

Nico Kolokythas

Birmingham, UK

11+Dance - a neuromuscular based injury prevention program for dancers

“11+ Dance” is an exercise-based neuromuscular program. Recent research on neuromuscular training has shown its effectiveness on improving physiological parameters and reducing injuries. The effect of 11+ Dance has been assessed via three randomised trials in adolescent ballet dancers. The results suggest that this type of workout may have a positive effect on jump-height, lower-body strength and inter-limb asymmetry.

SHORT BIOGRAPHY:

Nico Kolokythas is an accredited coach from the UK Strength and Conditioning Association (UKSCA) and has over 10 years experience in the athletic development of the adolescent in elite performance in a variety of sports. Based at Elmhurst Ballet School, U.K. he completed a PhD in injuries and the adolescent ballet and works as strength and

conditioning coach at Birmingham Royal Ballet.

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