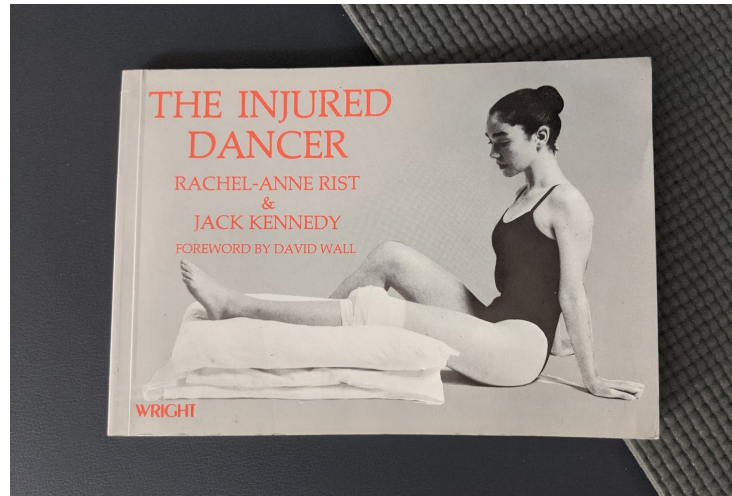


# The Injured Dancer

by Rachel-Anne Rist and Jack Kennedy

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A review by Heather Michaelides, owner of Pilates on the Avenue.



This is a small reference book for common injuries for ballet dancers. It is literally small. It is only just bigger than the palm of your hand and it's 103 pages. This book was written by a dancer teacher and physiotherapist specialising in dance. I first came across this book with a recommendation from my ballet teacher when I wanted to know more about overuse injuries. As a Barre instructor I often get people talking to me about their concerns over their knees and feet, and it has helped me to make corrections in class to protect them.

I think this book is useful for:

- Barre instructors to understand the importance of correcting poor alignment and overuse which can cause injuries;
- Pilates instructors who work with dancers;
- Pilates instructors who are interested in understanding how standing alignment and common mistakes can lead to injuries.

The introduction of the book is out of date because it was published in 1986, the dance community has been flooded with research and advice about many of the injuries.

However, the content of the book is still relevant. Each injury is organised into parts of the body: ankles and feet, knees, hips, back, and ribs. Each type of injury or condition is separated into: causes, symptoms, treatment, and correction. The content of this book is really accessible to a layman with concise information. I really like how it highlights the causes of injuries and how to prevent future problems with practical solutions. It always highlights when to consult a medical professional.

There's a lot of really nice information that can help inform your Barre class plans. For example:

*"It is slightly easier to turn-out in the second position because the 'Y' shaped ligament is most relaxed in this position. Pliés should therefore be taught first of all in the second position."* - page 54

For the Pilates instructor it provides strengthening exercises on the wobble board for shin splints and exercises with pencils recommended for dropped arches similar to those recommended by Jillian Hessel. Unfortunately these exercises are not accompanied by photos, but it's easy to find more information on these types of exercises once you know which types you want to incorporate into your class plan.

If you're looking for a quick reference for any pains that you encounter with your Barre or Pilates clients then this is a good jumping off point to investigate how to plan for recovery and teaching points. If you would like a copy of this book it is no longer in print so your only option is to buy it second hand. My copy was under £5 with shipping from Amazon and there's also copies on Abebooks.