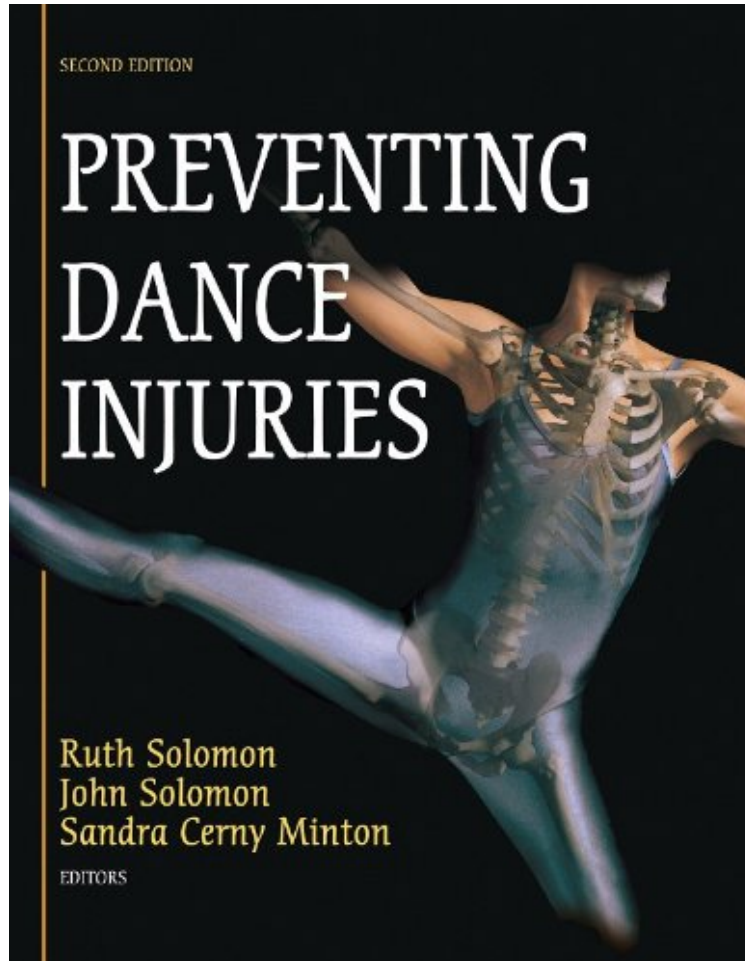


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Preventing Dance Injuries-2nd Edition

Ruth Solomon, John Solomon, Sandra Cerny Minton
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Ruth Solomon, John Solomon, Sandra Cerny Minton : Preventing Dance Injuries-2nd Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Preventing Dance Injuries-2nd Edition:

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Recognized as a foundational publication in 1990, Preventing Dance Injuries has been updated in this second edition with significant new material to guide dance medicine specialists and educators in promoting the physical and psychological well-being of dancers.Preventing Dance Injuries, Second Edition, contains comprehensive coverage of

dance injuries, including screening, prevention, diagnosis, treatment, and rehabilitation. The book is thoroughly updated and reorganized, and it includes four new chapters that examine the determining factors in- common injuries to young dancers;- iliopsoas tendinitis, a condition that has recently commanded much attention in dance medicine;- eating disorders and body image; and- the female athlete triad as it affects dancers. In addition, new editorial comments, section headings, and highlight boxes in every chapter aid readers in cross-referencing between chapters, finding specific subjects, and grasping contextual meaning quickly. The following are additional improvements to this edition:- An expanded glossary of medical terms - More than 100 recommended readings from current literature- More than 200 images including new anatomical illustrations that reinforce the concepts described in the book- An expanded and cross-referenced index Part I describes some screening techniques for identifying potential injuries in dancers. Part II details common injuries by site, with attention to the etiology, diagnosis, treatment, and rehabilitation of each type of injury. It includes separate chapters on foot and ankle injuries, knee problems, iliopsoas tendinitis, spinal problems, and stress fractures. Part III covers the prevention of injuries from the standpoint of biomechanics, focusing on efficient warm-up, proper strengthening and stretching, and comprehension of risk factors for various injuries. Part IV examines psychological concerns of dancers, including the relationship between stress, performance, and injury; the body image connection to eating disorders; and the occurrence of the female athlete triad in dancers. Up to date, expanded, and comprehensive, Preventing Dance Injuries, Second Edition, will help dancers avoid injury and increase their chances for reaching their full potential.

About the Author Ruth Solomon, Professor Emerita, has been a distinguished performer and choreographer in the modern dance idiom for many years. Also a dance educator of note, she cofounded the dance department at New York University Tisch School of the Arts and directed the dance program at the University of California at Santa Cruz from 1970 until her retirement in 2000. Her articles on dance have appeared in all major periodicals in the field, and her research in dance medicine has resulted in articles in medical journals and chapters in medical texts. She was the National Dance Association's Scholar of the Year in 1992, Dance Professional of the Year in 1998, and Heritage Honoree in 2003. She serves on the board of directors of the International Association of Dance Medicine Science and on the editorial board of the Journal of Dance Medicine Science. John Solomon, PhD, is a freelance editor who has coauthored or edited numerous texts in the field of dance medicine and science. He is cocompiler of the Dance Medicine Science Bibliography (1996, 2001, 2004) and Abstracts from the Current Literature, a regular feature of the Journal of Dance Medicine Science. He is also coeditor of the groundbreaking book *East Meets West in Dance: Voices in the Cross-Cultural Dialogue* (1995). Sandra Cerny Minton, PhD, was professor and dance director at the University of Northern Colorado from 1972 to 1998. She has also been a dance specialist in the Arts Infusion Program in Denver Public Schools. She frequently presents workshops for teachers, conducts research, and writes. Her books include *Body Self* (1989), *Modern Dance: Body Mind* (1991), *Dance Mind Body* (2003), and *Choreography, Second Edition: A Basic Approach Using Improvisation* (1997). Dr. Minton's research has focused on the behavior of dance teachers, the role of imagery in dance teaching, and the effects of dance on self-esteem and creative thinking. Dr. Minton's work has been published in many dance journals. In 1999 Dr. Minton was selected as the National Dance Association Artist/Scholar, and in 2001 she taught in Finland as a Fulbright Scholar.