



MADE
TO ~
MOVE

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2022-23

DANCER WELLNESS GUIDE

Evidence-informed tips for a healthy dance year.

Prepared for
Competitive Dancers

Prepared by
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FOR THOSE WHO MOVE

REST AND FUEL

Supporting our dance through proper rest and fuel helps us reach our potential.



Rest

Be mindful of your sleep hygiene (what you do close to bed time) so you can set yourself up for restorative sleep. Sleep goals should be 9 to 11 hours for ages 5 to 13 year olds and 8 to 10 hours for ages 14 to 17. These hours should be uninterrupted sleep with consistent bed and wake up times. (1)



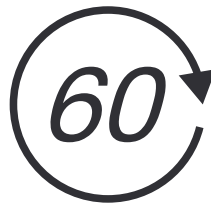
Fuel

Fuel your body! Have plenty of fruits and vegetables and eat foods high in protein. Choose whole grain foods like brown rice and popcorn and limit highly processed food. Make water your drink of choice. Eat meals with others and enjoy your food. (2)

ACTIVITY GOALS

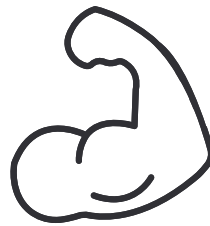
Set goals for activity frequency, duration, and type as well as screen time to set you up for success!

Goal #1



Try to get 60 accumulated minutes of moderate to vigorous activity every day. (1)

Goal #2



Try to make 3 of those days vigorous with some sort of bone strengthening activity (climbing, hanging, acrobatics, conditioning). (1)

Goal #3



Recreational screen time should be limited to 2 hours per day. Try to avoid sitting for extended periods. Choose a more active game over a seated game. (1)

INJURY PREVENTION

Cross-Training



Overall Injury Incidence

By adding cross-training, more specifically neuromuscular training, overall incidence of injury in dancers is reduced. (13)



Targeted Cross-training

Research shows that key muscles are involved in stabilizing joints like our knees. These same muscles are targeted during cross-training exercises when treating conditions like Iliotibial Band Syndrome and Patellofemoral syndrome (8). Hence, we should be working towards "targeted strength training on small muscles involved" as a part of injury prevention (11).



Performance Improvement

When looking at the effects of cross-training, specifically neuromuscular training programs (balance, proprioception, perturbation, and plyometric exercises), the benefits include;

- improved joint positions sense
- muscle reaction time
- functional outcome scores (5, 12)



Reducing Re-Injury

Recurrent injury rates are also reduced (12) and joint functionality is enhanced post-injury (5)..



Rest

"Allowing enough repair time for recovery from micro traumas induced by training" reduced injuries (11).

INJURY PREVENTION

Relationship with Dance



Perfectionism & Stress

”Perfectionism was found to be related strongly to injury for ballet dancers and gymnasts and with high stress (total positive and negative) for modern dancers”. (7)

Healthy & Unhealthy Passion

Harmonious passion occurs when a dancer accepts dance as important, but “without feeling that self-esteem or social approval are contingent on continued activity involvement” (3) Obsessive passion is where dance becomes the dancer’s only identity to the “detriment of other life pursuits and domains” (3).



Harmonious passion for dance is associated with:

- fewer acute injuries
- more problem-focused health decisions
- less health-undermining coping behaviors when injured
- engaging in self-initiated injury prevention

Obsessive passion for dance is associated with:

- prolonged chronic injuries
- pride preventing proper treatment

“Thus, it appears that obsessive passion for dance may constitute a risk factor for sustaining chronic injuries, and that harmonious passion is the more optimal motivational foundation for long-term, healthful involvement in dance” (3).

INJURY PREVENTION

Structure & Strategy



Structured Warm Up

The value of a structured warm-up in studio that incorporates cardiovascular exercises, as well as static and dynamic stretches is optimal “vertical jump, balance” and “range of motion” (6).



