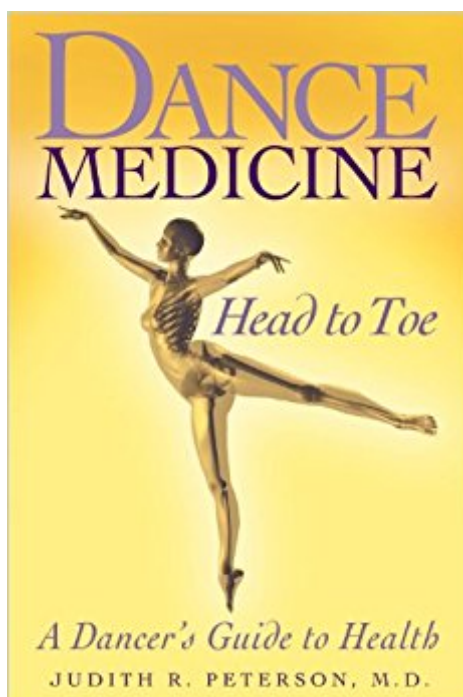


The book was found

# Dance Medicine: Head To Toe: A Dancer's Guide To Health



## Synopsis

indispensableWith concise information about health, injury prevention, and treatment of common dance-related problems, this handbook on medical issues and rehabilitation will quickly become indispensable to dancers and dance instructors. Literally designed as a tour of the body from head to toe, this encyclopedic manual includes advice on issues specific to dancers'™ well-being, such as body awareness and self-image, eating disorders, spotting and whiplash, overhead lifts, stress fractures, turnout, potential harm from pointe shoes, and damaged feet and toes. Profusely illustrated with radiographic images from Jefferson Hospital in Philadelphia, the book's visual appeal is enhanced by stunning performance photographs of members of the Pennsylvania Ballet.

## Book Information

Paperback: 184 pages

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Average Customer Review: 4.5 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #1,221,699 in Books (See Top 100 in Books) #251 in Books > Textbooks > Humanities > Performing Arts > Dance #352 in Books > Arts & Photography > Performing Arts > Dance > Classical #1257 in Books > Health, Fitness & Dieting > Reference

## Customer Reviews

As a certified pilates instructor with a focus in ballet injuries, I found this book a great resource in my attempts to explain the injury and method of training I use to assist in the healing process for dancers.

This book arrived promptly in protective covering and with adequate mail covering. The illustrations are lovely and so accurate and the writing is so helpful and easy to understand. We gave this book to our daughter, who after years of dancing in a dance studio is out on her own dancing in college without the studio's professional guidance about warm ups, injuries, etc. She suffered a broken bone in her foot last spring after her first year of dancing without some healthy guidance and the doctor told her to educate herself about the importance of taking care of her body as a dancer

should. We feel confident this book will be able to help our daughter learn to take care of her dancer body on her own as she reads and learns. Thank you for writing this awesome book!

I guess I should have trusted the title: "A dancer's guide....". I'm a dance teacher and the book information is too general and basic. But I would recommend it to all dancers as a first aid. It's well organized and written in a clear language.

Great book for my ballerina daughter

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