



Oct 2022

# CASEM DANCE MEDICINE

## WEBINAR SERIES

22 Sep 2022

29 Sep 2022

06 Oct 2022

13 Oct 2022

Thursdays via Zoom Webinars

3:50pm PT | 4:50pm MT | 5:50pm CT | 6:50pm ET  
| 7:50pm AT | 8:20pm NT





## **About the Series**

CASEM is excited to present this dance-focused, sport medicine CPD webinar event.

Chaired by Dr. Roger Hobden, this webinar series will look at dance related health conditions across the athlete population. The format is short talks by up to followed by a 15min Q&A and discussion after each presentation.

### **Target Audience**

The target audience is the physician, regardless of specialty – the course will also be of interest to the health care field including Physiotherapists, Sport Chiropractors, Sport Massage Therapists, Occupational Therapists, nurses, etc.

### **Accreditation**

This one-credit-per-hour group learning program meets the certification criteria of the Quebec College of Family Physicians, a continuing professional development-accrediting organization recognized by the College des médecins du Québec, and has been approved for 8 Mainpro+® credits.

# Schedule



## **Week 1 – Sep 22, 2022**

**6:50pm ET – 9:00pm ET**

### **1- The Student Ballet Dancer**

- Merrilee Zetaruk, MD, FRCPC (Pediatrics), Dip. Sport Med. (Canada)

### **2- Common Foot and Ankle Problems in Dance**

- Nancy Kadel, MD, Orthopedic surgeon (USA)

### **3- The Dancer's Spine**

- Roger Hobden, MD, CCFP (SEM) , Dip. Sport Med.(Canada)

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## **Week 2 – Sep 29, 2022**

**6:50pm ET – 9:00pm ET**

### **1- Dance Fitness and Dance Science: Past, Present and Future**

- Emma Redding, PhD (UK)

### **2- Treating the Dancer's Foot and Ankle**

- Rana Adada-Lamy, PT (Canada)

### **3- Treating the Hip and Pelvic Area in Dancers**

- Jarmo Ahonen, PT (Finland)

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## **Week 3 – Oct 6, 2022**

**6:50pm ET – 9:00pm ET**

### **1- Motor Control: Moving in the Unpredictable World**

- Mark Latash, PhD (USA)

### **2- The Many Faces of Allodynia in Dance**

- Isabelle Quintal, OT, PhD candidate (Canada)

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## **Week 4 – Oct 13, 2022**

**6:50pm ET – 9:00pm ET**

### **1- Pilates: the Dancer's Best Friend**

- Suzanne Martin PT, Pilates expert (USA)

### **2- Hypermobility in Dancers**

- Linda Bluestein, MD (USA)

### **3- The Social Determinants of the Dancer's Health**

- Sari Kaft, MD, CCFP(SEM), Dip. Sport Med. (Canada)



# Learning Objectives

## **The Student Ballet Dancer**

At the completion of this presentation, the sport physician will be able to ...

- Name the major dance positions and movements in ballet
- Recognize and investigate the most common health conditions in student dancers
- Determine the best treatment strategies for these conditions

## **Common Foot and Ankle problems in Dance**

At the completion of this presentation, the sport physician will be able to ...

- Identifie common foot and ankle problems specific to dance
- Recommend the proper investigation for such conditions
- Select the correct medical treatment for these conditions

## **Common problems of the Hip and Lower Limb in Dance**

At the completion of this presentation, the sport physician will be able to ...

- Identifie common hip and lower limb problems specific to dance
- Recommend the proper investigation for such conditions
- Select the correct medical treatment for these conditions

## **Dance Fitness and Dance Science: Past, Present and Future**

At the completion of this presentation, the sport physician will be able to ...

- Describe the historical context of dance fitness and dance science
- Name the major accomplishments and applications in dance fitness and dance science
- Discuss ideas for future research in dance science

## **Treating the Dancer's Foot and Ankle**

At the completion of this presentation, the sport physician will be able to ...

- Identify foot and ankle problems that can benefit from physiotherapy
- Evaluate the core components of an appropriate physiotherapy program for these conditions
- Explain the criteria to be used for a safe return to dance

## **Treating the Hip and Pelvic Area in Dancers**

At the completion of this presentation, the sport physician will be able to ...

- Identify common hip and pelvic problems that can benefit from physiotherapy
- Evaluate the core components of an appropriate physiotherapy program for these conditions
- Explain the criteria to be used for a safe return to dance

# Learning Objectives

## **Motor Control: Moving in the Unpredictable World**

At the completion of this presentation, the sport physician will be able to ...

- Discuss the importance of stability of human movements
- Distinguish between direct force control and parametric control
- Discuss recent trends in motor control

## **The Many Faces of Allodynia in Dance**

At the completion of this presentation, the sport physician will be able to ...

- Distinguish between tendinopathies, neurodynamic problems, and allodynia
- Explain the physiopathology underlying allodynia
- Recognize when to refer for the evaluation and treatment of allodynia

## **Pilates: the Dancer's Best Friend**

At the completion of this presentation, the sport physician will be able to ...

- Describe historical steps leading to the inclusion of Pilates in the dance world
- Name the key components of a proper Pilates approach
- Determine when to include Pilates in a treatment and return to dance program

## **Hypermobility in Dancers**

- At the completion of this presentation, the sport physician will be able to ...

- Define what is hypermobility and how to measure it
- Explain how hypermobility can either aid or hinder a dancer
- Determine remedial measures to control excessive hypermobility

## **The Social Determinants of the Dancer's Health**

At the completion of this presentation, the sport physician will be able to ...

- Explain how social determinants of health and psychological factors can contribute to either aid or hinder a dancer's career.
- Determine the best strategy to identify the detrimental impact of such determinants on the dancer
- Choose the best remedial approach to such issues