Dancer Wellness
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Dancer Wellness is a comprehensive text for dancers and dance educators to better understand health and wellness in the context of their craft. Though not intended for this purpose, this resource may also be a beneficial tool in allowing allied healthcare professionals to repackage knowledge that was obtained in a traditional (sports) medicine context to the otherwise unchartered world of dance medicine and science. As a former dancer turned sports medicine practitioner and researcher, I appreciate what this text has done to bridge the gap by transferring knowledge and skills across disciplines.

The informative and easily digestible content demystifies superstitions by presenting evidence-based knowledge about dancer wellness. The graphics are equally reflective of the spirit of dancers, making them more relatable to the readers. The authors were also deliberate in using scientific language and introducing key terminology that may be unfamiliar to readers of varying levels of dance experience.

The holistic approach of the layout acknowledges the six dimensions of wellness to provide a smooth transition between the four main sections. Each chapter is equipped with clearly stated learning objectives and key terms at the beginning and then concludes with an application activity and set of review questions. This instructional sandwich helps readers to be prepared for the content with an opportunity to recapitulate by reflecting on practical application.

Starting at a very young age, many dancers become accustomed to their surroundings and apparel as necessities but often do not consider the role they play in safety. After the first chapter, the audience is motivated to reevaluate their studio, clothing, and footwear to ensure safe practices are considered. Dance-specific training and techniques are described using anatomical and biomechanical terms, which are applied in a later chapter of the book when addressing orthopaedic injuries. This chapter transitions well to the benefits of cross-training and conditioning strategies that are indispensable to support the strength and control required in dance.

The second section of the book is written to generate conversation on improving mental health among dancers. The authors have presented a healthy model for introspection with a natural progression from a conceptual framework to a plan of action. The foundational concepts of the somatosensory system illustrate the connection between a physical art and the cognitive implications. The text speaks to a cyclic balance that ultimately affects physical balance, body awareness, and imagery. This chapter is followed by two others on psychological wellness and the importance of adequate rest and recovery. This coverage of coping dimensions and strategies will lead to greater awareness with healthier methods in regulating mental wellness. The section concludes with a step-by-step list of action items to encourage a lifestyle change for improved mental health.

The chapters in the third section are presented by experts specifically with the dancer-athlete in mind. Dancers are exposed to unique demands and stressors that may have different physical manifestations compared to other physically active individuals. The section begins by providing an overview of nutritional considerations and the risks of nutritional deficits including a dire section on "maintaining a healthy weight." As a dancer, I did not have a sense of how to do this on my own, and yet, as a practitioner, this is commonly asked by dancers. In addition, the next chapter provides a brief overview of common orthopaedic ailments and suggestions for prevention, early recognition, self-treatments, and recognizing when referral to a medical professional may be warranted. This section draws ties to earlier mentions of risk for physical injury from unsafe surroundings or deficits in mental health.

Lastly, the fourth section discusses the use of comprehensive screening programs to assess dancer wellness in an effort to identify each dancer's composition and boundaries. In doing so, many chronic mental and physical health concerns may be mitigated through early identification and intervention. The practice of injury surveillance for epidemiologic inquiry is also explained to inform best practices across dance medicine and science. The latter part of this section provides a plan to further implement the recommendations throughout the book into obtainable goals toward optimal wellness.

The editors have done a profound job in recognizing the intersections between various facets of dance medicine and science to produce a conscientiously designed contribution that unravels the many complexities of dancer wellness.

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Beyond this central focus, the book has enough of a generalist message to offer something for everyone—from the musi-