

# dance medicine in practice anatomy injury prevention training

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Dive into the critical aspects of dance medicine in practice, focusing on dance anatomy and robust dancer injury prevention strategies. This guide explores effective dance training methods and integrates principles from sports medicine for dancers to optimize performance and longevity.

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by L Simmel · 2013 · Cited by 45 — Dance Medicine in Practice is the complete physical textbook for dance, written specifically to help dancers understand the anatomy, ...

Dance Medicine in Practice: Anatomy Injury Prevention ...

by M Barsky · 2014 · Cited by 1 — The overall aim of the book is to offer dancers, and those who work with them, an understanding of the fundamental processes in the human body ...

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Dance Medicine in Practice: Anatomy, Injury Prevention, Training. 1st Edition. ISBN-13: 978-0415809382, ISBN-10: 041580938X. 4.8 4.8 out of 5 stars 50.

Dance Medicine in Practice: Anatomy Injury Prevention ...

Incorporating knowledge produced by dance science research into evidence-based practice can improve learning and health outcomes for dance students. Guided by ...

Book Review: Dance Medicine in Practice: Anatomy, Injury ...

by G Berardi · 2015 — Based on: Dance Medicine in Practice: Anatomy, Injury Prevention, TrainingSimmel Liane Translated by Michael Janeand Simmel LianeNew York, NY:Routledge2014 ...

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30 Oct 2013 — Injury Prevention: Tips and advice on how to best avoid and prevent injury both in training and everyday life. Exercises: Simple and effective ...

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by M Barsky · 2014 · Cited by 1 — There is a long history of work that considers the relationship between dance training and practices, with particular emphasis on injury and prevention.