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Anatomy, Dance Technique and Injury Prevention

Justin Howse, Moira McCormack

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'Strongly recommended' The Dancing Times Injury in dance is often not an accident but a fault in technique that has not been identified at an early stage, or a variation in physique where the implications have not yet been understood. Appropriate treatment is vital and not always easy to find. Now in its 4th edition, this is an essential guide to dance techniques, injury prevention and treatment focusing on the five main areas: anatomy and physiology, general injuries, specific injuries; their cause and treatment; strengthening exercises; technical faults and anatomical variations. This latest edition is completely redesigned and contains colour photographs throughout. There is also a new section covering the latest physiotherapy treatment.

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