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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

The year is nearly out, with this being our last newsletter of 2019! There's still a lot to look forward to though, with our annual conference coming up at the end of the month. Check out this newsletter for a report from our president, links to register for our fast-selling-out conference, a report from the IADMS annual conference, details for the upcoming AGM and introductions from a couple of new ASPAH members!

Members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter. Simply email content to media@aspah.org.au by January 15th to be considered for publication in the next issue.

Keep healthy and well!

Camilla

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PRESIDENT REPORT



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CONFERENCE: SPACES SELLING OUT!

With record registrations for this year's conference, we are almost at capacity! If you have not secured your spot, get in quick as there are **fewer than 10 spaces left**. Just click the "Register Now" button below.

For those of you who have registered, we hope you're looking forward to a weekend full of insights into performing arts healthcare from a range of diverse disciplines and perspectives! We will be sending an information pack out to delegates, including a digital program, ahead of the conference weekend.

Looking forward to seeing you there,

Camilla

ASPAAH Newsletter Editor and Administration Manager

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LASTING THE DISTANCE: A LIFETIME IN THE PERFORMING ARTS

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Health & Wellbeing
in the Performing Arts

KEYNOTE
SPEAKER

DR
SUE
MAYES



PRINCIPAL
PHYSIOTHERAPIST
The Australian Ballet

EARLY BIRD
REGO CLOSES
19 OCT

aspah.org.au/conference

30 November -
1 December
2019

ARTS CENTRE
MELBOURNE
100 St Kilda Rd



ASPAH

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REGISTER NOW

Highlights of the 29th Annual Conference of the International Association for Dance Medicine & Science (IADMS)

Montreal, Quebec, Canada, 24 -27 October 2019

By Dr Rachel Ward,
ASPAAH Treasurer

The 29th Annual Conference of the International Association for Dance Medicine & Science (IADMS) was held in the vibrant Quartier des Spectacles entertainment district of Montreal Canada, from 24 - 27 October 2019. Clinicians, researchers, dance educators and dancers came together from all over the world to share ideas, learn from each other, ignite discussion and start new collaborations. The record number of 500+ delegates enjoyed 4 days of presentations, panel discussions, movement sessions, and posters focusing on health and wellbeing for dancers. This year's conference also saw the inaugural inclusion of 'Dance for Health' as a major theme, with multiple presentations on programs promoting and validating dance as a health intervention for the general community and for clinical conditions such as Parkinson's disease, multiple sclerosis, and cerebral palsy.

Being held in Montreal, the home of Cirque de Soleil, this year's conference included a strong focus on health for circus artists, aerialists, and pole dancers. These artists have a unique set of health and wellbeing challenges and it was illuminating to hear about the current research being conducted in this area. The Cirque de Soleil healthcare team discussed the changes they've implemented to enhance performer health and wellbeing and highlighted the differences between performing arts and sports and the need for different preventive approaches. Delegates were also treated to an eye-opening tour of the Cirque de Soleil facilities, including their clinics, rehearsal and performance spaces, and wardrobe rooms.

Australians were well-represented this year amongst delegates and presenters. Dr Sue Mayes, keynote speaker for our upcoming ASPAAH conference in Melbourne from 30 Nov – 1 Dec, featured in a number of presentations. Sue presented "'Down under' the dancer's foot", a summary of the latest research on foot intrinsic muscle function and how this has informed the injury prevention strategy used at The Australian Ballet. Sue also presented results for a 5-year longitudinal study on hip joint cartilage defects in professional ballet dancers, and co-authored with fellow-Australian, Sophie Emery, a study comparing hip external rotator muscle size with pain in professional dancers and athletes. I presented the work I've been conducting at UNSW on validation of wearable sensors to measure joint movements in classical

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ballet, and other Australian presenters included Dr Alycia Fong Yan (USyd), Dr Claire Hiller (USyd), Meg Letton (UNSW), Paige Elizabeth Rice (ECU), Annie Jeffries (UTS) and Joanna Nicholas (UWA). Joanna was the winner of the IADMS 2019 Student Research Award (Supported by Harkness Center for Dance Injuries) for her paper, 'Investigating the psychological and physiological outcomes from recreational pole dancing classes: a non-randomised pilot study'. Congratulations, Joanna!

Other conference highlights included an excursion to the Les Grands Ballets Canadiens de Montréal's National Centre for Dance Therapy for an introductory session on dance/movement therapy, and a performance by RUBBERBANDance, a local dance company with a unique style fusing hip hop with contemporary dance. The Special Interest Days, 'A Day for Teachers' and 'A Day for Medics', were also well-attended, giving delegates the opportunity to attend specialised presentations and movement sessions and to share knowledge in lunchtime roundtable discussions.

The conference concluded with a passing of the guard to new members of the IADMS Board of Directors. Debra Crookshanks, Australian dance physiotherapist and ASPAH member, steps down this year after 5 years of dedicated service on the Board, but the good news is Australian representation will continue with the election of another ASPAH member, Dr Claire Hiller, to the IADMS Board for the next term.

