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**Investigation of Injuries and their Treatment
in Students and Professional Dancers of Modern Dance**

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Abstract

Injuries are a common phenomenon in dancers that may put their career at risk. Consequently, injuries' investigation can significantly contribute to their understanding and their decrease in the future. The aim of this study was to investigate the injuries and their treatment by professional dancers and dance students. Sixty-six contemporary dancers and 60 dance students participated in the study. For injuries recording, the questionnaire of Brinson and Dick (1996) was utilized, after its adaptation in Greek. The results showed that most of the injuries were musculoskeletal or multiple ones and were manifested at various parts of the body. Moreover, the majority of dancers were likely to consult a physiotherapist and pay the treatment themselves. Finally, most of the participants reported that they had warming-up before their class, rehearsal or performance, whereas they omitted the cool-down after their performance. Taking the above into consideration, it seems that there is an urgent need for dance companies, choreographers and dancers to be informed about the prevention and treatment of injuries, but also for the state to cover dancers' injuries treatment.

Key-words: pain, after performance cool-down, sensitization, dance career