



EXTRINSIC VARIABLE CONSIDERATIONS WHEN DANCING FROM HOME: CREATING A SAFE SPACE

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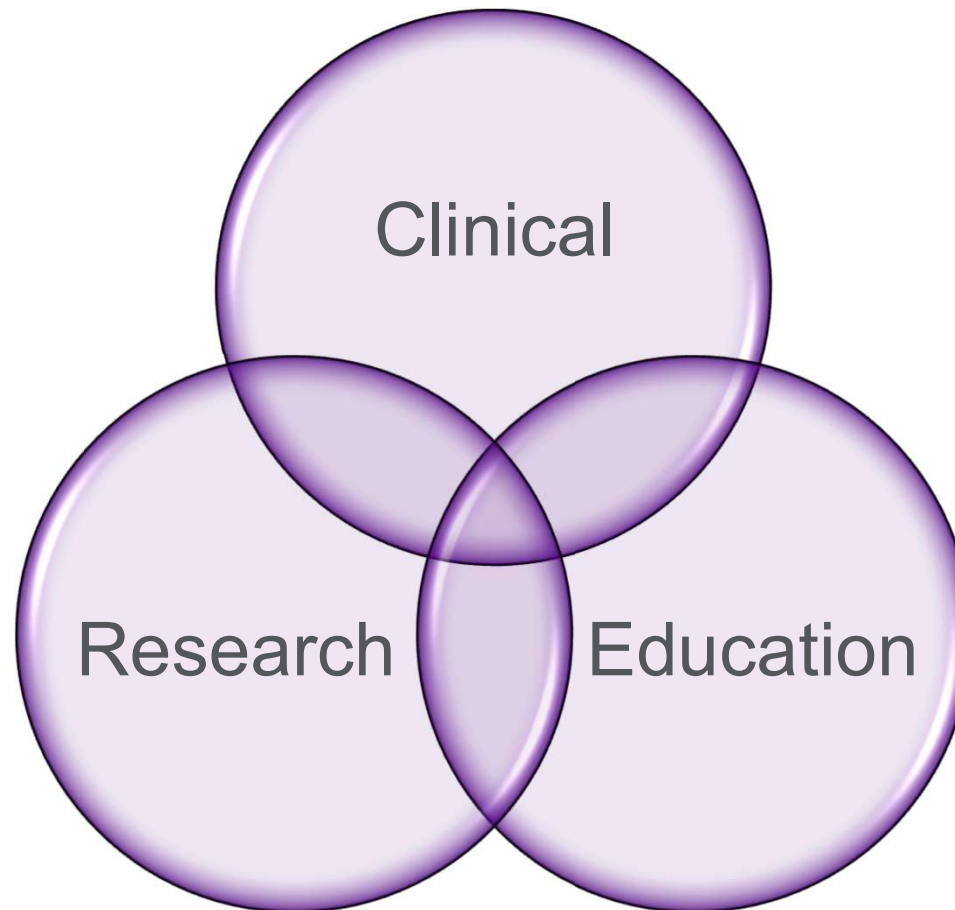
- About Harkness Center for Dance Injuries
- Injury Factors: Intrinsic and Extrinsic
- Creating a Safe Environment at Home
- Wrap up; Q&A
- Harkness Center COVID-19 Resources



