

In Lisbon, on the 21st and 22nd of November 2008, the first Dance Medicine Seminar named “A Saúde do Bailarino” (“The Dancer’s Health”) was realised. About fifty participants (teachers of professional dance schools, dancers, ex-dancers, dance teachers, therapists, doctors...) attended the eighteen lectures, eight of which were movement sessions.

The delegates of the institution that helped the realization of the event were in the opening ceremony. After that Prof. Luís Xarez lectured about the dancer’s health: identification of problems and good practices.

The following lecture presented by Prof. Raúl Oliveira and Dr.^a Ana Paula Azevedo was about the most common injuries in dance and presented the first epidemiological study about dance injuries in Portugal.

Dr.^a Catarina Félix, dancer, talked about her stress fracture that she suffered when she was in Lausanne, in Maurice Béjart’s MUDRA School. She talked about her experience and about the factors that contributed to the injury: being away from home, dehydration, arriving one week after the beginning of the school period, a tour of seventeen performances in seventeen different countries, non-stop, didn’t follow the advice of the doctor, an injury on the right knee and the following compensation caused the stress fracture on the left tibia...

The event had two interventions about energy balance. On one hand Prof. Fernando Pereira talked about the studies that have been done about energy expenditure in dance. On the other hand, the dietitian José Macieira approached the energy deficient subject and the problems that bad nutrition and/or caloric restriction can cause.

The first day of the event finished with two movement sessions. One was based on the strength work related to certain dance skills (Marina Taborda) and the other session was about strategies to control stress and to diminish the muscular tensions (Prof.^a Jocelyne Delimbeuf).

On the second day, two subjects were assessed during the morning: warm-up and dance screening. The warm-up theme started with a movement session given by Prof. Luís Xarez. The warm-up was based on movements to achieve the objectives of temperature and cardio-vascular elevation and articular mobilization, it also explored specific skills of different dance styles/forms. On the theoretical side the results of three parameters were shown: intensity, duration and specificity.

The Dance Screening session was composed by a circuit of six practical stations. Participants were subdivided in three groups that passed successively in each of the following sections: postural assessment, body composition, energy expenditure, vertical jump, nutritional assessment (how to collect data), overtraining test (obligatory exercise), and hypermobility test. For the three last sections it was applied a questionnaire for each one.

The last part of the event ended with five more lectures: The amenorrhea problem and young dancer's maturation by Prof.^a Filomena Vieira; doctor Ricardo Telles de Freitas showed two videos of surgical interventions for the ankle of National Dance Company (Portugal) dancers. Prof.^a Margarida Espanha and Eva Loução talked about the weight (impact) that the dancer's feet are subject to. Doctor Maria Lúcia Soares spoke about the relationship between eating disorders, body image and perfectionism in dance.

In the final ceremony and through the opinion of the participants (assessment questionnaire) it was evident there is a will to repeat this event every year, and to have the participation of international speakers.