

PRESS RELEASE



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Parenting a Healthy Dancer Workshop Aims to Reduce Overuse Injuries in Children

The Ballet School of Stamford and the ONS Foundation for Clinical Research and Education team up to present FREE injury prevention workshop for parents of dancers

GREENWICH, CT – Most injuries in dancers, for both students and professionals, are not the result of a sudden or traumatic event. They usually occur from overuse over a period of time. Because dance training involves repetitive movements done in classes, rehearsals, and performances, a lot of stress is put on dancers' ligaments and muscles. Over time, this repetitive activity can lead to a number of overuse injuries. On **Tuesday, September 20** at 6:30 p.m., The Ballet School of Stamford and the ONS Foundation for Clinical Research and Education will team up to present a FREE injury prevention workshop for parents of dancers. ***Parenting a Healthy Dancer*** will feature a panel of experts who will discuss how to keep young dancers healthy in mind and body. The panel will include Sports Medicine Physician Dr. Gloria Cohen, Dance Physical Therapist Samara DiMattia MSPT and Psychotherapist Becca Gaines, MS PC. The program is being hosted by The Ballet School of Stamford at 175 Atlantic Street in Stamford and will highlight the importance of understanding the signs and symptoms of the most common dance injuries including tendinitis, snapping hip, foot stress injuries, sprained ankles, and low back pain.

"The workshop will cover physical and emotional challenges that may affect the young dancer," said Dr. Cohen. "It will stress the importance of proper technique and identifying muscle imbalances that might lead to an injury. The workshop will include discussion of proper strengthening and stretching exercises that can prevent injuries, advice on ways to help dancers recover from an injury, and how to know when to see a professional about a condition." The FREE workshop will be conducted in an open forum. The public is invited, however advance registration is requested. For information, or to register, please send an email to info@Balletschoolofstamford.org, or call 203-358-8853. For directions go to www.balletschoolofstamford.org.

The Ballet School of Stamford is a not-for-profit school that provides professional dance training for children and adults from Fairfield and Westchester counties. The school is entering its thirteenth year and

has moved into its new home at Old Town Hall. Through its relationship with Stamford Center for the Arts, the Ballet School is able to provide unique performance opportunities for its students, with a varied repertoire of original productions and classical ballets.

ONS Foundation for Clinical Research and Education, Inc. is a registered not-for-profit, 501(c)3 organization devoted to understanding the causes and optimal treatments of orthopedic injuries and musculoskeletal conditions. The ONS Foundation, in alliance with Greenwich Hospital, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. The Foundation sponsors injury prevention and other seminars throughout the year. The office is located at 6 Greenwich Office Park, 10 Valley Drive, Greenwich, CT. For further information about the ONS Foundation, visit www.ons-foundation.org or call (203) 869-3131.