

An interdisciplinary
Dance Medicine Symposium

CENTRE ASSAL
— DE MÉDECINE
ET DE CHIRURGIE
— DU PIED

The Dancer's Foot and Ankle & beyond

November 9, 2024

Geneva, Switzerland



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SUPPORTED BY
FONDATION
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APPROVED BY

GOTS
Gesellschaft für Orthopädisch-
Traumatologische Sportmedizin

THE EVENT

The Centre ASSAL and Dr. Elisabeth Schauer offer a medical training course aimed at specialists in **sports medicine, orthopaedists, physiatrists, general practitioners, physiotherapists and osteopaths** as well as dancers.

International experts in the field and former dancers will bring this event to life. Conservative and surgical treatments of dancers' injuries alongside preventive measures will be discussed in form of lectures and workshops.

Immerse yourself in a unique learning environment as the course unfolds in English.

THE LOCATION

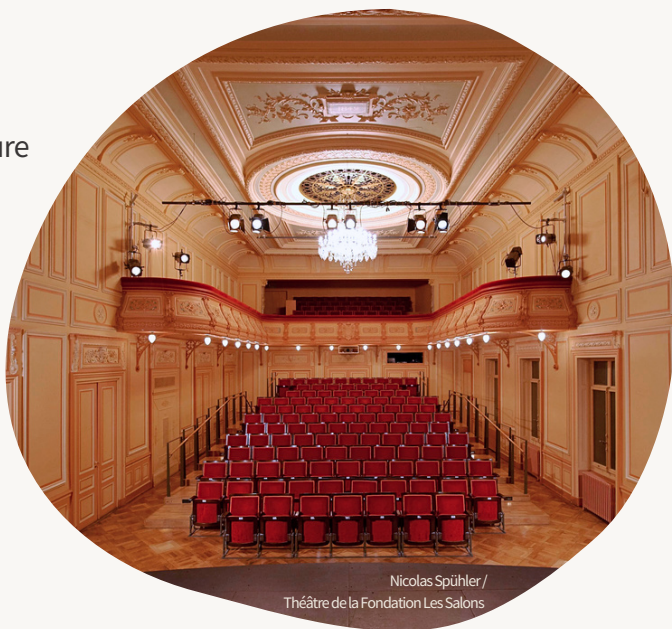
One of a kind jewel of 19th century theatrical architecture in the heart of Geneva:

Théâtre Les Salons

Rue J.-F. Bartholoni 6,

1204 Genève

<https://les-salons.ch/>



Nicolas Spühler /

Théâtre de la Fondation Les Salons

WANT TO REGISTER ?



<https://my.weezevent.com/the-dancers-foot-and-ankle-beyond>

WANT TO CONTACT US ?

formation@centre-assal.ch

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THE CREDITS

General Internal Medicine (8)

Osteopathy (Approved)

Physical Medicine and Rehabilitation (7)

Physiotherapy (7)

Sports and Exercise Medicine (6)

Swiss Orthopaedics (8)

MAIN PROGRAM

CENTRE ASSAL
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8:15 Registration, breakfast & exhibition

OPENING AND INTRODUCTION

9:00 The dancer's foot and ankle PD Dr. Mathieu Assal
Dr. Elisabeth Schauer

RISING "EN RELEVÉ" AND "EN POINTE"

9:20 Orthopaedic causes of limited and painful "relevé" Dr. A.B.M. (Boni) Rietveld, PhD
9:50 Posterior ankle impingement Dr. Victor Dubois-Ferrière
10:10 Pointe shoe readiness: preparation and assessment Mrs. Sophie Maire
10:35 Coffee break & exhibition

FOOT AND ANKLE TENDINOPATHIES IN DANCERS

10:55 Aspects to consider within the foot: intrinsic muscles Dr. Elia Coppens
11:20 Aspects to consider beyond the foot: leg alignment Univ. Doz. Dr. Judith-Elisa Kaufmann
11:45 Lunch break at Le Lyrique & exhibition

SMALL THINGS WITH BIG CONSEQUENCES

13:15 The hallucal sesamoid bone complex in dancers Dr. Patrizia Melchert
Dr. A.B.M. (Boni) Rietveld, PhD

SPOTLIGHTS ON

13:50 Case discussion Dr. Elisabeth Exner-Grave
14:15 Dancing to injury and back: Mrs. Sarah Jane Brodbeck
an interview with Sarah Jane Brodbeck Dr. Elisabeth Schauer
14:35 Coffee break & exhibition

