

# NIDMS LAUNCHED!

## NATIONAL INSTITUTE OF DANCE MEDICINE AND SCIENCE – LAUNCHED!

BY HELEN LAWS, MANAGER, NATIONAL INSTITUTE OF DANCE MEDICINE AND SCIENCE (NIDMS)



Annette Walker, Dance UK member, choreographer and tap dancer



Dance UK board member and Artistic Director ZooNation, Kate Prince, Andry Oporia, Zoonation dancer & Jerry Reeve

On April 30th 2012 after years of planning and fundraising the first phase of the National Institute of Dance Medicine and Science was launched at the Royal Society of Medicine. Over 200 dance professionals were in attendance and heard about plans for the National Institute from the UK's leading dance medics and scientists. Dancers were overjoyed to hear that a key part of this first phase was the opening, from May 2012, of the first NHS specialist dance injury clinic at the Royal National Orthopaedic Hospital.

**“WHAT A LANDMARK... THE ATMOSPHERE WAS AMAZING.”**

To give a flavour of the excitement and optimism for the future generated by these announcements, here's an example of the feedback from dance professionals in their own words:

**Cameron MacMillan, dancer and choreographer**, “Very impressed

*today at the launch of the National Institute of Dance Medicine and Science. ALL dancers in the UK take note, company, independent, contemporary, classical, commercial... the future is a place where we can be treated and supported with the best specialist care to enable us to DO what we DO and safely and best we can!!! Huge thanks to Dance UK, Caroline Miller, and associates for making this a reality!!!”*

*Just wanted to add my congratulations to a fabulous evening!! Brought some dancers from New Adventures with me and they were so excited by the evening! They couldn't stop talking about it the next day and also put it on Facebook and Twitter! Well done to everyone – let's build on this success! **Etta Murfitt.***

*What a landmark... the atmosphere was amazing. I hope you felt as buoyant as everyone else appeared to be. What a journey it has been. Somehow, I hope that Jane Attenborough knows just how far this project has been taken since her sad departure. Huge thanks and congratulations... **Ann Whitley.***

**“MORE AND MORE PEOPLE ARE LISTENING AND WANT TO BE INVOLVED. ...THE LAUNCH WAS A HUGE SUCCESS.”**

*I know you keep saying this is only the first phase of a long journey in regards to raising money but it's a huge step in the right direction. More and more people are listening and want to be involved. ...the launch was a huge success. I felt overwhelmed being in the presence of so many compassionate and dedicated people.*

*I hope there is good news today from potential donors. I feel extremely privileged to be part of something so great. Long may it continue. **Angela Towler, dancer, Rambert Dance Company***

From Left to Right:  
David Bintley, Director Birmingham Royal Ballet  
Farooq Chaudry, Dance UK Chair  
Gitta Wigro, General Manager Independent Dance



Jonathan Chu, Lecturer Kingston University



Kerry Biggin, Dancer with New Adventures



Michaela Polly, Rehearsal Director Rambert Dance Company

## ACCESSING THE NIDMS NHS DANCE INJURY CLINIC AT THE ROYAL NATIONAL ORTHOPAEDIC HOSPITAL

1. Make sure you are registered with a GP.
2. As soon as you suspect an injury make an appointment with your GP

### At your GP appointment:

3. Explain to your GP that you are a professional dancer and that your injury requires timely, expert management if you want to avoid it seriously impacting your career. Dr Wolman runs a dance injury clinic at the Royal National Orthopaedic Hospital recommended by dance industry body Dance UK, which forms a part of the National Institute of Dance Medicine and Science. Explain that you're worried about getting back to full dance fitness post injury and would really like to see a dance specialist for their opinion on the best course of treatment.

