course Description

Clinical Expertise and Evidence in Dance Medicine is a live, lab-based component of HCDI's Principles of Dance Medicine digital CME/CEU course. This 2-day live CEU course will focus on practical applications necessary to best prevent and rehabilitate dance injuries, including: how to functionally screen dancers; how to conduct injury surveillance using modern technology; and how to observe and re-educate movement patterns commonly seen clinically. After completion, course participants will be able to implement an effective and efficient screening and injury reporting program. Further, they will be equipped to ensure excellent, measurable patient outcomes through HCDI's "3Ps" return-to-dance protocol. Laboratory sessions will emphasize manual interventions, neuromuscular re-education, and dance specific pre/rehab progressions. Lab attire is recommended.

Educational Objectives

1. Recognize common movement patterns among dancers, facilitating measurable improvements in clinical outcomes;
2. Implement a standardized, dance specific screen in order to objectively evaluate movement and psychometric components associated with injury risk, and the work-hardening needs of dancers;
3. Understand the what, why and how of dance-specific epidemiologic data capture in order to implement an injury surveillance program using touch-pad technology;
4. Improve the health literacy of dancer patients, dance teachers, artistic staff, and business managers while reducing risk for injury in the dance workplace.

Location

The course will be held at the NYU Langone Medical Center, located at 550 First Avenue, between 30th and 33rd Street. Smilow Seminar and Multipurpose Rooms.

Complete travel information is available at: www.danceinjury.org.



Registration

Register and pay online at: www.harkness.eventbrite.com

	Online Registration	On-Site
Early Bird (until April 8th)	\$395	N/A
Standard (until April 22nd)	\$425	N/A
At Door (on April 30th)	N/A	\$475

Class size is limited. Early registration is strongly recommended.

Cancellation Policy: An administrative charge of \$100 will be assessed for cancellations prior to April 27th. Cancellations after April 27th will result in full loss of tuition. Cancellations must be requested online at: www.harkness.eventbrite.com by clicking the "Request Refund" link.

Target Audience

Physicians, Physical Therapists, Certified Athletic Trainers and Allied Healthcare Professionals

Credit Designation

Physical Therapists

NYU Hospitals Center is a New York State Educational Department approved provider for Physical Therapy and Physical Therapy Assistant continuing education. NYU Hospitals Center designates this activity for a maximum of 14.4 Physical Therapy education contact hours.

Certified Athletic Trainers

NYU Hospitals Center is recognized by the Board of Certification, Inc. (BOC) to offer continuing education to Athletic Trainers. This program is eligible for a maximum of 12 Category A hours/CEUs. BOC Approved Provider #:P2540. Pending EBP Category hours/CEUs.



Course Agenda

Saturday, April 30, 2016

7:30 am	Registration
8:15 am	Welcoming remarks. Donald J. Rose, MD
8:20 am	Injury risk factors in dance from head to toe. David S. Weiss, MD
9:05 am	KEYNOTE ADDRESS. An overview of concussion screening: perspectives from the NCAA Chief Medical Officer. Brian Hainline, MD
9:50 am	The effect of modifying factors on concussion baseline scores: why we need to test our dancers. Lauren McIntyre, ATC
10:10 am	Break
10:30 am	Musculoskeletal characteristics of elite professional ballet dancers: findings from a profile conducted on America's two leading ballet companies. William G. Hamilton, MD
11:00 am	Factors contributing to the attrition rate in elite ballet students and professional injuries. Linda H. Hamilton, PhD
11:30 am	The science of prevention in dance: what is currently known about epidemiology of dance injury and preventative screening in dance. Marijeanne Liederbach, PhD, PT, ATC, CSCS with Megan Richardson, MS, LAc, ATC
12:30 pm	Lunch (on your own)
2:00 pm	Why do we screen and how? A panel discussion and dancer-clinician demonstration. <ul style="list-style-type: none"> • History, content and medicolegal considerations of the PPE. Joey C. Fernandez, MD with Beth Glace, MS • So many tests, so little time, can we reduce injuries in a realistic way? Considerations from the development team of the SFMA and FMS. Kyle Kiesel, PT, PhD, ATC, CSCS • Types of screenings dancers value: demonstration of the Harkness Healthy Dancer Initiative (HHDI) screens. Marijeanne Liederbach, PhD, PT, ATC, CSCS with Megan Richardson, MS, LAc, ATC and Pilobolus • Closing remarks. Lauren McIntyre, ATC
4:30 pm	Utilizing the sequence of prevention model to tie it all together. Technology for the new era of injury surveillance: the history and practical use of IPAIRS with iPads. Marijeanne Liederbach, PhD, PT, ATC, CSCS with Leigh Schanfein, MS
5:30 pm	Welcome Reception
Sunday, May 1, 2016	
9:00 am	Seeing patterns in complex systems: preventing limitations in current evidence from blinding the clinician. Marshall Hagins, PhD, DPT, OCS
9:45 am	Break
10:00 am	Lab A. The 3P's: dance specific progressive resistance exercise, proprioception and plyometrics. Using the HHDI screen as basis for functional progression in dance pre- and re-habilitation. Faye E. Dilgen, DPT; Emily Sandow, DPT, OCS
	Lab B. A common whole body dysfunctional movement pattern in dancers: assessment and intervention. Marshall Hagins, PhD, DPT, OCS
11:30 am	Break
11:45 am	Rotate Labs
1:15 pm	Closing remarks.

