

OSU Department of Dance

Injury Protocols for all Movement Practice classes as of Autumn 2019:

Movement Practice is the core tenet of physical investigations in dance, with healthy, balanced bodies and minds as our communal goal. This is accomplished through a combination of informed instruction, student pro-action, faculty expertise, creative modifications, outside-of-class fitness and health plans, and partnering with medical experts, especially the Performing Arts Medicine (PAM) team.

The following applies to all studio classes. Individual faculty should communicate these procedures to students and include with syllabi.

A. Temporary Pain and Discomfort

When a dancer has a mild, temporary pain (such as: overuse in a rehearsal, a bruise from some floorwork, a minor sprain, a headache, sore muscles) the following steps apply anytime during the semester:

1. **Evaluate** if this is something that might dissipate through warm-up, during the class period, or if it is something that requires more attention.
2. **Communicate** early and often with the faculty member, with PAM and with other medical health providers about the injury.
3. **Investigate.** Seek guidance and collect good routines to counter the symptoms that exist. Be vigilant about prevention.
4. **Participate.** Avoid missing sections of class and consider modifications for all parts of class. Modify where possible, and work with your faculty member to establish how far you can continue with class. In most cases, participant can continue with class using strategies such as marking, transposing, and editing. If the mild temporary pain condition escalates to something acute or chronic, refer to section B.

B. Chronic Injury

When a dancer has an on-going or frequently recurring injury, pain, or “issue” that tends to make that student not do certain movements or parts of class (e.g. shin splints, low back pain, adhesions from ankle sprains, sesamoid bone bruise, knees swelling or clicking), the following steps apply:

1. *Prior to Week 6:* communicate early and often with the faculty member, with PAM and with any other medical health providers. Investigate as thoroughly as possible what is going on. Seek guidance and collect good routines to counter the symptoms that present. Be vigilant about prevention. Have a very specific re-balancing (often the root cause of chronic pains) plan and avoid missing sections of class. Adapt whatever needs a work-around, but work with your faculty member to establish how far you can “push through”. If not participating in class at all starts to mount to the point of more than missing 10 minutes per class, and

no change or healing is in sight, the instructor and student should discuss an add of AMP and a drop of the course.

2. *After Week 6 but before Week 10*: same as above, but adding an AMP is not possible without petitioning the College of Arts and Sciences through the College Advisor. Petitioning will require medical documentation.
3. *Week 10*: Last day to withdraw without petitioning, with instructor and student emailing the Academic Program Coordinator. Petitioning will require medical documentation.
4. *After week 10*: Same as #2, but dropping is not possible without petitioning the College of Arts and Sciences through the College Advisor. Petitioning will require medical documentation.

C. Acute Injury

When a dancer sustains a sudden trauma resulting in immediate change in movement capacity (e.g. fracture, sprain, concussion, tear) the following steps apply:

1. *Prior to but before Week 6*: Determine with your instructor if adaptation in class is possible, and establish dates for attempting a full return. I
 - a. Students may use class time to get immediate medical assessment, to ascertain action steps, and acquire a Physical Therapy (PT) regimen, as needed.
 - b. In the case of some acute injuries recovery will take weeks, so perhaps immediate withdrawal is recommended. With student and instructor permission, the Academic Program Coordinator may be able to add an Alternative Movement Practice (AMP) and drop the regular MP class.
2. *After Week 6 but before Week 10*: same as above, but adding an AMP is not possible without petitioning the College of Arts and Sciences through the College Advisor. Petitioning will require medical documentation.
3. *Week 10*: Last day to withdraw without petitioning, with instructor and student emailing the Academic Program Coordinator. Petitioning will require medical documentation.
4. *After week 10*: Same as #2, but dropping is not possible without petitioning the College of Arts and Sciences through the College Advisor. Petitioning will require medical documentation.

Department Assistance

During some semesters, the Department may assign a Graduate Associate (GA) or Lecturer to assist injured students with injury prevention and/or alternative conditioning programs for Movement Practice support. Injured students are advised to seek the counsel of the GA and work in conjunction with the Movement Practice instructor for individualized plans.