



Resources for Dancers and Dance Injuries

Listed below are websites from two organizations that essentially began dance medicine. These two organizations, along with many others, provide helpful resources relating to dance, dance injuries and dance technique. While Minnesota Dance Medicine Foundation is not affiliated with either organization, many MDMF members are also members of IADMS.

IADMS – International Association of Dance Medicine and Science

The International Association for Dance Medicine & Science promotes medical, scientific, and educational activities aimed at enhancing the treatment and training of dancers with the ultimate goal of improving dancers' health, well-being, and performance. Its mission statement is as follows:

IADMS ENHANCES THE HEALTH, WELL-BEING, TRAINING, AND PERFORMANCE OF DANCERS BY CULTIVATING EDUCATIONAL, MEDICAL, AND SCIENTIFIC EXCELLENCE.

<https://www.iadms.org/>

IADMS Publications

<https://www.iadms.org/?page=A3>

IADMS Resource Papers and Printable Posters

<https://www.iadms.org/?page=186>

Harkness Center for Dance Injuries

The Harkness Center for Dance Injuries at NYU Langone Medical Center describes itself as enhancing the health, wellbeing, and quality of life of dancers and dance companies.

<http://www.med.nyu.edu/hjd/harkness/quality-healthcare-dance-community>

Harkness Publications

<http://www.med.nyu.edu/hjd/harkness/research/research-publications>