Harkness Center for Dance Injuries Faculty

Faye E. Dilgen, DPT, Supervisor of Dance Physical Therapy
Joey C. Fernandez, MD, Staff Physician
Marshall Hagins, PhD, DPT, OCS, Sr. Clinical Specialist; Research Associate
Marijeanne Liederbach, PhD, PT, ATC, CSCS, Director
Lauren McIntyre, ATC, Clinical Specialist
Megan Richardson, MS, LAc, ATC, Clinical Specialist
Donald J. Rose, MD, Medical Director
Emily Sandow, DPT, OCS, Assistant Supervisor of Dance Physical Therapy
Leigh Schanfein, MS, Research Associate
David S. Weiss, MD, Associate Medical Director

Guest Faculty

Beth Glace, MS is a sports nutritionist and research associate at the Lenox Hill Hospital's Nicholas Institute of Sports Medicine and Athletic Trauma. She has more than 25 years of experience in nutrition counseling and fitness testing for professional and recreational athletes. Much of her responsibility includes designing, implementing and presenting research during professional platform presentations and in peer reviewed journals. She has published extensively on such topics as elucidating the source of exercise-induced fatigue, eating disorders in athletes, metabolic rate in professional ballet dancers, and nutrition and blood values in ultra-marathoners. Beth is a competitive runner and competes horses in dressage and eventing.

Brian Hainline, MD is Chief Medical Officer of the National Collegiate Athletic Association (NCAA). As the NCAA's first Chief Medical Officer, Dr. Hainline oversees the NCAA Sport Science Institute, a national center of excellence whose mission is to promote and develop safety, excellence and wellness in college student-athletes, and to foster life-long physical and mental development. The NCAA Sport Science Institute works collaboratively with member institutions and Centers of Excellence across the USA. Dr. Hainline is Clinical Professor of Neurology at New York University School of Medicine and Indiana University School of Medicine. He co-authored *Drugs and the Athlete* and played a pivotal role in the development of drug testing and education protocols worldwide. He has served on the NYS Medical Advisory Board, the United State's Olympic Committee's Sports Medicine Committee and is a founding member of the Executive Committee of the American Academy of Neurology's Sports Medicine Section, where he serves as Vice Chair.

Linda H. Hamilton, PhD is a licensed clinical psychologist in the state of New York where she specializes in the performing arts. She danced with New York City Ballet (NYCB) while attending both college and graduate school full-time to earn her doctorate in Clinical and Research Psychology. Her interest in reducing stress and enhancing performance has led to an extensive body of research and clinical work with performers from the film, stage, music and other industries. In addition to her private clinical practice, she is one of the key designers of NYCB's wellness program which has produced a reduction in the number of disability weeks by 46%. Dr. Hamilton's ongoing research into the mental and physical stresses of performance has led to more than 300 presentations, 55 academic and mainstream articles, and three books. She also writes a popular monthly advise column for *Dance Magazine*. Her knowledge of eating disorders, especially in dancers, has led to many media interviews, including the highly informative NOVA documentary narrated by Susan Sarandon, *Dying to be Thin*, and her work with performers has been featured in a myriad of other media as well as in the documentary, *A Vision to Heal*.

William G. Hamilton, MD is a board certified orthopedic surgeon who specializes in foot and ankle injuries among performers and athletes. His expertise in foot and ankle problems is critically important because these injuries, so common among dancers, are frequently misdiagnosed. Dr. Hamilton is past president of the American Orthopedic Foot & Ankle Society and the New York Medical & Surgical Society. He has written numerous articles and chapters and runs a post-graduate foot and ankle fellowship in association with the Hospital for Special Surgery and St. Luke's-Roosevelt Hospital Center. He is the orthopedic consultant for New York City Ballet, American Ballet Theatre, School of American Ballet and the Jacqueline Kennedy Onassis School of American Ballet Theatre. In addition, he consults for the Alvin Ailey School, various Broadway shows, the New York Yankees and New York Knicks. As part of his routine practice, he promotes injury prevention through annual orthopedic screenings tailored for dancers and athletes.

Kyle Kiesel, PhD, PT, ATC, CSCS is Professor and Chair of the PT Department at the University of Evansville. His areas of research include motor control of the core and functional movement testing and training. Because of his long-standing interest in athletic performance, injury prediction and recovery, his research has also led to significant work related to functional movement screening, testing and assessment for athletes. He has authored dozens of peer reviewed publications and regularly presents his work nationally and internationally as well as reviews manuscripts for a variety of journals. He serves as a consultant for professional and college sports teams as well as the military where he assists with injury prevention and implementation of the functional movement systems model. He has extensive experience teaching lecture and lab courses emphasizing core training and functional movement assessment and he contributed to the development of both the FMS and the SFMA. He is one of the authors of the book, *Movement*.