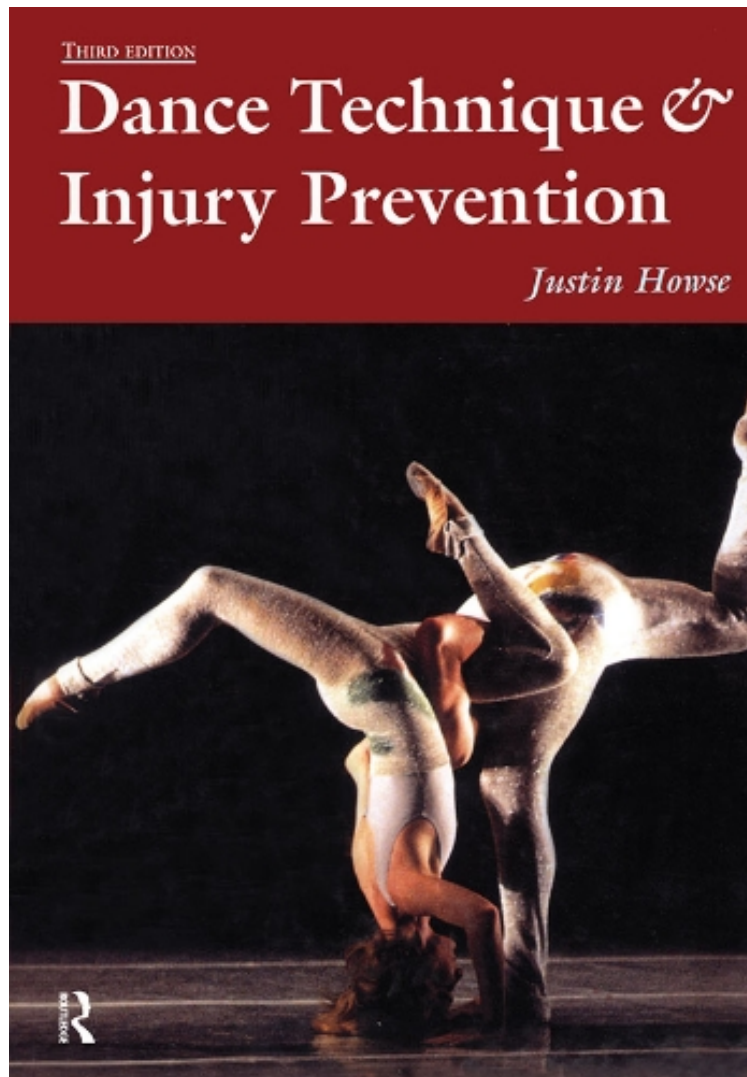


(Download free pdf) Dance Technique and Injury Prevention

Dance Technique and Injury Prevention

Justin Howse, Shirley Hancock

*DOC | *audiobook | ebooks | Download PDF | ePub*



 Download

 Read Online

#2290665 in eBooks 2014-06-03 2014-06-03 File Name: B00KQOABAO | File size: 52.Mb

Justin Howse, Shirley Hancock : Dance Technique and Injury Prevention before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dance Technique and Injury Prevention:

9 of 10 people found the following review helpful. If you teach Dance , you must have this !By A CustomerThis book written by Justin Howse, Consultant Orthopaedic Surgeon to the Royal Ballet Schools, The Royal Academy of Dancing and the Remedial Dance Clinic, London , and also by Shirley Hancock, Principal Physiotherapist to the Royal Ballet Schools, the Royal Academy of Dancing and the Remedial Dance Clinic ,London.This book is a study reading requirement for the Royal Academy of Dancing Anatomy paper.The foreward by Dame Ninette de Valois, says it all really. "This book gives us the opportunity to indulge in some serious reflection. It is full of highly technical observations on movement as related to the world of ballet and is accompanied by helpful instructions. A great deal of

it should be rewarding to students, dancers, teachers, répétiteurs and ballet staff in general. I dare to add that in my opinion, it is also food for thought for choreographers. Today it is not customary for choreographers to give either scientific or practical thought to their choreographic demands. Let us recall that a composer has to remember to keep within the range of a singer's voice. It therefore seems right for a choreographer to study more carefully not only the limitation of dancer's limbs but also the limitation of their general stamina. "You will never regret spending the money on this book. I refer to this book often. It has excellent photographs also. I am fortunate in that one of my friends is a physiotherapist who works at the local medical centre. This book provides excellent back up. 6 of 7 people found the following review helpful. Invaluable resource for therapists working with dancers. By Gregory Olsen This is an indispensable resource for the physical therapist or Pilates instructor who works with dancers. It covers functional anatomy as it relates to the dancer, teaches the analysis of posture and movement as it relates to the classical dancer, the typical injuries sustained by dancers and their management and rehabilitation. This text, combined with Sally Fitt's, Dance Kinesiology, should be in every therapist's library. If the book has one fault, it is that it focuses almost exclusively on classical dancers.

Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment, physical therapy, and dance instruction.

"...provides an exemplary account of how the care of dancers should be pursued and can be strongly recommended to every dance teacher and therapist." -- Dancing Times "By the surgeon considered the best injury man in Britain...Essential reading for any serious dancer." -- City Limits About the Author Justin Howse is Consultant Orthopaedic Surgeon to the Royal Ballet Schools, the Royal Academy of Dancing, the English National Ballet Company and School, and the RDC Physiotherapy Clinic, London. He is also Chairman of the British Association of Performing Arts Medicine.