

# Boston Dance Alliance



## From the research about common dance injuries

- Most common **injuries** among dancers affect the ankles, feet, hips, and knees, respectively.
- Most common **cause** of dance injuries is overuse, not due to a traumatic event
- Most common **time** for dance injuries to occur is at the end of rehearsal or towards the end of the performance season
- Most common **reason** for dance injuries is repetitive movement in class, rehearsal, or performance



## Advice to dancers to decrease risk of injury



- Programs like Pilates and gyrotonic® are important to strengthen your core in addition to regular technique class.
- To prepare for performance season, add aerobic fitness programs in addition to technique training.
- Be aware of your dance environment including flooring in rehearsal studios and on stage
- Good nutrition & rest are integral to a dancer's success!

## Health & Wellness Resources

### Participating Clinicians

\*bold print denotes BDA membership\*

#### Dance Medicine PTs

**Melissa Buffer-Trenouth, PT**  
**Artistic Athlete Health Collective**  
 artisticathletehealthcollective.com  
**Buffer Trenouth Physical Therapy**  
 Cambridge/Somerville  
 503-678-9806

**Kester Cotton, PT, DPT, CMPT, OCS**  
 Coordinator of Spaulding Dance  
 Medicine Program  
**Spaulding Outpatient Center**  
 Wellesley  
 781-431-9152

Margaret "Mollie" Frederiksen, PT,  
 DPT, PCS  
 Bay State Physical Therapy - Beverly  
 978-338-5688

**Stephanie Heroux, PT, DPT**  
**Artistic Athlete Health Collective**  
 artisticathletehealthcollective.com  
**Active Motion Physical Therapy**  
 Wakefield  
 781-245-0055  
 Instagram: @Perform\_DPT

Emma Nelson, PT, DPT  
 Joint Ventures Physical Therapy and  
 Fitness  
 Wayland  
 617-536-1161

Kayla Pinzur, PT, DPT  
 Bay State Physical Therapy  
 Cambridge  
 (617) 465-5877

Svetlana Podolskaya, PT, DPT, OCS  
 Spaulding Outpatient Center  
 Framingham  
 508-872-2200 ext 4411

#### Dance Medicine MDs

**Lauren Elson, MD**  
**Spaulding Rehabilitation Center**  
 Wellesley: 781-431-9144  
 Cambridge: 617-952-6800

Dana Kolter, MD  
 Spaulding Rehabilitation Center  
 Wellesley  
 781-431-9144

Lyle J Micheli MD  
 Boston Children's Hospital  
 Sports Medicine Division  
 617-355-6970

Bridget Quinn, MD  
 Boston Children's Hospital  
 Sports Medicine Division  
 617-355-3501

#### Allied Health & Wellness

Allie Renzi, M.A., Ed.M, CMPC  
 amplify wellness + performance  
 978.844.2305

Miriam Rowan Psy.D.  
 Boston Children's Hospital  
 Sports Medicine Division  
 617-355-3501

Jordana Szpiro DPM, FACFAS  
 Boston Common Podiatry  
 (617)262-2266

Kate Wilson, LICSW  
 Boston Children's Hospital  
 Sports Medicine Division  
 617-355-3501

#### Massage Therapy

**Eliza Mallouk, LMT**  
**Cambridge Health Associates**  
 781-307-2563

**David Orr, LMT**  
 617-361-2046

**Liana Percoco, LMT**  
**Authentic Body Therapy**  
 312-953-3519

#### Acupuncture

Marcus Schulkind  
 www.marcusschulkind.org