



**HARKNESS
CENTER**
for Dance Injuries

IN CONTACT

Welcome!

The Harkness Center for Dance Injuries is “**Going Green**” with a new monthly e-newsletter, **In Contact**.

As the weather warms up in May the Harkness Center for Dance Injuries will be participating in some outdoor activities as well as planning for a series of summer events. Below, see a listing of these events and visit our website for more information about all the on-going services we provide.

www.danceinjury.org

Coming in MAY

CEU Course

EARLY BIRD DEADLINE

May 29, 2009



REGISTER NOW!

Musculoskeletal Examination and Interventions of the Dancer using
Regional Interdependence as a Framework
An Advanced Continuing Education Course
July 31, 2009

—
Early Bird Fee
\$295

Deadline May 29, 2009

—
This course is recognized by NATA and APTA
Continuing Education Units provided for this course!

Research Study

The Harkness Center for Dance Injuries is currently looking for dancers and athletes to participate in a scientific research study to investigate the effects of fatigue on jumping ability. We are looking for healthy male and female professional or collegiate dancers and athletes between the ages of 18-40. You will be asked to jump from a height of approximately 15 inches onto a flat surface while measurements of your motion, muscle activity, and force are taken.

Participants will receive \$50!

To go behind the scenes with the Harkness Center's team of experts and see a demo of the research protocol [click here to watch our recent NY 1 segment.](#)

Please call or email to discuss any questions you have about this project or to volunteer:

Megan Richardson, MS, ATC
212-460-0157 or harkness@inbox.com

Charitable Events

Wall Street Run and Heart Walk, 5K

Tuesday, May 19, 2009

The Harkness Center for Dance Injuries has created a team under the NYU Medical Center for the Wall Street Run and Heart Walk. This event is a 5K (3.1 mile) competitive run and non-competitive walk to raise awareness and funds to support the American Heart Association's mission to build healthier lives free of cardiovascular diseases and stroke – the nation's No. 1 and No. 3 killers. If you would like to help our team raise money for this charitable event please [click here](#) to visit our donation page.

Revlon Run/Walk For Women, 5K

Saturday, May 2, 2009

The Harkness Center for Dance Injuries has been invited to join the Actors Fund in the Revlon Run/Walk For Women. Join 40,000 participants in Times Square as we celebrate the 12th Annual EIF REVLON Run/Walk For Women, 5K. Men, women and children of all ages are invited to share in the excitement as we come together in a united effort to help eradicate women's cancers. Your participation in raising critical funds and awareness will work toward ensuring a bright, cancer-free future. Join the Fight! If you would like to participate or donate to the cause please contact Katie Krause, the co-organizer for the team at k.krause5678@gmail.com.

For more information or to sign up online, visit:

<http://www.actorsfund.org/performances/current/revlonrunwalkNY>

Tip of the Month

Did you know that the number of dance injuries rises substantially every year during the first two weeks of summer intensive coursework? Prepare yourself and your students for upcoming summer intensives with a FREE Injury Prevention Assessment at the Harkness Center for Dance Injuries or by bringing us to your site to give an Injury Prevention Workshop.

NEW This Summer!

The Harkness Center for Dance Injuries will begin offering therapeutic yoga classes in its Bamboo Room this summer. More details to come in the next [In Contact](#) e-newsletter. Stay Tuned!

The Harkness Center for Dance Injuries' on-going services include:

Weekly Orthopaedic Dance Clinic
Dance Physical Therapy and Athletic Training Services
FREE Injury Prevention Assessments
Injury Prevention Lectures and Workshops
Biomechanical Research and Analysis
Raked Stage Evaluations
Therapeutic Pilates and Yoga
Fitness and Private Coaching
Financial Assistance
And MUCH MORE!

Visit our website for further information or call the Harkness Center to schedule an appointment.

Help Support Our Next 20 Years!

As a not-for profit organization we appreciate continued support from the dance community and its friends. If you would like to become a supporter of our Center please make donations payable to “**The**

Harkness Center for Dance Injuries”

NYU Hospital for Joint Diseases

301 East 17th St

New York, NY 10003



THE HARKNESS CENTER FOR DANCE INJURIES is dedicated to enhancing the health, well-being, and quality of life of dancers and dance companies by providing state-of-the-art, affordable medical care.