

## **Preventing injuries in dance - a theoretical and practical course in taking care of your own body**

by Osteopath and Sports-physiotherapist Kasper Pilipczuk Bloch Rasmussen.

Injuries in dance, unfortunately, have an extremely high rate, compared with other kind of sports.

Kasper Pilipczuk Bloch Rasmussen is an Osteopath and Sports-physiotherapist and he will come with his perspective in how to prevent the high rate of injuries in dance in general. The sessions will start with a theoretical introduction in how the body works regarding to dance, and will focus on how we individually easy find out what to be aware of when we want to prevent injuries. In combination with the theory we will play with functional exercises, that do not, necessary, need to take too much time in the daily life of a dancer.

Doing strengthening should not be rocket science, even though it should adapt the sport we perform. Therefore the introduction to exercises will be inspired by dance and the movement patterns it requires, without making the body rigid. The exercise are mainly designed to be done with a minimum of equipment and the basic only requires own body weight.

The purpurs with the course, is to learn dancers to take more care of their own body by teaching basic anatomy and physiology behind dance and instructions in how to create individual and specific exercise, to help the dancers avoid injuries and maybe even increase performance in bodyfunction.

Bio.

Kasper Pilipczuk Bloch Rasmussen is educated as an Osteopath and a Physiotherapist. He works in his clinic, Klinik KropsVærkstedet in Frederiksberg and has worked a lot with different kinds of dance.

His experience in dance, range from being responsible for treating and teaching in anatomy and preventing injuries on The National School of Performing art (Dance) for the last five years, his former work at the Danish Royal Ballet as an Osteopath, treatment of Dancers in the Eurovision Song Contest as well as other big musicals in Denmark.