Coping with Individualized Exercise

Enhancing coping skills to deal with injuries leads to a reduction in injury occurrence (9). By visiting a health practitioner who offers individualized exercises plans, dancers know exactly what to do when they are injured, as well as how to prevent injuries.

PERIODIZATION

Reducing injury by planning when we cross-train.

Sample Performance/Competition Week

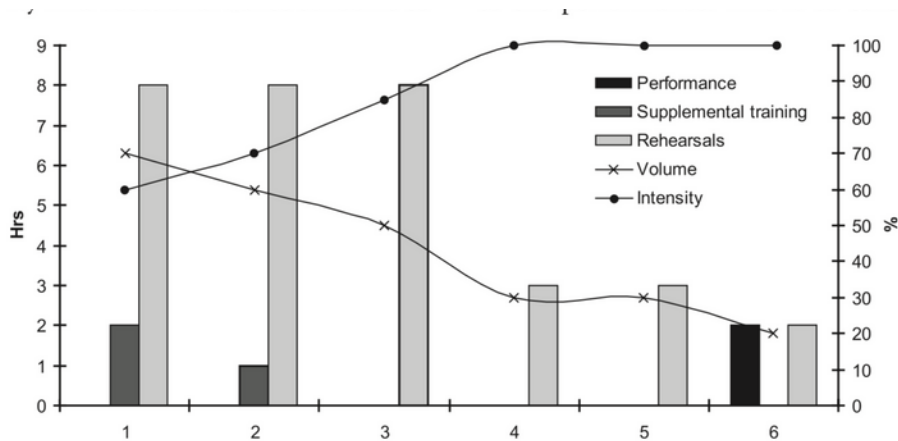


Figure 1 Introducing a taper prior to performance.

Periodization is the systematic organization of athletic and physical training in order to reach peak-performance during competition season.

During competition season, cross-training should be moved to the beginning of the week, with an overall decrease in volume in training and rehearsal as the week moves on.

Periodization is used “to prevent overtraining and its link to injury, while improving the dancer’s readiness to perform optimal”(14).

DID YOU KNOW?

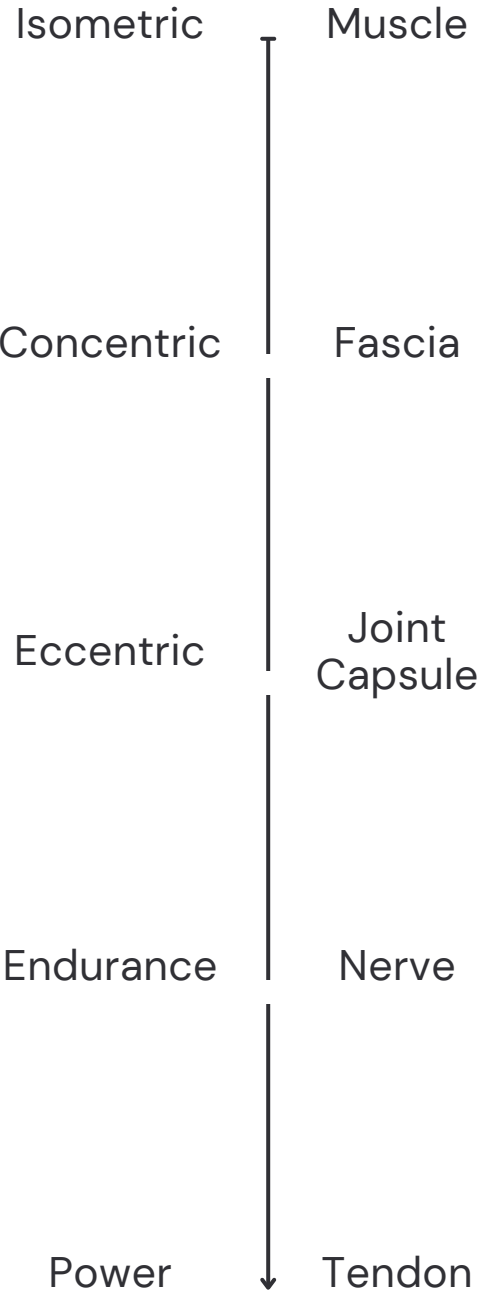
Exercise, Mental Health, & Cognitive Performance

“Single bouts of exercise may enhance cognitive processes and academic performance in children and adolescents. Exercise can improve concentration and working memory which may increase academic performance in the long term. Learning is a complex neurobiological and social process which can be affected by external factors such as parental education, school environment, and socioeconomic status” (12).

