

**University of Illinois
Department of Dance**

**Injury Prevention and Emergency
Care**

dance at illinois

LOCATE CENTER. ● AND GO FROM THERE.

I. EMERGENCY RESPONSE

Emergency Injuries include uncontrolled bleeding, exposed bone, severe head or spine injury, cardiac event, not breathing, choking, unconscious, or any other obvious emergency.

A. CALL 911 or 9-911 (campus phone)

B. RESPOND

1. BREATHING &/or CARDIAC

ACTION: Initiate rescue breathing, CPR &/or Heimlich maneuver
- SEE INFORMATION SHEET IN KIT

2. PROFUSE BLEEDING

ACTION: Direct pressure w/ glove or clean cloth (in kit) on wound OR if exposed bone, above wound at artery

3. UNCONCIOUS &/or SUSPECTED HEAD/NECK INJURY

ACTION: DO NOT move the victim but try to keep the airway open and try to keep them warm

4. SHOCK

SIGNS: Rapid and weak pulse and breathing, dilated pupils, pale and clammy/cool skin

ACTION: Elevate feet if possible and try to keep them warm

5. FRACTURE/DISLOCATION

SIGNS: Deformity, exposed bone, unwillingness or inability to move injured site, grating noise

ACTION: Immobilize/splint, ice on or above, crutches (PT office)

C. INCIDENT REPORT

D. CONTACT INFORMATION: Kim Hardin, PT, ATC
Kim.Hardin@Carle.com
call 217-778-5482 (C) or 217-359-9596 (H)

II. NON-EMERGENCY RESPONSE

Non-Emergency Injuries include sprains, strains, twists, and contusions.

NOTE: Your body **MUST** go through this initial healing process and failure to use the RICE principle will make the injury worse and take longer to heal.

A. RESPOND – chemical ice pack and first aid kit

RICE – most important in the first 2-3 days

R = REST

- 2-6 weeks to heal depending on degree of involvement
- Active rest means continued movement but not stressing the injured part
- May need to avoid activity or miss some class and/or rehearsals
- May need to “unload” the injury w/ crutches (available in PT office) or bracing

I = ICE (and INFLAMMATION)

- Critical in the first 48-72 hours – ICE ONLY!!! (never heat initially)
- Ice up to 20 minutes 4-6 times per day
- Be careful not to “freeze” your skin
- Ice packs, ice bags, ice massage, or chemical ice
freeze ice in paper cup then tear down sides for massage
frozen peas
homemade: Ziploc freezer bag, 2 ¼ c. water, 1 c. rubbing alcohol, towel
- Anti-inflammatory medications (Advil) or naproxen (Aleve) starting 3rd day; acetaminophen (Tylenol) good for pain and can be used 1st day

C = COMPRESSION

- Ace wrap, bike shorts, tights, neoprene sleeve, etc.
- Make sure circulation is not cut off at fingers and toes

E = ELEVATION

- Elevate injured area above heart when resting or sleeping to decrease swelling

B. TREATMENT OPTIONS HANDOUT

C. INCIDENT REPORT

D. CONTACT INFORMATION: Kim Hardin, PT, ATC
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III. HOW TO ACCESS PHYSICAL THERAPY OR ATHLETIC TRAINING

PHYSICAL THERAPY DIRECTLY THROUGH THE DANCE DEPARTMENT:

WAYS TO SIGN UP FOR THERAPY:

Notebook at Cindy Masko's desk in the DAB office
Call Cindy at 333-1010
E-mail masko@illinois.edu

LOCATION:

Music Annex building (behind the building that's being constructed), room 101 which is down the ramp in the basement level, Kim Hardin's name is on the door

NOTE: Until further notice dance PT will be held at the Carle Sports Medicine office in the ARC (main level to the left before you go through the pass gate)

HOURS: Check the notebook for days and times

TREATMENTS:

Free to dance majors for injury evaluation and a few visits for therapy.

You do not have to be hurt to see the therapist.

For more involved therapy, your student health insurance can be used.

ALTERNATIVE WAYS TO GET AN INJURY EVALUATED:

CARLE SPORTS MEDICINE FREE WALK-UP CLINICS:

ARC – Peabody Drive; www.campusrec.illinois.edu; click the Wellness Center link for hours

North Annex - 810 W. Anthony Dr.; M-F 630-830am; M-R 4-6pm

McKINLEY HEALTH CENTER

CONTACT INFORMATION:

Kim Hardin, PT, ATC

Kim.Hardin@Carle.com

217-778-5482 (C) or 217-359-9596 (H)

IV. INJURY PREVENTION FOR ALL MOVEMENT SYLLABI

There are certain risks and dangers as a result of participating in physical activities in the Department of Dance. Risks may include physical injuries such as bruises, muscular sprains and strains, broken bones and concussions. You are responsible for your own safety and physical well-being. Your focused attention to the warm-up exercises and the classroom procedures and rules are critical to preventing injuries and creating a healthy physical practice.

Best Practices for Injury Prevention:

Presence – be attentive and aware of yourself, the space, your classmates, class etiquette.

