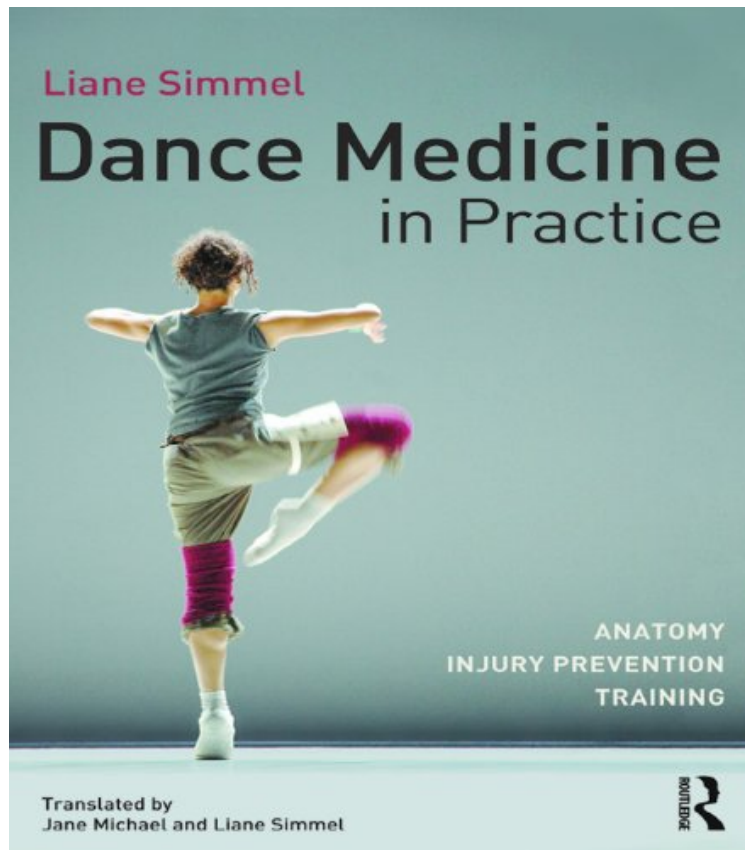


[Free download] Dance Medicine in Practice: Anatomy, Injury Prevention, Training

Dance Medicine in Practice: Anatomy, Injury Prevention, Training

Liane Simmel

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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.

About the Author
Dr Liane Simmel is a medical doctor, osteopath and former professional dancer. She studied dance at the State Academy of Music and Theatre in Munich, Germany and at the Cunningham Studio in New York, USA. Today she runs her own medical practice in Munich specialising in dance medicine, osteopathy, spiral dynamics and sports medicine. As the director of the Institute for Dance Medicine "Fit for Dance" she offers dance-medical supervision for dancers and students. She is also a lecturer in Dance Medicine at the Palucca University for Dance in Dresden, the Academy of Music and Theatre in Munich and the University of Arts in Zurich.