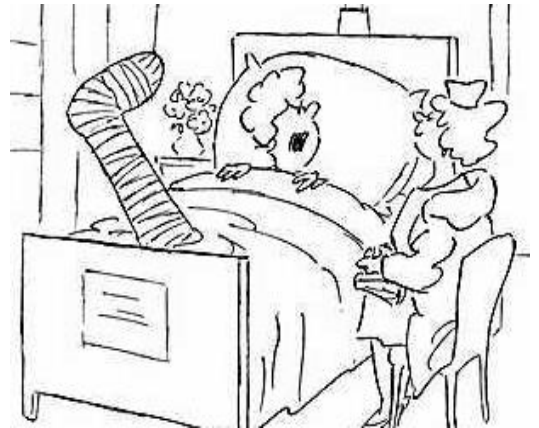


AN OVERVIEW OF DANCE INJURIES AND INJURY PREVENTION

Types of Injuries

1. When does an injury usually occur?
2. What are some causes of dance injuries?
3. What are tendons?
4. What are ligaments?
5. What is a cramp? What causes cramps? Where do they usually occur?
6. How do you relieve a cramp?
7. What is acute soreness?
8. What is delayed soreness? What will prevent this discomfort?
9. What is a sprain? How do you treat a minor sprain?
10. How do you prevent a sprain?



11. What is a strain? What causes a strain? How do you treat a minor strain?

12. What is a shin splint? What can shin splints lead to?

13. How do you treat a shin splint?

14. What is included in the care of dance injuries? What does ice do to an injury?

Injury Prevention and Recuperation

What are the various ways you can prevent injuries?