The IADMS 2020 conference location was announced, and with Chiba, Japan, being chosen as the host for next year, this will be a lot closer to home for us Aussies. Conference dates are 22-25 October 2020 and it's likely abstract submissions will be due 1 March 2020. So if you're keen to get along to an international conference on dance medicine and science be sure to keep these dates in mind. For now, I look forward to seeing many of you at our annual ASPAH Conference, 'Lasting the Distance: A Lifetime in the Performing Arts', at Arts Centre Melbourne, 30 Nov – 1 Dec. See you there!

2019 AGM and Committee Nominations

This year's AGM will be held during the annual conference. Time and venue details are below, please feel welcome to attend! Nominations to the national committee are also currently open until 15 November. You can find more information [on our website](#).

ASPAH 2019 Annual General Meeting

Saturday 30 November, 12.10 - 13.10

Ancor Lounge, Arts Centre Melbourne

INTRODUCING NEW ASPAH MEMBERS

Welcome aboard Rachael and Ridhuan!



RACHAEL COWAN

Hello, I am a physiotherapist, anatomy demonstrator and PhD candidate. You can find me at Olympic Park Sports Medicine Centre in Geelong (VIC), where I treat dancers and other performing artists. I also offer Pre-Pointe Assessments in clinic. Part of my PhD research involves a project being undertaken in partnership with the Australian Ballet - my broad topic of research is gluteal tendons and muscles.

I have a personal background in dance and still love to do a casual class (mostly contemporary these days) when I can. I am trained in clinical Pilates and have a special interest in lower limb injuries, as well as previously undertaken a post-graduate research project on Benign Joint Hypermobility Syndrome. I look forward to meeting some other ASPAH members and please do not hesitate to get in touch if you are looking for a performing arts physio in Geelong!



RIDUAN JOHARI

Greetings everyone!

Thank you so much ASPAH for having me as a member. Here's a little bit about myself. I have been a choreographer since 2001 and have since conceptualised a Science in Dance module,

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accredited by the National Arts Council, Singapore, to broaden the field of dance education in Singapore. In addition, I have also written a dissertation on postural sway in dancers.

I am currently pursuing a doctoral degree in the area of musculoskeletal health and function in ageing Asian men. Lately, I involve myself with various research fields outside of dance and have presented research at the European Congress of Sport Science, Dublin 2018, on the curricular workload of Singapore's physical education teachers – A Study of Physical and Physiological Indicators.

I look forward to contributing to ASPAAH and also in being present at the upcoming conference at the Arts Centre Melbourne this month.

Would you like to introduce yourself but forgot to do so when you joined?

[Just follow this link](#)

Not a new member but want to let us know what you've been up to?

[Share an update for our next newsletter here](#)

FREE ADVERTISING IN THE ASPAAH NEWSLETTER

ASPAAH members are welcome to send in relevant advertisements to be published in our bi-monthly newsletter, free of charge!

For conditions and guidelines please refer to our [Advertising Rates and Specifications](#)

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To submit content, email media@aspah.org.au

MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database can be included in an ASPAH membership - click the below JOIN ASPAH NOW button to read this latest research in performing arts healthcare, if you are not already a member.

[Sleep and Fatigue of Elite Circus Student-Artists During One Year of Training](#)

Adam Decker, Patrice Aubertin, Dean Kriellaars

[Intra- and Inter-individual Movement Variability of Upper Limb Movements of Ballet Dancers](#)

Yui Kawano, Mayumi Kuno-Mizumura

[Relationship of Popliteus Sulcus Depth and Tibiofemoral Rotational Alignment with Popliteus Tendinitis in Professional Folk Dancers Exposed to Turnout Positions: An MRI Analysis](#)

Emel Kaya Aumann, Taner Aksu, Vefa Atansay, Ayhan Nedim Kara, Neslihan Aksu

[An Exploration of Pre-Professional Dancers' Beliefs of the Low Back and Dance-Specific Low Back Movements](#)

Danica Hendry (ASPAAH Member), Leon Straker, Amity Campbell, Luke Hopper (ASPAAH Member), Rhianna Tunks, Peter O'Sullivan

[Associations Between Balance Ability and Dance Performance Using Field Balance Tests](#)

Frances Clarke, Yiannis Koutedakis, Margaret Wilson, Matthew Wyon

[What Do We Know About How Acute Physical Fatigue Affects Movement in Dancers?: A Systematic Review of the Literature](#)

[Review] Danielle N. Jarvis, Rachel E. Abergel

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HARLEQUIN

www.harlequinfloors.com

2019 MEMBERSHIP BENEFITS

Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

Membership benefits include:

- Professional Listing on ASPAH's online Directory of Members
- Full annual subscription to *Medical Problems of Performing Artists**
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free advertising in ASPAH bi-monthly e-newsletters
- Opportunity to run local events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society

*Available in select membership categories

JOIN ASPAH NOW!

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