



# Dance Medicine in Practice: Anatomy, Injury Prevention, Training

By Liane Simmel

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**Dance Medicine in Practice: Anatomy, Injury Prevention, Training** By Liane Simmel

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.

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### Editorial Review

#### 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.

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This Dance Medicine in Practice: Anatomy, Injury Prevention, Training is great book for you because the content which can be full of information for you who also always deal with world and also have to make

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