

Sports Medicine

Dance Injury Prevention Series

2013: Year of the Arts

Westerville, OH

In conjunction with the City of Westerville's 2013: *Year of the Arts* celebration, the Performing Arts Medicine Program at Nationwide Children's Hospital Sports Medicine is hosting a Dance Injury Prevention Series for dancers of all genres, ages 10-20. This **series of exercise-based sessions** is designed to correct muscular imbalances or improper mechanics that contribute to injuries that commonly affect dancers while educating participants in proper strengthening and injury prevention techniques. Dancers should come dressed to exercise and should wear athletic shoes. Participants are encouraged to bring a water bottle with them.

Each hour-long session has a very specific focus (topics listed below) and will consist of stretches, exercises, and activities that relate directly to that focus. All sessions are led by an athletic trainer from the Performing Arts Medicine Program at Nationwide Children's Hospital Sports Medicine. In addition to teaching exercises, stretches, and proper mechanics to participants, these sessions will educate dancers about how certain muscles work during dance and the role that certain anatomical structures play in either leading to injury or preventing injury. At the end of each session, each participant will be given a description of the exercises, stretches, and activities that were performed in that session to assist participants in continuing to care for their bodies after the session has ended. Dancers are encouraged to sign-up for the entire series to learn a well-rounded approach to caring for their body, but participants are welcome to sign up for any number of classes.

6:30 pm – 7:30 pm each night

Sports Medicine and Orthopedics Center

584 County Line Road West, Westerville, OH 43082

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| Sept. 6 | Proper warm-up and stretching for class, performances, and exercising |
| Sept. 19 | The core: more than just “abs” |
| Sept. 30 | Strengthening the knees, feet, and ankles for dancers |
| Oct. 16 | The hips, pelvis, and low back: How to get them stronger and how to use them correctly? |
| Oct. 28 | Strengthening the arms, shoulders, and upper back |
| Nov. 13 | Proprioception: Why is it harder to balance with my eyes closed? |

| Number of Classes | Total Cost |
|-------------------|------------|
| 1 | \$30 |
| 2 | \$55 |
| 3 | \$75 |
| 4 | \$95 |
| 5 | \$110 |
| 6 | \$130 |

*All classes must be paid for at the same time to receive discounted rate per class.

For more information, please call Kerry Waple, MEd, ATC, CSCS at (614) 355-6013.

