

Dance medicine: the female athlete triad and hypermobility

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

Monday 20 April 2009

**Venue:
Max Rayne Auditorium,
The Royal Society of Medicine,
1 Wimpole Street,
London, W1G 0AE**

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Aims and Objectives:

The Royal Society of Medicine and Dance UK have come together to organise a one-day conference addressing the female athlete triad and hypermobility in the context of the health and performance of the dancer. These problems are common among dancers and warrant the focus given at this conference.

Body aesthetics including 'line' and body shape / type have historically been important factors for choreographers and directors when choosing dancers who have the exceptional facility to push artistic boundaries and enthral audiences. Initial research shows that aesthetic demands may not always sit comfortably with the physiological and biomechanical requirements of dance performance. As elite athletes, dancers must walk a fine line to keep healthy, injury free and performing at their best. This conference will look at how medical practitioners can work with dance artists to support the art form.

Presentations will be given by specialists in dance and sports medicine and rheumatology, as well as leading dance practitioners. Between them they will outline the latest research and best practice from a medical standpoint and put it into the practical context of the dancer's needs.

The programme aims to promote a multidisciplinary approach, with insights from both medical practitioners and dance artists. Those who should attend include medical practitioners and therapists working with dancers and athletes (or interested in doing so); medical practitioners working in related areas; and dance teachers, choreographers and dancers who wish to get the most out of their dancing bodies while minimising the risk of injury.

Planning Committee:

Dr John Scadding (chair); Dr David d'Cruz; Dr Richard Hull; Ms Helen Laws; Miss Nicole Leida; Ms Caroline Miller; Dr Alan Mistlin; Dr Sanna Nordin; Mrs Jo Parkinson; Ms Rachele Queded; Ms Emma Redding; Ms Elizabeth Sharp; Ms Sharon Sole; Ms Carmel Turner; Ms Katherine Watkins; Dr Roger Wolman.

List of Contributors:

Dr Scilla Dyke MBE	Royal Academy of Dance
Professor Rodney Grahame	University College Hospital, London
Dr Richard Hull	Section of Rheumatology and Rehabilitation, RSM
Dr Jonathan Katz	Sports Psychologist
Ms Helen Laws	Dance UK
Ms Moira McCormack	Royal Ballet Company
Mr Wayne McGregor	Wayne McGregor Random Dance and Royal Ballet Company
Ms Caroline Miller	Dance UK
Ms Kim Pedrick MCSP SRP AACP	Chartered State Registered Physiotherapist
Ms Rachel Peppin	Birmingham Royal Ballet
Ms Emma Redding	Laban
Ms Rachel Rist	Tring School for Performing Arts
Dr John Scadding	Royal Society of Medicine
Ms Elizabeth Sharp	ES Physical Health
Ms Heather Walker ARAP (dip) PDTC	London Studio Centre
Dr Roger Wolman MD FRCP FFSEM	Royal National Orthopaedic Hospital
Dr Matt Wyon	University of Wolverhampton

Accreditation:

5 CPD credits

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8.50 am	Registration and coffee		Chartered and State Registered Physiotherapist
9.20 am	Welcome address Dr John Scadding Emeritus Dean, RSM and Ms Caroline Miller Director, Dance UK	1.10 pm	Questions
		1.20 pm	Lunch
			<u>SESSION THREE</u>
	<u>SESSION ONE</u> Chair: Dr Scilla Dyke MBE Royal Academy of Dance		Chair: Professor Rodney Grahame Consultant Rheumatologist, University College Hospital, Honorary Physician to British Association of Performing Arts Medicine
9.25 am	What is expected from dancers? Mr Wayne McGregor Artistic Director Wayne McGregor Random Dance and Resident Choreographer of the Royal Ballet	2.10 pm	Hypermobility - developmental aspects of hereditary and acquired problems Dr Richard Hull Immediate Past President, Section of Rheumatology and Rehabilitation, RSM
9.50 am	Questions	2.35 pm	Questions
10.00 am	The dancer's perspective Ms Rachel Peppin Former Principal Dancer Birmingham Royal Ballet	2.45 pm	When is hypermobility counterproductive to a dancer? Ms Moira McCormack Royal Ballet Company
10.25 am	Questions	3.10 pm	Questions
10.35 am	Female athlete triad Dr Roger Wolman MD FRCP FFSEM Consultant in Rheumatology and SEM, Royal National Orthopaedic Hospital	3.20 pm	Tea break
11.00 am	Questions		<u>SESSION FOUR</u> Chair: Ms Rachel Rist Director of Dance, Tring Park School for Performing Arts
11.10 am	Coffee break	3.40 pm	Management of hypermobility Ms Elizabeth Sharp ES Physical Health
	<u>SESSION TWO:MANAGING THE FEMALE ATHLETE TRIAD</u> Chair: Ms Emma Redding Head of Dance Science, Laban	4.05 pm	Questions
11.35 am	Modifying training Dr Matt Wyon Reader in Performance Sciences, School of Sport, Performing Arts and Leisure, University of Wolverhampton	4.15 pm	A joined-up approach to dance medicine and science research and practice Ms Helen Laws Healthier Dancer Programme Manager, Dance UK
12.00 pm	Questions	4.40 pm	Questions
12.10 pm	Psychological aspects Dr Jonathan Katz Sports Psychologist	4.50 pm	Closing remarks Ms Caroline Miller Director, Dance UK
12.35 pm	Questions	5.00 pm	Close of meeting
12.45 pm	Towards a global approach to management Miss Heather Walker ARAP (dip) PDTC Student Co-ordinator, London Studio Centre and Ms Kim Pedrick MCSP SRP AACP		