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DANCE MEDICINE & SCIENCE GUIDE

FROM THE BRAZIL-UNITED KINGDOM DMS NETWORK

Goiânia-GO

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From the Brazil-United Kingdom DMS Network

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PREFACE

*Adriano Bittar / Valéria Figueiredo
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*“Only when we are instructed by
reality can we change it.”*

BERTOLT BRECHT

The inaugural actions of the Brazil-United Kingdom Dance Medicine & Science Network (BRUK NET) emerged through the organisation of the workshop “The Potential and Challenges of Research in Dance Medicine & Science: building collaborations between the United Kingdom and Brazil”, held in Goiânia/Goiás, Brazil, from 27 to 31 of August, 2016. The BRUK NET was conceived and initially organized by Adriano Bittar, adjunct teacher at the State University of Goiás/Faculty of Physical Education and Physiotherapy of Goiás (*UEG/ ESEFFEGO*), that invited Professor Matthew Wyon to coordinate this Network along his side.

This event was co-financed by the British Council, through the Newton Fund, and by the Research Support Foundation of the State of Goiás (*FAPEG*). It was held by *UEG/ESEFFEGO/*Coordination of Projects (*PRE*), University of Wolverhampton and National Institute of Dance Medicine and Science (NIDMS) which is a consortium of the University of Wolverhampton,

University of Birmingham, Trinity Laban Conservatoire of Music and Dance, One Dance UK, Royal National Orthopedic Hospital, Royal Ballet and Birmingham Royal Ballet. Partners of this event were the Dance Courses from the Federal University of Goiás (*UFG*)/Faculty of Physical Education and Dance (*FEFD*), and from the Federal Institute of Goiás (*IFG*)/Câmpus Aparecida de Goiânia. The *UFG* Cultural Center/Coordination of Projects and Culture (*PROEC*), where the event was held, participated as an institutional supporter. The cultural supporters were: Quasar Cia de Dança, Dança Basileu França, Casa Corpo (por quá grupo de dança, e Vida Seca); Quadrilha Arraiá Chapéu do Vovô and singer Grace Carvalho.

In order to have this workshop organized, different leading researchers from this field of study were contacted in Brazil and the United Kingdom, such as Professor Matthew Wyon, from the University of Wolverhampton, Valéria Figueiredo, from *UFG/FEFD*, Luciana Ribeiro, from *IFG*, Aline Haas, from the Federal University of Rio Grande do Sul (*UFRGS*)/Faculty of Physical Education, Physiotherapy and Dance (*FEFID*), Prof. Márcia Strazzacappa, from the State University of Campinas (*UNICAMP*)/Faculty of Education, Andreja Picon, from the University of São Paulo (*USP*)/Faculty of Medicine (*FM*) and Prof. Isabel Sacco, also from *USP/FM*. This collective of researchers with different experiences in the area of DMS and with the same desire to develop innovative collaborations, exchanged several ideas about the creation of this Network and refined them to really be able to collaborate, in face of the enormous potential available and so many challenges.

Since the inaugural event in 2016, and through the progress of sharing that took more than four years of intense e-mail exchanges, face-to-face or online meetings, and a lot of dedication,

this bilingual publication was born, with the perspective of presenting our efforts for growth and consolidation of DMS, expanding the possibility of democratizing the knowledge produced. This publication is a small sample of an extensive work performed by several research groups and a presentation of a trajectory built together. The expectation is that this book approaches current and complex issues in DMS that indicate the ethical and scientific growth this field of study has endured in the past years, whether in Brazil or in the United Kingdom.

Each of the 6 editors, 23 authors, and many contributors who participated of the writings of this book shared their effort, their concern and their reflection, which we are grateful for.

Therefore, the book is presented in four versions: two physical variants, one in Portuguese and another in English; and two online editions in the same languages. All versions are composed of texts produced by authors who are scholars and whose contributions were organized along three axes: Part I - Introducing Dance Medicine and Science and the BRUK NET, which focuses on presenting DMS to the reader and parts of its history, moving between the particularities of England and Brazil; Part II - Dance Science, presents in four texts written by experienced researchers, which lay out specific knowledge about the physiological and biomechanical responses of pre-professional and professional dancers, also developing topics such as dance assessments, supplementary training for dancers, and notes on Somatics and Pilates in dance; and, finally, Part III - Treating Dancers, consists of texts that address injuries in dance, medical treatment, physiotherapy and psychological well-being.

The idea behind this book is that it builds constructs around DMS, from where visibility, access and sustainability could develop. The desire for an interinstitutional, interdisciplinary, collective and supportive cooperation has enabled us to create a book of cross-cutting contexts and diverse views. The demand for DMS services and knowledge is growing. It requires that professionals from different backgrounds; dance, health, education, and many others, ethically reflect and debate over the breadth and rigor necessary for the growth and valorization of this field of study.