

Thursday, September 2, 2021

## A Critical Look at Common Modalities Used in Dance Training and Treatment

Company: Harkness Center for Dance Injuries

Venue: virtual

Location: New York, NY

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4th in 4 sessions of

Preparing for a New Season: Expanding Our Impact in Dance Medicine

A summer educational series for healthcare professionals and dance educators

Presenters: Sarah Plumer-Holzman, DPT, OCS; Mark Hunter-Hall, PT, MPT, CSCS; Megan Richardson, MS, Lac, ATC

In this workshop, we will explore several training practices and treatment modalities used by dancers and dance medicine clinicians including yoga and HIIT workouts; trigger point and fascial release techniques such as acupuncture, massage, and instrument-assisted release techniques; and the role of psychological health in training, injury rehabilitation, and injury prevention. We will discuss why, when, and how these seemingly contrasting techniques can be incorporated or recommended to our dancers, and how we can combine them with psychological tools in order to optimize injury prevention and rehabilitation. Note: non-licensed clinicians or dance educators should not teach/provide respective practices/modalities.

To register:

-Visit [www.DanceMedU.org](http://www.DanceMedU.org)

-Log in or create an account

-Select "Catalog"

-Choose "Preparing for a New Season: Expanding Our Impact in Dance Medicine"

-View descriptions and select the sessions of your choice in either healthcare professional or dance educator category

\$25 for the dance community

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Schedule  
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