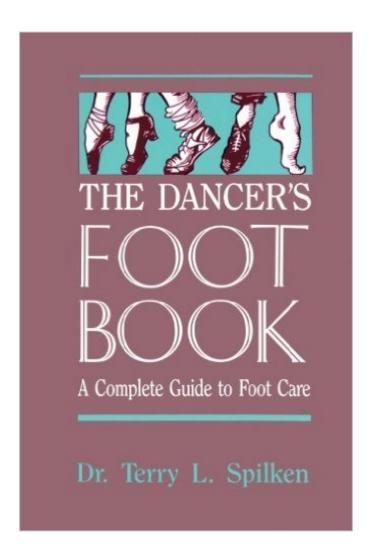
## The book was found

# The Dancer's Foot Book (Dance Horizons Book)





## **Synopsis**

A complete guide to the common foot injuries of dancers in ballet, modern, jazz, and aerobic dance. Includes information for dance students, professionals, and teachers. Covers basic foot anatomy and has an alphabetical listing of injuries with recommended treatments.

### **Book Information**

Series: Dance Horizons Book

Paperback: 152 pages

Publisher: Princeton Book Company (October 1, 1990)

Language: English

ISBN-10: 0916622967

ISBN-13: 978-0916622961

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â See all reviews (2 customer reviews)

Best Sellers Rank: #973,332 in Books (See Top 100 in Books) #97 in Books > Arts &

Photography > Performing Arts > Dance > Reference #1410 in Books > Medical Books > Basic

Sciences > Anatomy #2329 in Books > Science & Math > Biological Sciences > Anatomy

#### Customer Reviews

I have danced my entire life and often I would get an injury and simply ignore it or treat it how I would a simple sore muscle or cramp. This book gives a complete encyclapedic dictionary of common "dancer" injuries and how to remedy them. It has proved to be a very helpful reference book for me on a daily basis. This book is easy to understand and even easier to use, this book will help anyone with basic foot problems, it isn't just for dancers.

the book is quite old, so if you have a problem with your foot and you went to a podiatrist, you probably already know everything.however, for a "complete beginner" in feet problems it has some useful information.

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Concepts in Modern Dance: A Creative Approach (Dance Horizons Book) Dance Production and Management (Dance Horizons Book) GIRL'S BOOK OF BALLET - Featuring: Beryl Grey on The Making of a Dancer - Gene Kelly on his great new dance film Invitation to the Dance How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More Language of Ballet: A Dictionary (Dance Horizons Book) Square Foot Gardening Answer Book: New Information from the Creator of Square Foot Gardening - the Revolutionary Method Square Foot Gardening with Kids: Learn Together: - Gardening Basics - Science and Math - Water Conservation - Self-sufficiency - Healthy Eating (All New Square Foot Gardening) Foot Orthoses and Other Forms of Conservative Foot Care Surgery of the Foot and Ankle: 2-Volume Set, 8e (Coughlin, Surgery of the Foot and Ankle 2v Set) Levin and O'Neal's The Diabetic Foot, 6e (Diabetic Foot (Levin & O'Neal's)) Mann's Surgery of the Foot and Ankle, 2-Volume Set: Expert Consult: Online and Print, 9e (Coughlin, Surgery of the Foot and Ankle 2v Set) The Ballroom Dancer's Companion - Int'l Standard: A Study Guide & Notebook for Lovers of Ballroom Dance (Volume 3) The Ballroom Dancer's Companion - American Smooth: A Study Guide & Notebook for Lovers of Ballroom Dance (Volume 1) The Dancer Prepares: Modern Dance for Beginners Dance To Your Maximum: The Competitive Ballroom Dancer's Workbook Dance Academy: The Thrilling Sequel to Jazz Dancer

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