

# DANCE

## IN THE CONTEXT OF INJURY PREVENTION

This presentation is divided into two parts, the unifying factor being the development of my career since I was brought to UCSC in 1970 to create a dance program until my retirement in 1997 and beyond. Part 1 traces my evolution as a modern dance choreographer, performer, and teacher of dance technique, and describes how that progression influenced the direction that the dance program would take. Part 2 explains how my experience during the UCSC years led to a "second career" as practitioner and researcher in the field of dance medicine and science. That involved 39 consecutive years of 3-month "residencies" beginning in 1980, in the Division of Sports Medicine at Harvard Medical School, Boston, under the direction of Dr. Lyle Micheli, one of this country's foremost exponents of dance medicine. My collaboration with Dr. Micheli has produced the publication of numerous books and 42 articles to date. I will summarize some of our studies of injuries sustained by dancers, especially those dealing with the hip and foot/ankle.



### RUTH SOLOMON

**Professor Emerita, Theater Arts/Dance at UC Santa Cruz**

Ruth Solomon's career as dancer and choreographer spanned many years and genres. Her teaching technique has been documented in an internationally distributed video, *Anatomy as a Master Image in Training Dancers*, and she has taught throughout this country, Europe and Asia. As administrator she was assistant director of the dance program at NYU Tisch School of the Arts, before coming to UCSC in 1970 to establish the Dance Theater Program. Ms. Solomon has been a member of the International Association of Dance Medicine & Science since its inception, has continually served on its Board of Directors, and was Co-Editor in Chief of that organization's flagship publication, the *Journal of Dance Medicine and Science*, from 2007 until earlier this year. She has done consecutive three-month "residencies" for the last 39 years under the direction of Dr. Lyle Micheli at the Sports Medicine Division, Harvard Medical Center, Boston. This collaboration has produced numerous books and 42 research articles.

NOVEMBER 9, 7 P.M.

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