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Dance medicine: risk factors for dancers' musculoskeletal injuries

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Dance Medicine

Risk Factors For Dancers' Musculoskeletal Injuries

- 1) Turnout is not a position, it's a complex motion involving the whole body.
[This thesis, Chapter 2]
- 2) Empowering motivational climates need an open mindset, implying that we learn from previous mistakes and allow new things to develop and traditions to evolve over time.
[This thesis, General Discussion]
- 3) Mental and psychological stress makes ill. Coping skills have to be addressed in all aspects of dancers' injury prevention and rehabilitation. *[This thesis, Chapter 6]*
- 4) Evidence-based neuromuscular warm-up can be designed to prepare the dancer for the demands of different productions while it prevents overuse injuries. *[This thesis, Chapter 4]*
- 5) Oversimplification in science might lead to publication bias and misinterpretation of results
[du Prel, Hommel, Röhrig, & Blettner, 2009, D Arzteblatt internatl, 106(19), 335–339].
- 6) Dance teachers should transform into the expert source of evidence-informed interactions with dancers, thus preventing musculoskeletal complaints
[Chapter 5 & Alla & Joss, 2021, Evidence informed approach to practice].
- 7) The mediating effect of empowering motivational climates is a chance in education, however, the debilitating effects of just nuances of disempowering motivational climates is intriguing *[Appleton & Duda, 2016, Psych Sport Exer, 26, 61-70].*
- 8) Disempowering motivational climates, and specifically the behavior of the teacher, are a vital aspect in the development of the high levels of shame and post-traumatic stress disorder identified in dancers
[Thomson & Jaque, 2013, J Trauma Dissociation, 14(4), 439-54; Eusanio, Thomson, & Jaque, 2014, J Dance Med Sci, 18(3), 106–114].
- 9) Teamwork is essential for performance, it stimulates intrinsic motivation and enjoyment at work.
- 10) Trusting yourself begins by recognizing it's okay to be afraid.