ABOUT HARKNESS CENTER FOR DANCE INJURIES

HCDI's Three Program Areas

www.DanceInjury.org



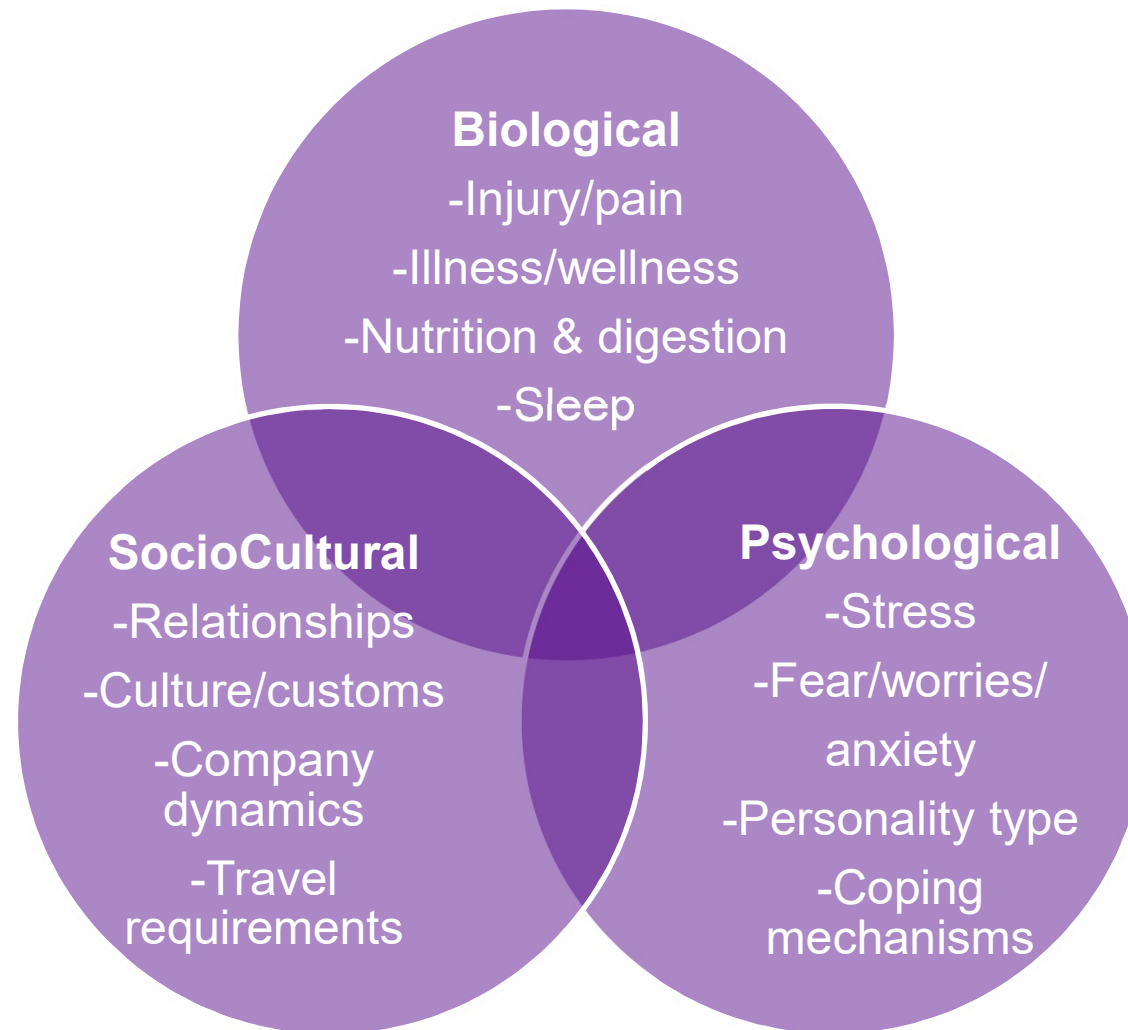
HCDI Mission

To provide affordable, quality healthcare
to the dance community.

No dancer turned away due to inability to pay.



HCDI and the Biopsychosocial Model

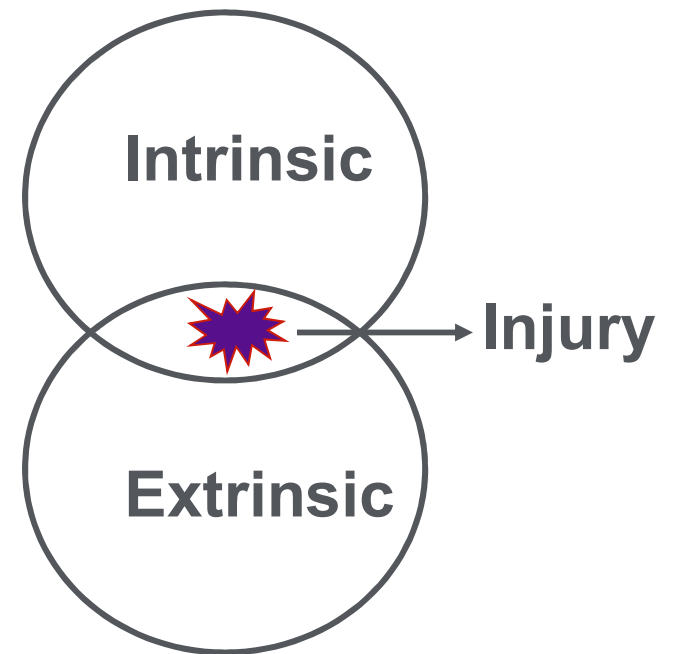


Engel, 1977; Waddell, 1992

INJURY FACTORS: INTRINSIC AND EXTRINSIC

How do injuries happen?

