



Bridge Dance Project Cincinnati Regional Conference

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Date: Sunday, November 10, 2024, 10:00 AM-4:30 PM

Location: Cincinnati Children's Hospital, 620 Oak St. Cincinnati, Ohio

Medical Education and Resource Center

Presenters: Children's Hospital Dance Medicine Team with Paul J Gubanich, MD, MPH, FACSM, University of Cincinnati Medical Center Darcy Lei, D.O. TriHealth, Kelly Jo Rodrigo, MS, LAT, ATC, Ohio University, Jeff Russell PhD, AT, and Ruth Russell

Movement Class: Jessica Aguilera ATC, Darcy Lei, DO, Kat Wolf, NKy Dancewear

Conference Objectives:

- Examine the health educational needs of competitive dancers.
- Assemble resources for dance studios to utilize.
- Formulate an injury plan of care for competition studios.
- Prioritize time to bridge the gap between health care practitioners and dance instructors for comments, questions, and discussion.

9:30 AM: Registration, visit vendors

10:00 AM: Introduction - review conference format, objectives, vendors, and community resources.

10:20 AM: Children's Hospital Dance Medicine Team, Paul Gubanich, MD, MPH, FACSM 'A 20-year perspective on how to spend more time dancing and less in the audience by optimizing performance and decreasing risk of injury. A medical professional tip sheet for dancers, coaches, and medical professionals.'

11:20 AM: University of Cincinnati, Dr. Darcy Lei, 'Flexibility: How stretching affects the body and strategies for safely improving dancers' mobility.'

11:40 AM: BREAK; visit vendors and speakers for individual questions, comments, discussion.

Bring your own lunch

12:40 PM: TriHealth, Kelly Jo Rodrigo, MS, LAT, ATC, 'Develop an injury action plan.'

1:00 PM: Guest Competition Judge, Shane Ohmer 'From the Judges Perspective.'

1:20 PM: Ohio University, Jeff Russell PhD, AT 'Getting Rid of CRAAP in dance training information.'

1:40 PM: Ruth Russell, 'How Can Mental Health First Aid Help Your Community?'

2:00 PM: Visit with speakers for individual questions, comments, discussions.

3:00 PM: Movement Class - efficient dynamic warm-up prior to competing, healthy flexibility training, all gender safe partnering.

4:30 PM: Conclusion