

THE DANCER'S COMPLETE GUIDE TO HEALTHCARE & A LONG CAREER



■ Allan J. Ryan M.D. and ■
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Foreword by Prince Mikiya, Artistic Director, Western Ballet

The Dancers Complete Guide To Healthcare And A Long Career

James Penrod, Janice Gudde Plastino



The Dancers Complete Guide To Healthcare And A Long Career:

The Dancer's Complete Guide to Healthcare and a Long Career Allan James Ryan,1998 **The Dancer's Complete Guide to Healthcare and a Long Career** Allan James Ryan,Robert E. Stephens (Ph. D.),1988 Here is the place where the beginning or experienced dancer will find helpful advice on everything from diet to care of injuries to ballet as a business It s a practical guide for starting maintaining and extending a career in dance Written by a former leading dancer and an authority in sports medicine this book answers questions on every aspect of the dancer s career This book is for today s dancers with the brightest hope for long healthy careers **The Dancer's Complete Guide to Healthcare and a Long Career** Allan J. Ryan,Robert E. Stephens,1998 Here is the place where the beginner or more experienced dancer will find helpful advice on everything f rom diet to care of injuries to ballet as a business It s a practical guide for starting maintaining and extending a career in dance **Finding Balance** Gigi Berardi,2013-01-11 Finding Balance Fitness Health and Training for a Lifetime in Dance gives an overview of issues faced by all performing dancers injury and treatment technique and training fitness nutrition and diet and career management The text includes both easy to read overviews of each topic and profiles of well known dancers and how they have coped with these issues The new edition includes Updated and new profiles Expanded injury and injury treatment information Updated dance science and physiology findings and new references Updated diet guidelines Expanded and updated Taking Control section It concludes with a list of selected dance arts medicine clinics a bibliography glossary and text notes **Dance Medicine in Practice** Liane Simmel,2013-10-30 Dance Medicine in Practice is the complete physical textbook for dance written specifically to help dancers understand the anatomy function and care of their bodies Specific chapters are devoted to focusing on the spine pelvis hips knees feet shoulders and arms Each of these covers the following key aspects Anatomy bone structure musculature and function How each part of the body moves and how it responds under pressure Pitfalls Common examples of bad practice and the effect that these can have on the body Self Analysis How to become aware of and muscle groups and the capacity of each joint Injury Prevention Tips and advice on how to best avoid and prevent injury both in training and everyday life Exercises Simple and effective methods of strengthening mobilising and relaxing joints and muscles Checklists Dos and Don ts for the best dance technique The best dancers know that looking after their bodies is the key to their success and Dance Medicine in Practice also covers how to ensure the best possible nutrition plan and manage training schedules and ensure that injuries are kept to a minimum both in frequency and impact It is the best possible companion to a life in dance **The Dancer Prepares** James Penrod,Janice Gudde Plastino,1998 This accessible easy to read text designed for beginning and intermediate modern dance courses provides students with concrete practical information on both the technical and creative aspects of modern dance **Bibliographic Guide to Music** New York Public Library. Music Division,1990 **Research in Dance** Mary S. Bopp,1994 A reference to dance information in both electronic and print form covering all forms of dance

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clinical and evidence based guide which engages with the latest developments in athletic performance both long and short term It also considers lower level exercise combined with the pertinent physiological processes It focuses on the rationale behind diagnostic work up treatment bias and rehabilitation philosophy challenging convention within the literature to what really makes sense when applied to sports settings Drawing upon experts in the field from across the world and various sports settings it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy Dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings Takes an interdisciplinary approach and draws upon both clinical and evidence based practice Contributed by leading international experts including academics researchers and in the field clinicians from a range of sports teams including the Royal Ballet and Chelsea FC Pedagogical features include learning objectives clinical tip boxes summaries case studies and Editor s commentary to critique of concepts and techniques across chapters *Insider's Guide to Book Editors, Publishers and Literary Agents* Jeff Herman,1992-08-17 Now in its third edition this insider s reference has been fully revised to keep up with the rapidly changing publishing world Includes detailed information on book acquisitions literary agents unsolicited submissions ghostwriting and collaboration and more Index appendices Dancing Longer Dancing Stronger Andrea Watkins,Priscilla M. Clarkson,1990 Ballet jazz modern and aerobic exercises to complement in class work or to enhance performance **Small Press Record of Books in Print** Len Fulton,1994

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