

## Read for you

### Health advice for Dancers

What seems so admirably easy on the stage is not only achieved with a lot of work and perseverance, but also demands a lot from the body, which can show distinct traces of this strain long before the end of a career in ballet. Dancers often have a high pain tolerance, many tend to ignore their discomforts and to work against these pains and their bodily needs. Especially in classical ballet, which demands extreme movements and work loads, there is a high price to pay. Liane Simmel's new book, "Dance Medicine in Practice" should therefore be recommended as required reading, not only for all dancers and dance teachers, but also it should be found in sports medicine practices. Having been a professional dancer for numerous years and now a doctor of dance medicine, the author shows how you can take care of your muscles, skeleton, tendons and ligaments. Thus there are techniques which help to prevent the shearing strain applied to the vertebrae when bending backwards. It is highly to her credit that the author regards the demands of the dance technique critically without rejecting that technique in general, as is often experienced by dancers in orthopaedic practices. Instead, Simmel makes one aware of the risks in dance and gives her advice.

Liane Simmel: Tanzmedizin in der Praxis.  
Henschel Publishers, Leipzig. 24.90 Euros.