Tuesday, July 12, 2022 - Tuesday, January 24, 2023

Injury Prevention Webinar Series for Dancers with the HSS Performing Arts Collaborative

Company: HSS Community Education & Outreach
Venue: Online
Location: -, -

▶ Share | Print | Download

Break It Down with the Experts!

Overuse and traumatic injuries are increasingly common in competitive dancers. Join providers from the***Hospital for Special Surgery (HSS) Performing Arts Medicine Collaborative*** as they discuss injury prevention tips for dancers in this webinar series. HSS experts will cover a variety of relevant topics ranging from foot injuries to shoulder injuries, nutrition practices, and body image discussions. All types of dancers are welcome!

Webinar topics include:

Twist & Knee: Common Injuries of the Knee and Lower Leg, July 12th
Heel-Toe: Common Foot/Ankle Injuries, July 26th
Hips Don't Lie: Common Injuries of the Hip, September 20th
Keep Your Arms Moving: Upper Body, October 25th
Beyond the Barre: Nutrition, Hydration, & Body Image, November 15th
Put Your Back Into It: Common Injuries of the Low Back, January 24th

This webinar series is FREE and will be offered via Zoom.

Visit this page for more info and to register:https://www.eventbrite.com/cc/injury-prevention-for-dancers-webinar-series-371119

HSS Community Education & Outreach
-
-, -, -
https://www.eventbrite.com/cc/injury-prevention-for-dancers-webinar-series-371119

Schedule
July 12, 2022: 6:30pm
July 26, 2022: 6:30pm
September 20, 2022: 6:30pm
October 25, 2022: 6:30pm
November 15, 2022: 6:30pm
January 24, 2023: 6:30pm

< back

previous listing • next listing