



Keep Your Body in Tune for Super Sunday 2018!



March 18th brings sounds of tambourines and visions of beads and feathers as tribes will take to the streets to strut their stuff. And what would Super Sunday be without the Big Chief, Big Queen and tribe members dancing through the streets in their beautiful suits?

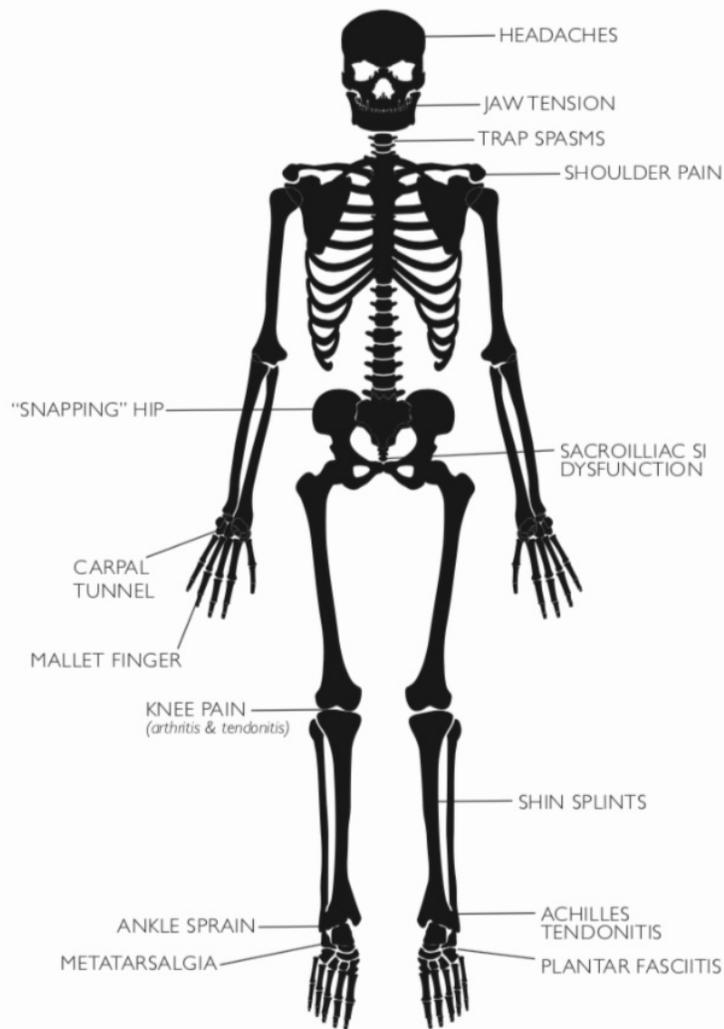
Here are wellness, injury prevention, and first aid tips for Masking Mardi Gras Indians to keep your dancing, parading feet happy and healthy on Super Sunday!

Your Body Is an Instrument, the NOMC Helps You Keep it in Tune

#KeepYourBodyInTune

#DanceWellNOLA

MARDI GRAS INDIAN ACHES & PAINS



Parading Feet Hacks

1. Avoid boots with heels higher than 1 inch or very flat shoes for best alignment during dancing and marching.
2. Be sure to add arch supports and/or blister aids if necessary.
3. Break in your parading shoes/boots: be sure to practice in the shoes you are going to parade in 2-3 weeks before the parades.
4. If it is super cold and wet, line your shoes with a ziploc bag under your socks.

[For more tips on Parading Feet and Dancer Wellness visit our website](#)

FIRST AID TIPS

Immediately Following an Injury: P.R.I.C.E.D.

Dancers - commit the following acronym to memory: **P.R.I.C.E.D.**
Using PRICED immediately after injury occurs can help in controlling the severity and/or pain and in assisting a safe return to dancing.

- **Protection** - remove additional danger or risk from injured area

- **Rest** - Stop dancing and stop moving the injured area
- **Ice** - Apply ice to the injured area for 20 mins every two hours
- **Compression** - Apply an elastic compression bandage to the injured area
- **Elevation** - Raise the injured area above the heart
- **Diagnosis** - Acute injuries should be elevated by a healthcare professional

Avoiding Further Injury: H.A.R.M.

Avoid further injury or worsening existing injuries with the following acronym: **H.A.R.M.**

- **Heat** - any kind of heat will speed up the circulations, resulting in more swelling and a longer recovery
- **Alcohol** - ingesting alcohol can increase swelling, causing a longer recovery
- **Running** - or other exercise - exercising too early can cause further damage to the injured body part and increase the blood-flow, resulting in more swelling.
- **Massage** - increases swelling and bleeding into the tissue, prolonging recovery time

