

**Course: Spine & Upper Extremity: Cervicothoracic spine**  
**Harkness Center for Dance Injuries**  
**NY, USA**

I was awarded the Gill Clarke Resource Fund which gave me access to a lecture which was based at the Harkness Center for Dance Injuries in New York, entitled "Special Focus: Spine & Upper Extremity: Cervicothoracic spine", which in simple terms is the upper part of the spine. The lecture identified dance-specific demands which can cause injury or pain in that part of the body; there was also a case study report about the evaluation and treatment of cervicothoracic injuries, presented by Emily Sandow (PT, DPT).

The reason I chose this lecture theme was to relate it to the injuries that breakers get on their cervicothoracic area of the spine. It is rare to find research studies conducted on breakers, compared to the literature that exists on other dance styles, therefore I was interested to see what this course would involve.

The course covered some key areas on the aforementioned subject including prevalence of neck pain in the general population, as well as dancers, the demands on the dancer's neck in different dance genres. From empirical knowledge, breakers have great physical demands on their neck, and there is great need for more studies conducted on this group of dancers; as mentioned in this course, dancers don't have a high prevalence of neck pain and injury, and this is measured without including breakers. The course also included some conservative treatment strategies for neck pain, as well as how to distinguish neck pain from thoracic spine pain. Sometimes treating the symptom, does not take the cause away, so it is important for therapists to know these differences that can be very useful.

Moreover, there was an example of an intervention on a dancer where they applied thoracic treatment techniques for cervicothoracic spine dysfunction. There was also a case study on a dancer with chronic neck pain and how they managed to get rid of the full pain after a month of treatments.

This course has been very insightful and I am privileged to have received the Fund from Gill Clarke. Find below my Certificate from passing the exam after the course successfully, as well as a slide from the presentation.

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## Intervention: Functional training

