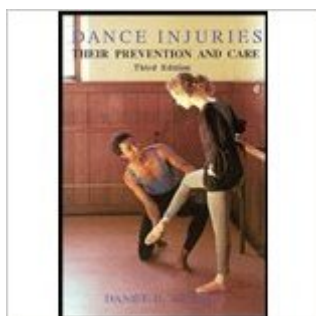


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Dance Injuries: Their Prevention And Care (A Dance Horizons Book)



Synopsis

The first comprehensive guide to the care and prevention of dance injuries.

Book Information

Series: A dance horizons book

Paperback: 234 pages

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Exercise & Fitness > Injury Prevention #36032 in Books > Humor & Entertainment

Customer Reviews

The first comprehensive guide to the care and prevention of dance injuries.

The third edition published in 1991, *Dance Injuries: Their Prevention and Care* is almost 20 years old. Yet, I challenge any dancer to find a book on the topic that is more comprehensive. I had this book in the 90s, but my bunnies chewed it up. When I wasn't able to find something comparable recently, I went ahead and ordered a used one from an seller and I am so glad I did. Granted this isn't leisure reading. I sit down with this book when I have to: I've hurt myself in ballet. I can't afford to ignore injuries and hope for the best. Nor do I want to take time off and rest. At my age, I may never go back! I would rather understand my injury and continue working through it while treating it. This book is an excellent source of information for doing exactly that.

I bought the first edition of this book over thirty years ago. It's a book that every serious dancer and advanced dance student should have access to, either by owning it or by being able to borrow it or consult it in a school library. Sometimes just knowing the difficulty of caring for an injury can induce a dancer into caution relative to getting the injury. For example, groin injuries, which are difficult to access and treat, are an example of a usually-avoidable injury.

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