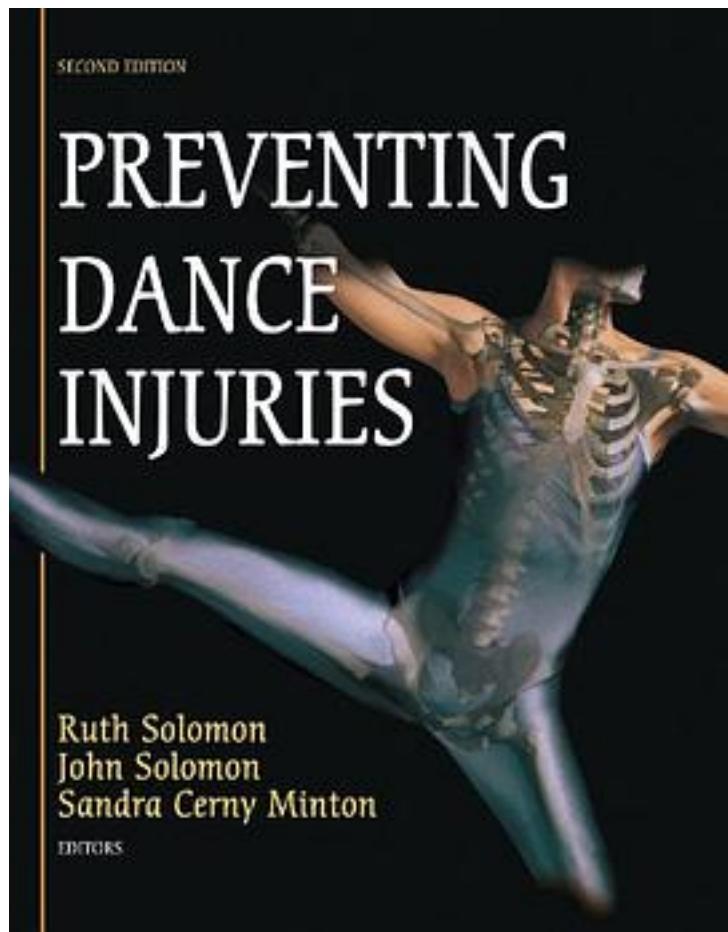


Preventing Dance Injuries



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Recognized as a foundational publication in 1990, "Preventing Dance Injuries" has been updated in this second edition with significant new material to guide dance medicine specialists and educators in promoting the physical and psychological

well-being of dancers."Preventing Dance Injuries, Second Edition, " contains comprehensive coverage of dance injuries, including screening, prevention, diagnosis, treatment, and rehabilitation. The book is thoroughly updated and reorganized, and it includes four new chapters that examine the determining factors in- common injuries to young dancers;- iliopsoas tendinitis, a condition that has recently commanded much attention in dance medicine;- eating disorders and body image; and- the female athlete triad as it affects dancers.In addition, new editorial comments, section headings, and highlight boxes in every chapter aid readers in cross-referencing between chapters, finding specific subjects, and grasping contextual meaning quickly. The following are additional improvements to this edition: - An expanded glossary of medical terms - More than 100 recommended readings from current literature- More than 200 images including new anatomical illustrations that reinforce the concepts described in the book- An expanded and cross-referenced index Part I describes some screening techniques for identifying potential injuries in dancers. Part II details common injuries by site, with attention to the etiology, diagnosis, treatment, and rehabilitation of each type of injury. It includes separate chapters on foot and ankle injuries, knee problems, iliopsoas tendinitis, spinal problems, and stress fractures. Part III covers the prevention of injuries from the standpoint of biomechanics, focusing on efficient warm-up, proper strengthening and stretching, and comprehension of risk factors for various injuries. Part IV examines psychological concerns of dancers, including the relationship between stress, performance, and injury; the body image connection to eating disorders; and the occurrence of the female athlete triad in dancers.Up to date, expanded, and comprehensive, "Preventing Dance Injuries, Second Edition, " will help dancers avoid injury and increase their chances for reaching their full potential.

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