

Dance and Dancers' Injuries



Chris Caldwell

Dancing is an art form, as well as a sport. To reach the top, dancers have to go through punishing training regimes, pushing their bodies to the limit. This inevitably leads to injuries that need specialist treatment. *Dance and Dancers' Injuries* is an informative and easy to read book, fully illustrated with photographs and line drawings, which will help physiotherapists, dancers, parents of dancers and dance teachers to understand the specific problems that dancers suffer. The book addresses:

- Dancers and Their Injury Problems.
- Warming Up and Warming Down.
- Factors Causing Injury and Affecting Recovery.
- Traumatic Injuries – From First Aid to Rehabilitation.
- Young Dancers and Injuries.
- Overuse Injuries.
- Injuries to Specific Parts of the Body.
- Inside a Dancer's Mind From the Therapist's View.
- Medical Provision.

Dance and Dancers' Injuries is full of useful, practical advice and will prove invaluable reading for anyone involved in the dance world.

Chris Caldwell, B.A. (Hons.), L.C.S.P. (Phys.), has been a remedial masseur since 1994 building up a successful practice. As well as being a part-time lecturer at both the Northern Institute of Massage and the McTimoney Chiropractic College, he is responsible for assessing and treating injuries at the Merseyside Dance and Drama College where he also offers rehabilitative advice.



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