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Dance medicine: risk factors for dancers' musculoskeletal injuries

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Publications

Contributing to this Thesis

Kaufmann, J. E., Nelissen, R., Exner-Grave, E., & Gademan, M. (2021). Does forced or compensated turnout lead to musculoskeletal injuries in dancers? A systematic review on the complexity of causes. *Journal of biomechanics*, 114, 110084. <https://doi.org/10.1016/j.jbiomech.2020.110084>

Kaufmann, J. E., Nelissen, R. G., Appleton, P. R., & Gademan, M. G. (2021). Perceptions of Motivational Climate and Association with Musculoskeletal Injuries in Ballet Dancers. *Medical problems of performing artists*, 36(3), 187–198. <https://doi.org/10.21091/mppa.2021.3021>

Kaufmann, J. E., Nelissen, R., Stubbe, J.H., & Gademan, M. (2022). Neuromuscular warm-up is associated with fewer overuse injuries in ballet dancers compared to traditional ballet specific warm-up routines. *Journal of Dance Medicine & Science*. ePub date: September 15, 2022 <https://doi.org/10.12678/1089-313X.121522e>.

Kaufmann, J. E., Stubbe, J.H., Nelissen, R., & Gademan, M. (2022). The perspective of ballet dancers on causes of dance injuries and implementation of preventive dance medicine by their ballet teachers and masters. *Submitted 2022. In revision*

Kaufmann, J. E., Stubbe, J.H., van Rijn, R. M., Nelissen, R., & Gademan, M. (2023). Injury as a stressor in 67 first year contemporary dance students: A longitudinal cohort study. Submitted.

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This work is dedicated to my parents, who always believed in me. who never said that I can't, never doubted I could and loved me regardless of the outcome. I am blessed to have been born into your arms.

Curriculum Vitae

Judith-Elisa Kaufmann was born in Austria. She performed her first role as a soloist dancer with the age of 15 and receiving her first awards as soloist and as chief choreographer aged 16 and 17. After graduating from high-school aged 17 she started to work as dancer, choreographer and ballet master. After injuries and chronic illness had terminated her own active career too early, she focused on teaching and (dance) medical studies. Author of several books and publications on dance pedagogy and dance medicine, she became a university lecturer by the age of 25 and has been teaching dancers, teachers and clinicians internationally ever since.

In 1998 she founded a School for Ballet and Performing Arts in which she stressed the active inclusion and implementation of dance medicine and dance science as basis of all training and teaching. The lack of sufficiently educated teaching personnel for her school led her to found the meanwhile renowned Academy for Dance Pedagogy & Dance Medicine, Austria in 2005 (with an unofficial start in 2000). Her concept of Preventive Dance Medical Dance Pedagogy® is an internationally unique curriculum aiming to train teachers, ballet masters, and dancers in the active implementation of dance medicine and science into dance practice.

In 2018 she found her way to LUMC and from 2019 onwards received the support from a wonderful team to execute those studies which she always wanted to read and would have needed herself for teaching dance medicine. She is looking forward to many years of this empowering collaboration to come.

Grateful for her skill of being able to inspire and empower people, Judith-Elisa Kaufmann's intrinsic motivation for dance medicine and pedagogy allows her to juggle her jobs as a mother (which is the best of all), head of the academy, (university) lecturer, author, choreographer, and researcher.