Injuries result from a complex interplay between intrinsic and extrinsic variables



Factors Associated with the Cause of Injury

- Intrinsic Variables:

sex, age, weight, height, personality type, prior injury history, flexibility, hypermobility, ability to jump, to turnout, to developpé, etc.



Factors Associated with the Cause of Injury

- **Extrinsic Variables:**

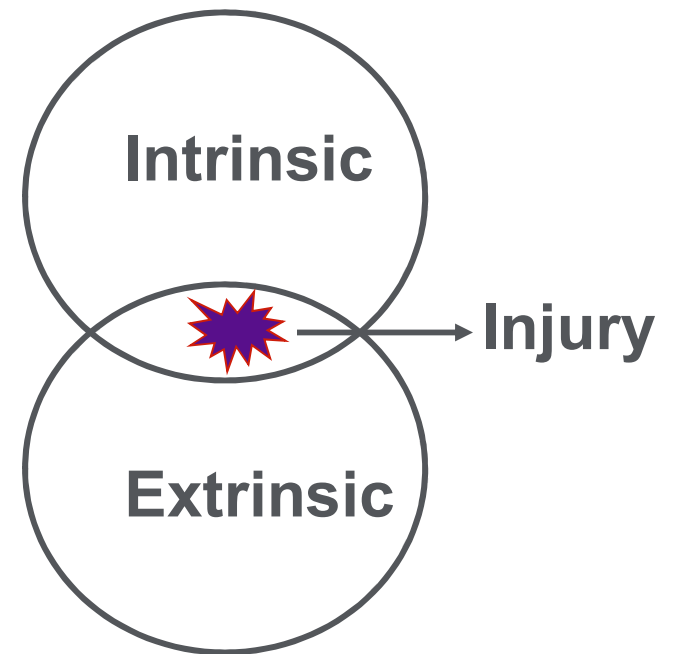
shoes, floor, set design, lighting, temperature, technique type, level of skill, music tempo, etc.

– **AKA: Environmental**



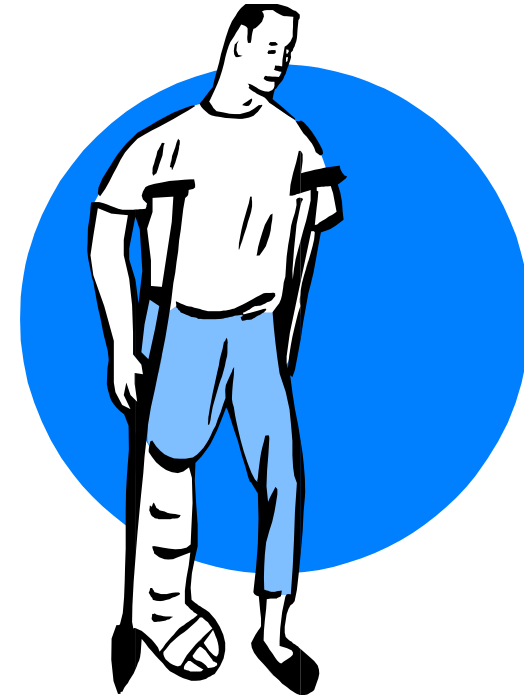
How do injuries happen?

Injuries result from a complex interplay between intrinsic and extrinsic variables



Acute Injuries

- Single Traumatic Event
- Sprain; Strain; Fracture
- **MD REFERRAL ALWAYS**



- Management:
 - Rest
 - Ice
 - Compression
 - Elevation

Chronic Injuries

- Overuse – repetitive stress injury
- Management
 - MD Referral
 - Activity Modification
 - Rehabilitation
 - **PREVENTION**



CREATING A SAFE ENVIRONMENT AT HOME

Setting Up Your Space

- Dedicated dance environment
- Minimize distractions
- Temperature: 72-78F; relative humidity no more than 60%
- Ceiling height: at least 10-12” for non-partner dance training; 15-18” for partner dance training, with recessed lighting.