The UK’s National Institute of Care Excellence recommends regular exercise and participation in structured and supervised exercise programs (like dance) for adolescent depression (10).



PROGRESSIONS



Whether you are working progressively through each tissue, creating increased flexibility, or you are improving your stability and control by loading your tissue in various ways, thinking progressively helps to ensure a more robust, holistic approach.

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ABOUT Made To Move Clinics



With two locations in Toronto, we offer manual therapy, rehabilitation, medical acupuncture, and custom orthotics, by appointment. New patients are always welcome to join our specialized dance clinic or our family practice.

Our mission is to provide exceptional therapy, care, and training to support all of your movement needs and goals.

Our vision is a world where everyone has the support they need to experience the life-changing power of movement.

First appointment includes:

- Chiropractic (adjustments, mobilizations, active release)
- Rehabilitation Services (FRC, Pilates, PBT)
- Acupuncture (TCM-based, Electroacupuncture)
- Cold Laser Therapy
- Clinical & Athletic Taping
- Individualized Strategic Rehabilitation Plan
- Instrument Assisted Soft Tissue Mobilization (SmartTools)

Follow-up appointments are 30 or 45 minutes, depending on patient condition, preference, and schedule.

ABOUT Made To Move Clinics



Examples of conditions we treat:

- neck pain
- low back pain
- rib pain
- snapping hip syndrome
- plantar fasciitis
- jumper's knee
- patellofemoral syndrome
- piriformis syndrome
- cervicogenic headaches
- migraines
- muscle strains
- thoracic outlet syndrome
- nerve entrapment syndromes
- sprains
- tendonitis
- rotator cuff tendinopathy
- tmj pain
- myofascial pain syndrome
- carpal tunnel syndrome
- postural strain
- impingement syndromes
- disc herniation
- degenerative disc disease
- arthritis
- tennis elbow
- golfer's elbow



Locations

Patients may book at either location at any time online through our website www.madetomove.ca. Both dancers and non-dancers welcome.



ABOUT Dr. Stephen Gray



Dr. Stephen Gray is the founder and resident Chiropractor at Made To Move clinics. He is sought after in the healthcare and dance as the intersection between high level performing arts and evidence-based care.

Dr. Gray is a graduate of McMaster University's Medical Acupuncture program and has certifications from Pilates Process Teacher Training, Functional Range Conditioning, Progressing Ballet Technique, SmartTools, U of Calgary's Concussion Detection/Management MOOC, Athletic Movement Assessment (lower limb), CAMH's Mental Health First Aid, and Thompson Technique. Dr. Gray also volunteered at APTUS centre for children with complex disabilities treating a variety of elementary and secondary school aged children.

Dr. Gray can be seen as the guest expert in health and fitness on Global TV's nationally syndicated "The Morning Show" as well as "Breakfast Television" on CityTV.

Prior to his clinical career, Stephen worked extensively in the performing arts. Highlights include performing Bert in Las Vegas on tour with "Mary Poppins", winning a Robert Merritt Award for Best Choreography from Theatre Nova Scotia, adjudicating a music and dance festival in Taipei, Taiwan, choreographing for Sandals Resort Turks & Caicos, and teaching for TMU, Sheridan, George Brown, and DUBO Force (Mexico City). Stephen also co-founded Quick Ball Change Inc. (working with over 250 studios for 12 years) and has written articles for Dance Teacher Magazine (+), The Dance Current, Industry Dance Magazine, and Dance Canada Quarterly.

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