

## FOR AUDIENCES

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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: -, -

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### 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 &amp; Outreach

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### 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

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