<https://www.nationalartsstandards.org/sites/default/files/NDEO%20Opportunity%20to%20Learn%20Standards%202017%20rev.pdf>

Additional Lighting Considerations

- Combination of artificial and natural lighting preferred
- Between 50-100 lumens (for both sight and heat control)
- Avoid backlighting if possible so instructor can see students as clearly as possible (or students can see teacher)
- Wear bright, fitted contrasting colors if possible

Flooring

- Professional floor preferred but often not possible
- In lieu of professional floor:
 - Avoid concrete, linoleum
 - Wood, thin carpet are better options
 - Keep in mind genre
- Layer yoga mats for some activity
- Outdoor options and precautions

Clothing and Footwear

- Mimic what you would do in studio
 - Relates to space association / creating a dance environment
 - Mental enjoyment (i.e. feeling your pointe, tap, character shoes, bare feet etc.)

We associate our dance genre with our footwear.

- Modifications as needed
 - E.g. **good** sneakers for jumping

Barre

- 40" to 42" above the floor for a single barre (adjust height for children—"waist height")
- Sturdy (heavy chair, countertop, solid table etc.)
- Set up / direction facing
 - Best angle for instruction
 - Minimizing distraction / time facing away from instructor
- Consider converting barre work to center

Additional Considerations

- In view of a full mirror if possible; BUT can take advantage of not having a mirror
- Have water accessible
 - Include water breaks for younger students
- Psychosocial aspects
 - Last few minutes for conversation, show and tell
 - Be flexible in class plan
 - Encourage modifications

Injuries at Home

- Responding to complaints of aches, pains
 - Similar to studio setting:
 - Never diagnose
 - Ask if student needs to stop dancing
 - Follow up in subsequent class
 - Inform parent if necessary
 - When to recommend consulting doctor

QUESTIONS? THANK YOU!



COVID-19 RESOURCES

COVID-19 Resources

–Video Visit (Telehealth) Physical Therapy and Physician Visits

- For physical therapy: Currently accepting patients from NY, NJ, CT, PA, and FL
- Call 212-598-6054 to schedule
- Inquire about accepted insurance and financial aid

COVID-19 Resources

—Virtual Injury Prevention Assessments (IPAs)

- FREE
- Available to anyone regardless of location
- One hour, one-on-one with a clinician
- Call 212-598-6054 to schedule

COVID-19 Resources

— www.DanceMedU.org

- Online lectures on dance medicine; select free and discount code options
- Currently free: **Dance Injury Prevention**
 - Use code **STAYSAFE** at checkout
 - Follow Harkness Center Facebook and Instagram for upcoming codes and new lectures

COVID-19 Resources

–National Dance Education Organization (NDEO) Online Professional Development course by Harkness Center

- Applied Science of Dance Injury Prevention (July 20 – Oct. 11)
- https://www.ndeo.org/content.aspx?page_id=22&club_id=893257&module_id=188018

–NDEO webinar by Harkness Center

- Extrinsic Variable Considerations When Dancing from Home: Creating a Safe Space
- Wednesday, June 3 from 4-5pm EDT
- https://www.ndeo.org/content.aspx?page_id=22&club_id=893257&module_id=395469

COVID-19 Resources

– www.DanceInjury.org

- “Resources for Dancers during COVID-19” tab
- Join our email list from homepage
- Find our contact info, follow our social media

– Stay tuned for Facebook live talks

- Explore our full programs including research areas
- Meet our team <https://nyulangone.org/locations/harkness-center-for-dance-injuries/our-dance-medicine-team>

COVID-19 Resources - Summary

- Video Visit (Telehealth) Physical Therapy and Physician Visits
- FREE Virtual Injury Prevention Assessments
- DanceMedU online lectures
- NDEO OPDI course and webinar
- DanceInjury.org



Connect with Harkness Center

Phone: 212-598-6054

Email: harkness@nyumc.org

Web: www.DanceInjury.org

Follow us on Facebook and Instagram