WORKSHOPS

14:45 Clinical examination of the dancer's foot: Dr. Patrizia Melchert
My way of finding causes from top to toe
15:35 Taping techniques for dancers' feet Mr. Mathieu Hauwel, PhD
Mrs. Sophie Maire
16:20 Coffee break & exhibition

CODA

16:35 Prevention: Mission Impossible? Prof. Jacques Menetrey
17:00 Closing remarks PD Dr. Mathieu Assal
Dr. Elisabeth Schauer
17:10 Show, cocktail & exhibition

ALTERNATIVE PROGRAM FOR DANCERS

CENTRE ASSAL
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8:15 - 9:50

Main program

WORKSHOPS

9:50 Primary prevention of lower extremity injuries:
leg alignment training for dancers Dr. Patrizia Melchert

10:35 Coffee break & exhibition

10:55 Taping techniques for dancers' feet Mr. Mathieu Hauwel, PhD
Mrs. Sophie Maire

11:45 Lunch break at Le Lyrique & exhibition

13:15 Strong feet through intrinsic muscle activation Dr. Elisabeth Schauer
13:50 Neuromuscular warm-up in training, rehabilitation Univ. Doz. Dr. Judith-Elisa
and return to dance Kaufmann

14:35 Coffee break & exhibition

14:45 Mental health and injury prevention Mrs. Isabelle Schramm

15:35 Mental health and coping with injury Mrs. Isabelle Schramm

16:20 - 17:10

Main program



THE SPEAKERS



PD Dr. Mathieu Assal
Orthopaedic surgeon,
foot & ankle specialist; Geneva.
Past President SFAS
CEO & founder at Centre ASSAL

Dr. Victor Dubois-Ferrière
Orthopaedic surgeon,
foot & ankle specialist; Geneva.
Board of directors SFAS
Associate at Centre ASSAL



Mrs. Sarah Jane Brodbeck
Former soloist at Staatsballett
Berlin; Zürich. Co-founder & art.
dir. at Homage to Ballet, Brodbeck
& Lips. Co-founder & man. dir. at
SAVA Health & Training

Dr. Elisabeth Exner-Grave
Orthopaedic surgeon; Germany.
Founder of Competence
Center for Dance Medicine,
medicos.AufSchalke



Mrs. Sophie Maire
Physiotherapist at Centre de
Médecine du Sport et de l'Exercice
(CMSE); Geneva

Prof. Jacques Menetrey
Orthopaedic surgeon,
knee specialist; Geneva.
Director of Centre de Médecine
du Sport et de l'Exercice (CMSE).
Past President ESSKA



Mrs. Isabelle Schramm
Dance psychologist and mental
trainer; Geneva.
Former dancer, Ballet du
Grand Théâtre de Genève



Dr. Elisabeth Schauer
Orthopaedic surgery resident at
Centre ASSAL; Geneva.
Event scientific director

Mr. Mathieu Hauwel, PhD
Physiotherapist at
Centre ASSAL; Geneva.
Lower limb specialist



Dr. Elia Coppens
Physical medicine & rehabilitation
specialist. Sports medicine
practitioner; Geneva.
Former dancer, Ballet du
Grand Théâtre de Genève

**Univ. Doz. Dr. Judith-Elisa
Kaufmann**
Int. teacher for dance medicine,
pedagogy and science; Vienna.
Prin. of the Academy for Dance
Pedagogy & Dance Medicine.



Dr. Patrizia Melchert
General practitioner, sports &
performing arts medicine specialist;
Vienna. Chair of World DanceSport
Medical Commission

Dr. A.B.M. (Bonni) Rietveld, PhD
Orthopaedic surgeon & musician;
Netherlands.
Medical Center for Dancers &
Musicians, The Hague.
IADMS Past President



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THE SPONSORS



GIGLIO ORTHOPÉDIE



FONDATION
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REGISTRATION FEES

MEDICAL PRACTITIONERS	CHF 250.- CHF 200.-	Standard cost Earlybirds*
RESIDENTS, PHYSIOTHERAPISTS, OSTEOPATHS	CHF 160.- CHF 120.-	Standard cost Earlybirds*
STUDENTS, DANCERS, GENERAL PUBLIC	CHF 110.- CHF 80.-	Standard cost Earlybirds*

Breakfast, coffee breaks, lunch and cocktail are included in each price

* Earlybirds: Limited number of tickets until the 30th of April 2024

CONTACT

CENTRE ASSAL
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