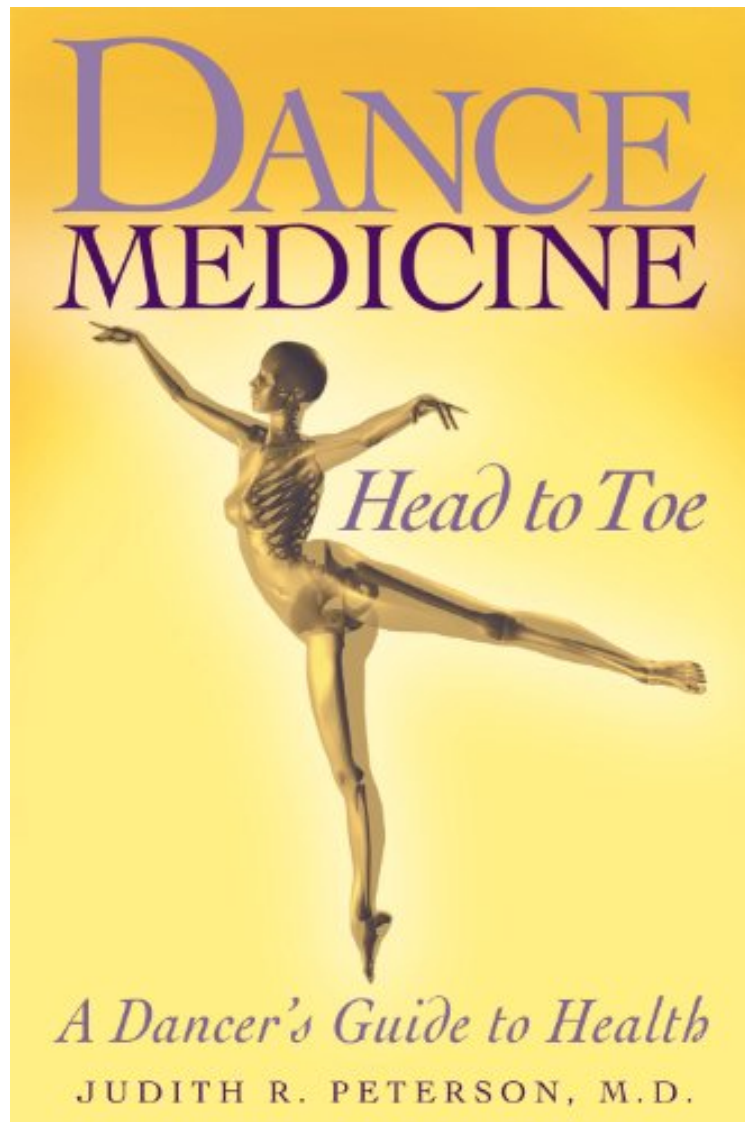


(Download) Dance Medicine: Head to Toe: A Dancer's Guide to Health

## Dance Medicine: Head to Toe: A Dancer's Guide to Health

*Judith R. Peterson MD*

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**Judith R. Peterson MD : Dance Medicine: Head to Toe: A Dancer's Guide to Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dance Medicine: Head to Toe: A Dancer's Guide to Health:

1 of 1 people found the following review helpful. Dance Health BookBy G PappasThis book arrived promptly in protective covering and with adequate mail covering. The illustrations are lovely and so accurate and the writing is so helpful and easy to understand. We gave this book to our daughter, who after years of dancing in a dance studio is out

on her own dancing in college without the studio's professional guidance about warm ups, injuries, etc. She suffered a broken bone in her foot last spring after her first year of dancing without some healthy guidance and the doctor told her to educate herself about the importance of taking care of her body as a dancer should. We feel confident this book will be able to help our daughter learn to take care of her dancer body on her own as she reads and learns. Thank you for writing this awesome book!

0 of 0 people found the following review helpful. Clear simple guide for dancers, not enough for teachers

By JKI guess I should have trusted the title: "A dancers's guide....". I'm a dance teacher and the book information is too general and basic. But I would recommend it to all dancers as a first aid. It's well organized and written in a clear language.

0 of 0 people found the following review helpful. Five Stars

By MarkGreat book for my ballerina daughter

indispensable

With concise information about health, injury prevention, and treatment of common dance-related problems, this handbook on medical issues and rehabilitation will quickly become indispensable to dancers and dance instructors. Literally designed as a tour of the body from head to toe, this encyclopedic manual includes advice on issues specific to dancers well-being, such as body awareness and self-image, eating disorders, spotting and whiplash, overhead lifts, stress fractures, turnout, potential harm from pointe shoes, and damaged feet and toes. Profusely illustrated with radiographic images from Jefferson Hospital in Philadelphia, the book's visual appeal is enhanced by stunning performance photographs of members of the Pennsylvania Ballet.

"An accessible, practical, and comprehensive approach to understanding dance medicine science for the ballet dancer. A compact, quick reference for young dancers, it can easily fit into their dance bags." *Journal of Dance Education* (July 2012)