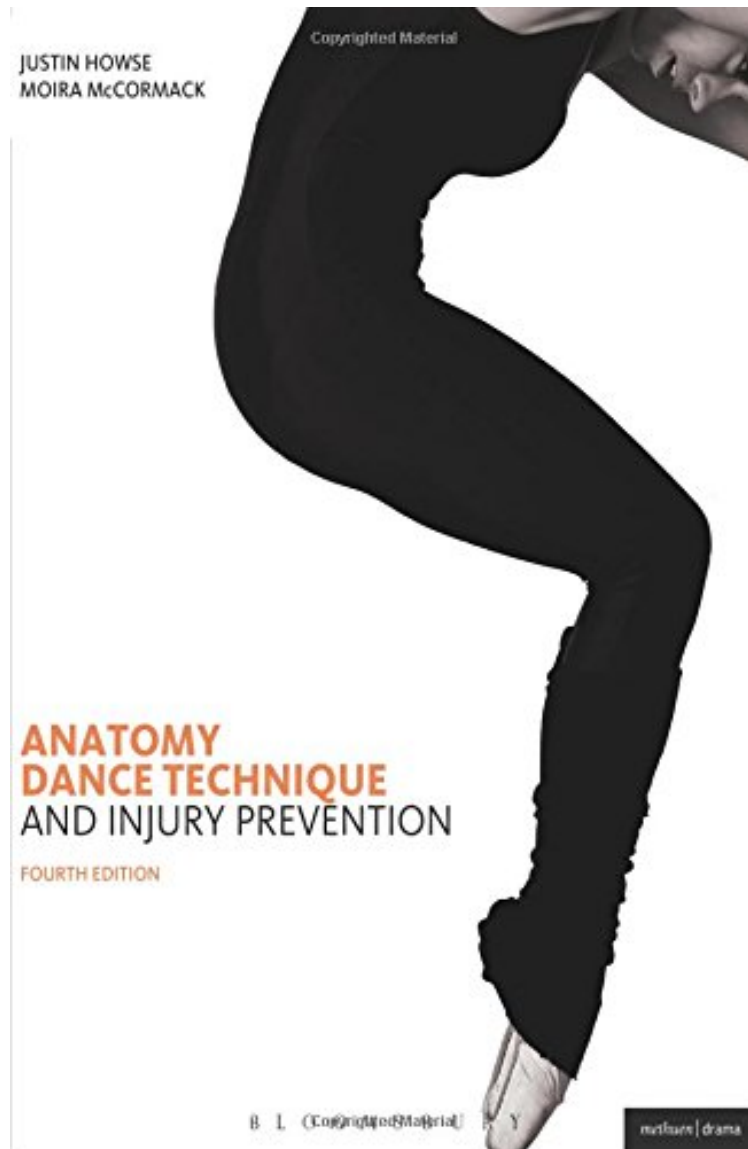


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Anatomy, Dance Technique and Injury Prevention

Justin Howse

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Justin Howse : Anatomy, Dance Technique and Injury Prevention before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy, Dance Technique and Injury Prevention:

'Strongly recommended' The Dancing Times Injury in dance is often not an accident but a fault in technique that has not been identified at an early stage, or a variation in physique where the implications have not yet been understood.

Appropriate treatment is vital and not always easy to find. Now in its 4th edition, this is an essential guide to dance techniques, injury prevention and treatment focusing on the five main areas: anatomy and physiology, general injuries, specific injuries; their cause and treatment; strengthening exercises; technical faults and anatomical variations. This latest edition is completely redesigned and contains colour photographs throughout. There is also a new section covering the latest physiotherapy treatment.

This book is the "Bible" for dancers. First published in 1988 by Justin Howse and Shirley Hancock, it immediately took position as one of the most authoritative and leading books on dance injuries and prevention... It is the vital application of anatomical facts to the dancer (well presented in a logical fashion) that makes this book indispensable for every dance teacher... [The book] remains a distinguished authority on dance technique and injury prevention and even those with old editions would do well to invest in this latest edition. Outstanding. *Dancing Times*

About the Author Justin Howse is a Consultant Orthopaedic Surgeon, BAPAM Trustee and Senior Physician with vast experience within the performing arts especially concerning dance. He was Orthopaedic Consultant to The Royal Ballet School, The English National Ballet (company and school) and The Royal Academy of Dancing amongst others.