

Society Conferences

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The ROYAL
SOCIETY of
MEDICINE

From injury to performance: Lessons to share in dance and sports

**A one-day symposium jointly organised
by the Royal Society of Medicine and
Dance UK**

Monday 4 April 2011

Venue

Royal Society of Medicine
1 Wimpole Street
London, W1G 0AE

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Background

Following a successful event held in 2009 the Royal Society of Medicine and Dance UK have once again come together to organise a one-day dance and sports medicine conference. These two areas have much in common in terms of the demands placed on the human body and mind, and the run up to the London 2012 Olympics seems a great moment to learn from each other. In these two high performance environments risk of injury is ever present and its effects can jeopardise careers. There has already been a certain amount of cross fertilisation between the worlds of sports and dance medicine, with an increasing number of practitioners having worked with both athletes and dancers.

Aims and objectives

This day aims to provide practitioners with an opportunity to share knowledge and expertise. The day will address the causes, impact, effective prevention and management of injuries in elite dance and sport.

The first part of the day will give an overview of best practice in the approach to better understand dance and sports injury using effective research methodologies to inform and develop prevention strategies.

The second part of the day will focus in on the foot, ankle and knee, areas where both athletes and dancers commonly incur injury, to illustrate how interdisciplinary clinical practice can bring about the optimal outcome of return to performance in the shortest possible time, resulting in fitter, stronger and better athletes / dancers.

The programme aims to promote a multidisciplinary approach, with presentations from medical practitioners, allied health and fitness professionals in addition to personal insights from a leading dancer and sports person.

Who should attend?

The meeting will meet the learning needs of medical practitioners and therapists working with dancers and athletes (or interested in doing so), medical practitioners working in related areas and dance professionals who wish to minimise the risk of injury to help maximise performance.

Planning committee

Dr David Misselbrook (chair)
Mr Nick Allen
Ms Sally Brooker
Dr Richard Budgett
Dr Richard Hull

Dean, Royal Society of Medicine
The Jerwood Centre, Birmingham Royal Ballet
Dance UK
Chief Medical Officer, London 2012 Olympic Games
Immediate Past President, Section of Rheumatology and Rehabilitation, Royal Society of Medicine
Healthier Dancer Programme Manager, Dance UK
Society Conferences Team Manager, Royal Society of Medicine
Consultant Sports Physician, English Institute of Sport
Director, Dance UK
Dance Psychology Researcher, Laban, and Freelance Consultant
Head of Dance Science, Trinity Laban
Consultant in Rheumatology and Sports Medicine, Royal National Orthopaedic Hospital

Ms Helen Laws
Miss Helen Whitman
Dr Mike Loosemore
Mrs Caroline Miller
Dr Sanna Nordin
Dr Emma Redding
Dr Roger Wolman

Accreditation

CPD – 5 credits

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9.00 am **Registration and coffee**

9.30 am **Welcome address**

Professor John Betteridge, Associate Dean, Royal Society of Medicine
Ms Caroline Miller, Director, Dance UK

SESSION ONE

Chair: Dr Emma Redding, Head of Dance Science, Trinity Laban Conservatoire of Music and Dance

9.35 am **A dancer's perspective on injuries**

Ms Angela Towler, Dancer, Rambert Dance Company

9.45 am **The role of risk management and injury epidemiology in dance**

Dr Colin Fuller, Research consultant, FIFA Medical Assessment and Research Centre (F-MARC)

10.20 am **Dance injury epidemiology and how injury surveillance examples from rugby union can help dance in the future**

Dr John Brooks, Rugby Football Union and King's College London

10.50 am **Video interlude**

Followed by

Panel discussion exploring the cause of injuries

11.15 am **Coffee break**

SESSION TWO

Chair: Dr Matthew Wyon, Reader in Performance Sciences, Course Leader MSc Dance Science, School of Sport Performing Arts and Leisure, University of Wolverhampton

11.45 am **Prevention and rehabilitation**

Mr Nick Allen, Clinical Director, The Jerwood Centre for the Prevention and Treatment of Dance Injuries, Birmingham Royal Ballet

12.10 pm **Prevention and management of injury: The psychologist's perspective**

Ms Britt Tajet-Foxell, Consultant Psychologist to The Royal Ballet, Birmingham Royal Ballet, The Norwegian Olympic Association and Scottish Institute of Sport

12.35 pm **How important is nutrition?**

Mr Nathan Lewis, Senior Performance Nutritionist, English Institute of Sport

12.55 pm **Panel discussion**

1.15 pm **Lunch**

SESSION THREE

Chair: Dr Mike Loosemore, Consultant Sports Physician, South Region, English Institute of Sport

2.05 pm **An athlete's perspective on injuries**

Denise Lewis OBE, Olympic Gold Medallist

2.15 pm **Sports and dance injuries of the foot and the ankle: An overview**

Mr James Calder, Consultant Orthopaedic Surgeon Specialist in Foot and Ankle Surgery, Chelsea & Westminster Hospital, London

2.40 pm **Ankle sprains: The physio's perspective**

Ms Rachele Quested, Formerly Royal Ballet Upper School Physiotherapist

Programme continued...

- 2.45 pm **Ankle sprains: The Pilates practitioner's perspective**
Ms Jane Paris, Pilates and Dance Conditioning Specialist, Royal Ballet Company
- 2.50 pm **Ankle sprains: The surgeon's perspective**
Mr James Calder, Consultant Orthopaedic Surgeon Specialist in Foot and Ankle Surgery, Chelsea & Westminster Hospital, London
- 2.55 pm **Panel discussion**
All session speakers
- 3.15 pm **Tea break**

SESSION FOUR

- Chair: Dr Roger Wolman, Consultant in Rheumatology and Sports Medicine, Royal National Orthopaedic Hospital, Stanmore, Middlesex
- 3.35 pm **Sports and dance injuries of the knee: An overview**
Dr Chinmay Gupte, Consultant Orthopaedic Surgeon/Senior Lecturer, Imperial College London (St Mary's and Charing Cross Hospitals)
- 4.00 pm **Chondral defects: The physio's perspective**
Miss Anna Brodrick, Head Physiotherapist, Central School of Ballet and English National Ballet School
- 4.05 pm **Chondral defects: The strength and conditioning coach's perspective**
Mr Raphael Brandon, Head of Strength and Conditioning, English Institute of Sport
- 4.10 pm **Chondral defects: A surgeon's perspective**
Mr Fares Haddad, Consultant Orthopaedic Surgeon, University College London Hospital; Director, Institute of Sport, Exercise & Health, University College London
- 4.15 pm **Panel discussion**
All session speakers
- 4.30 pm **Dance and sports: The Olympic legacy**
Dr Richard Budgett, Chief Medical Officer, London 2012 Summer Olympic Games
- 4.45 pm **Closing remarks**
Ms Caroline Miller, Director, Dance UK
Ms Helen Laws, Healthier Dancer Programme Manager, Dance UK
- 5.00 pm **Completion of evaluation forms and close of meeting**