4. The GP can contact Dr Wolman's secretary on 020 8909 5894 if necessary to find out where to fax or e-mail a referral to. His full postal details are:

Dr Roger Wolman, Consultant Rheumatologist, Royal National Orthopaedic Hospital, Brockley Hill, Stanmore, Middlesex, HA7 4LP

5. When your referral has been received by the RNOH you will then be sent a letter asking you to contact them to set a date for your appointment. **IT IS VERY IMPORTANT TO LET THEM KNOW IF YOU ARE LIKELY TO BE AWAY FROM HOME FOR ANY PERIOD OF TIME** as if your letter isn't responded to by you within 2 weeks you'll be removed from the RNOH list and will need to be re-referred by your GP. Call centralised booking on 020 8909 5781 to inform them if this is the case or if your contact details change.

6. If you have any questions about the referral process or any comments about the treatment received contact NIDMS Manager Helen Laws on 020 7713 0730 [helen@nidms.co.uk](mailto:helen@nidms.co.uk)

Now nearly six months into the life of this new clinic and how is it going? Well the team has been inundated with enquiries and referrals from all over the country. An average of 3.5 new cases a week was needed to ensure that the funded part-time physiotherapist post would be self sustaining in the future and that has already been exceeded.

Some 70 dancers have had appointments with Dr Wolman, presenting with a range of different injuries, the commonest of which have been to the ankle, hip and back. A small amount of these (around 5%) have needed surgery, a larger percentage have (around 70%) needed physiotherapy and therefore gone on to see Caroline Jubb, the dance



Shantel Ehrenberg, Guest Tutor, Trinity Laban



Dr Roger Wolman of the NIDMS NHS clinic, Andry Oporia, dancer



Prof. Joan Duda University of Birmingham



Dance UK board member, Etta Murfitt



Dance UK member Anya Grinstead and Jane Paris

physiotherapist funded by money raised for the National Institute of Dance Medicine and Science (NIDMS). **So it is thanks to all of you who've donated so far that we have been able to help all these dancers!**

As a result of the publicity generated for the specialist NHS clinic around the launch, and word of mouth stemming from that, dancers from a wide range of dance styles, contemporary to hip hop, commercial to ballroom, have come to know about and made use of the clinic. This is really good news as it was always the intention for it to provide a service for the many dancers working on shorter-term contracts and competing at a high level who don't benefit from the kind of comprehensive healthcare provided in-house by the largest dance companies.

To some extent we have been slight victims of our success and with the demand, waiting times have crept up. However plans are in place to address this and demand is a good thing for the sustainability of NIDMS services in the future. Dancers who've been through the system have been overwhelmingly positive about the treatment they've received, really appreciating having been able to see dance specialists on the NHS.

*"Having just returned from my appointment at the NIDMS clinic I have nothing but positive feedback. I was particularly happy with the time and thoroughness that they gave me and my case."* Robert Clark

*"The relief I felt of a medical practitioner understanding my injury from my point of view was incredible."*

*"Whatever happens I feel confident I'm in the right place to get the care I need!!! Thanking you for all the work you have done to get this service available!"*

Dancers want to see this service (and more) become a permanent fixture. The NIDMS partners (Dance UK, Birmingham Royal Ballet, RNOH, Trinity Laban, University of Birmingham and University of Wolverhampton) are now focussing on ways in which NIDMS services can be expanded and sustainably funded into the future.

**The biggest investment needed in order to develop the NIDMS offer and provide dancers with what they need is in people.**

We need further funds now to maintain what we have and to employ full-time researchers to work with the sector to gather evidence on what training and treatment protocols are having the most beneficial effect for dancers. In addition, to provide a fully comprehensive service for the UK's hundreds, if not thousands of professional and elite competitive dancers, with a focus on prevention and optimisation of performance, as well as supporting further rehabilitation, we need to find a way to fund teams of practitioners to include: strength and conditioning, massage therapy, nutrition, psychology and additional complementary therapies.

To give an example, the average spend per head per year on sports medicine and science for the athletes competing in our most successful sports in the Olympic Games is £3,000-£7,000; the biggest ballet companies also fall within these. We still have a way to go to bring services for more dancers up to this level, but with your help we continue to work on it!