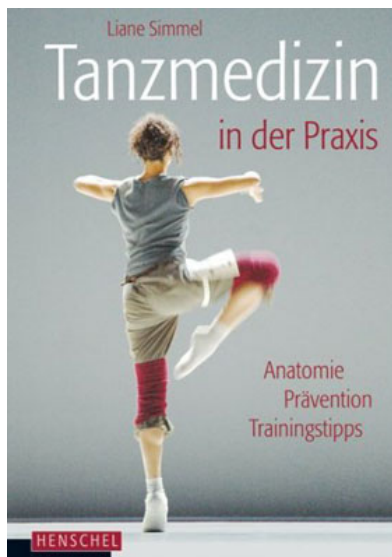


Gießen, April 17, 2009

Absolutely suited to Dancers

„Dance Medicine in Practice – Anatomy, Prevention, Tips for Training“

For a book such as „Dance Medicine in Practice“ it seems appropriate to have someone write a review who belongs to the group for whom it has been written. A former professional dancer who now teaches dance, Terry Pfeiffer read this publication for tanznetz.de.



Now there is an anatomy and exercise book full of special knowledge for the dancer absolutely suited to dancers. It was produced by a doubly qualified expert. Liane Simmel was a professional dancer and today has her own practice in dance medicine and directs the institute „Fit for Dance“ in Munich.

In this book, the body is systematically worked through – from the vertebral column, pelvis, knee, feet, arms and shoulders and on to such subjects as nutrition, emotions and much more. Every chapter uses many pictures and explains the anatomy and function of each part of the body in a comprehensible manner. Potential problems and injuries are discussed, so as to follow up with a lot of tips for self examination and prevention.

While many other functional anatomy books explain general patterns of movement, this book focuses on such movements as those specific to classical ballet.

„Dance Medicine in Practice“ continues what many year ago was begun in books such as „Inside Ballet Technique“ by Valerie Grieg. It will be a very useful tool for the daily lives of dancers, dance students, and also teachers of dance.

If, for example, you have problems or pains in the knee, you can look in the appropriate chapter. There you find explanations about the form and function of all the parts of the knee. Then it goes on to discuss possible sources of problems as well as indicating what to do to eliminate them. There are examples of exercises, so that you can do something for yourself.

For me as a ballet teacher, this book is a very welcome complement to the purely anatomical or dance technique book. I can use many ideas and concepts in a practical manner, for example, to include some of the exercises in my classes. I wish I had had such a book when I was a profi dancer! Therefore, I recommend “Dance Medicine in Practice” for everyone who wants to become a dancer or is already a professional dancer, but also for the curious hobby dancers and especially for every dance teacher.

„Tanzmedizin in der Praxis“, by Liane Simmel, published by Henschel Verlag, bound, 272 pages, 260 b/w-pictures € [D] 24,90 € [A] 25,60 sFr 44,- ISBN 978-3-89487-596-1