



# Dance Medicine: Head to Toe: A Dancer's Guide to Health

*Judith R. Peterson MD*

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## **Dance Medicine: Head to Toe: A Dancer's Guide to Health** Judith R. Peterson MD

indispensable With concise information about health, injury prevention, and treatment of common dance-related problems, this handbook on medical issues and rehabilitation will quickly become indispensable to dancers and dance instructors. Literally designed as a tour of the body from head to toe, this encyclopedic manual includes advice on issues specific to dancers' well-being, such as body awareness and self-image, eating disorders, spotting and whiplash, overhead lifts, stress fractures, turnout, potential harm from pointe shoes, and damaged feet and toes. Profusely illustrated with radiographic images from Jefferson Hospital in Philadelphia, the book's visual appeal is enhanced by stunning performance photographs of members of the Pennsylvania Ballet.

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