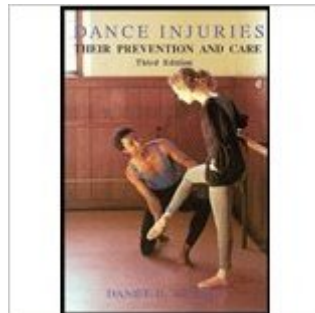




Ebook Directory
the best source of ebook

The book was found

Dance Injuries: Their Prevention And Care (A Dance Horizons Book)



Synopsis

The first comprehensive guide to the care and prevention of dance injuries.

Book Information

Series: A dance horizons book

Paperback: 234 pages

Publisher: Princeton Book Company Publishers; 3 Rep Sub edition (July 1991)

Language: English

ISBN-10: 087127146X

ISBN-13: 978-0871271464

Product Dimensions: 9 x 6 x 0.6 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #425,772 in Books (See Top 100 in Books) #50 in [Books > Arts & Photography](#)

[Books > Arts & Photography > Performing Arts > Dance > Reference](#) #93 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #36032 in [Books > Humor & Entertainment](#)

Customer Reviews

The first comprehensive guide to the care and prevention of dance injuries.

The third edition published in 1991, *Dance Injuries: Their Prevention and Care* is almost 20 years old. Yet, I challenge any dancer to find a book on the topic that is more comprehensive. I had this book in the 90s, but my bunnies chewed it up. When I wasn't able to find something comparable recently, I went ahead and ordered a used one from an seller and I am so glad I did. Granted this isn't leisure reading. I sit down with this book when I have to: I've hurt myself in ballet. I can't afford to ignore injuries and hope for the best. Nor do I want to take time off and rest. At my age, I may never go back! I would rather understand my injury and continue working through it while treating it. This book is an excellent source of information for doing exactly that.

I bought the first edition of this book over thirty years ago. It's a book that every serious dancer and advanced dance student should have access to, either by owning it or by being able to borrow it or consult it in a school library. Sometimes just knowing the difficulty of caring for an injury can induce a dancer into caution relative to getting the injury. For example, groin injuries, which are difficult to access and treat, are an example of a usually-avoidable injury.

[Download to continue reading...](#)

Dance Injuries: Their Prevention and Care (A dance horizons book) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Dance Production and Management (Dance Horizons Book) Jazz Dance Class: Beginning thru Advanced (Dance Horizons Book) Basic Concepts in Modern Dance: A Creative Approach (Dance Horizons Book) Black Dance: From 1619 to Today (A Dance horizons book) Brain & Spinal Cord Injuries: A Guide for Coping with Injuries and Understanding the claiming process Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Military Injury Biomechanics: The Cause and Prevention of Impact Injuries The Dancer's Foot Book (Dance Horizons Book) Crs Computer-Related Syndrome: The Prevention & Treatment of Computer-Related Injuries Carpal Tunnel Syndrome & Overuse Injuries: Prevention, Treatment & Recovery (The Family health series) How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More Language of Ballet: A Dictionary (Dance Horizons Book) Both Sides of the Mirror: The Science & Art of Ballet (Dance Horizons Book) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs Crime Prevention through Housing Design: Policy and Practice (Crime Prevention and Security Management)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)