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ORTHOPAEDIC SECTION
AMERICAN PHYSICAL THERAPY ASSOCIATION



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Injury Prevention and Screening Programs for Dancers – CITATION SUMMARY

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Injury prevention is an essential aspect of a dancer's professional career and longevity. Currently the addition of injury prevention programs in professional dance companies is rising. However, it is still necessary to determine standardized injury prevention programs and reliable and valid screening tools that can be utilized at both the amateur and professional level. While treating a dancer, it is important for the physical therapist to understand the biomechanics of dance technique, the role that aesthetics play into dance performance, and the demanding nature of dance. The following papers report the rate of occurrence of the most common dance injuries and explain factors that contribute to these injuries. In addition, the papers have examples of evaluation tools and outcome measurement tools that may be useful for the physical therapist. The effectiveness of orthopedic screening tools is also addressed.

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