Lifestyle – proper nutrition and sleep will optimize your abilities to be present

Inquiry – seek out advice on any physical weakness, pain, or inflexibility.
Consult with the teacher.

Condition – Engage in cross training – practice additional flexibility or strengthening exercises.

Notify – Let the instructor know if you are in pain or have any difficulties with taking class.

Modify – Work with your instructor to better understand how to modify activities if you have pain or an injury.

RICE – Rest, Ice, Compression, Elevation are best practices for any swelling.

V. BODY WORKER LIST

Acupuncture

Urbana Acupuncture
(217) 344-9118
155 Lincoln Square, Urbana, IL 61801

Alexander Work

Laura Chiarmonte
(773) 203-6648
laurachiarmonite@gmail.com

Jeff Tessler (Alexander Technique Practitioner)
(217) 359-9162
www.jefftessler.com

Chiropractic

Dr. Alexander
(217)-398-9870
1711 South Neil Street, Champaign, IL 61820.
<http://docray.com/>

Dr. Melby
(217)-355-7321
314 S Neil St., Champaign IL 61820
<http://melbychiro.com/>

Dr. Wertz
(217)-352-9108
3105 Village Office Place, Champaign, IL 61822
<http://www.wertzchiropractic.com/>

Massage Therapy

Jennifer Allen - Zero Balancing/Massage
Therapy/Yoga/Alexander
(217) 721-6813
<http://jenniferallentherapy.com>

Jeff Brann - Massage Therapist/Neuromuscular Therapist
(419) 957-2612

Bjorg Holte - Massage Therapist/Cranial Sacral
Therapy/Connective Tissue Therapy/Osteopathic/Reflexology
(217) 344-9245

Kathy Meyer - Massage Therapy/Sports Trainer
therapist-ktm323@sbcglobal.net-nueromuscular

Gretchen Klein - Crossfiber Corrective Muscle
Therapy/Orthopedic Massage
(217) 359-9331

Janice Rutherford - Yamuna Body Rolling/Orthobionomy
Ease Body Therapies
(217)-355-3114
<http://at-easebodytherapies.com/>

Pilates

Janice Dulak - Dulak Pilates Center
(217) 239-2694
<http://dulakpilates.com>

Noel Chase - Ascend Pilates
(217) 493-5919
<http://ascendpilates.com>

VI. HEALTH FACILITIES

A list of facilities for dance and related activities

- Resident Physical Therapist, Certified Athletics Trainer Kim Hardin who is closely affiliated with dance department with the possibility for students to see Kim Hardin on a regular basis:
Kim Hardin, PT, ATC
217-778-5482 (C) or 217-359-9596 (H)
Kim.Hardin@Carle.com
- Carle Hospital
www.carle.org/
- Carle Hospital Sports Rehab:
www.carle.org/services/sports-medicine/recover.aspx
- McKinley Health Center
www.mckinley.illinois.edu/
- Campus Recreation Center (sports facility)
www.campusrec.illinois.edu/
- Alexander Technique Center, Urbana, IL
World-renowned instructors Joan and Alex Murray
217 367 3172
Ongoing Alexander Technique instruction in Department for Dance curriculum
- Regular Yoga instruction in Department of Dance curriculum, and local Yoga centers
- Regular Anatomy and Kinesiology instruction in Department of Dance curriculum
- Dulak Pilates Center, Champaign, IL
<https://www.facebook.com/DulakPilates>

VII. KIM HARDIN BIOGRAPHY

KIMBERLY HARDIN, Physical Therapist for Department of Dance

Kimberly Hardin has been the physical therapist/athletic trainer for the Department of Dance since 1999. She did her undergraduate work in education at Ohio State University and completed her physical therapy degree at the University of Louisville in 1994.

In addition to her work as a dance medicine specialist, her primary position is with Carle Hospital, where she has been since 2000. She currently works in the Sports Medicine Department, and in 2010 she helped to open Carle Sports Medicine at the ARC, which is a collaborative venture between Carle and the Activities and Recreation Center at the University of Illinois at Urbana-Champaign. She also acts as a rehabilitation consultant for the University of Illinois Department of Athletics. Her additional related work experience includes five years with Christie Clinic's Physical Therapy Department in Champaign and two years with Physiotherapy Associates in Louisville, Kentucky. Prior to becoming a physical therapist and an athletic trainer, she did graduate work in exercise physiology, directed fitness centers, and worked as a national presenter for an adaptive fitness program for people with physical disabilities. Kimberly is married to former University of Illinois volleyball coach and now university instructor Don Hardin. They reside in Champaign.

VIII. FIRST AID KIT SUPPLIES

Bandages ---different sizes
Gauze
Ace bandages
Neosporin
Alcohol wipes
Gloves
Ice packs
Blood pathogen kits
Scissors

Folder containing:

- Emergency Response
- Injury Response
- Access to Physical Therapy
- Injury Prevention –Syllabus Clause
- Body Worker List
- Health Facilities
- Kim Hardin Bio
- First Aide Kit Supplies

Check peas in freezers