



## Keep Your Body in Tune this St. Patrick's Day!

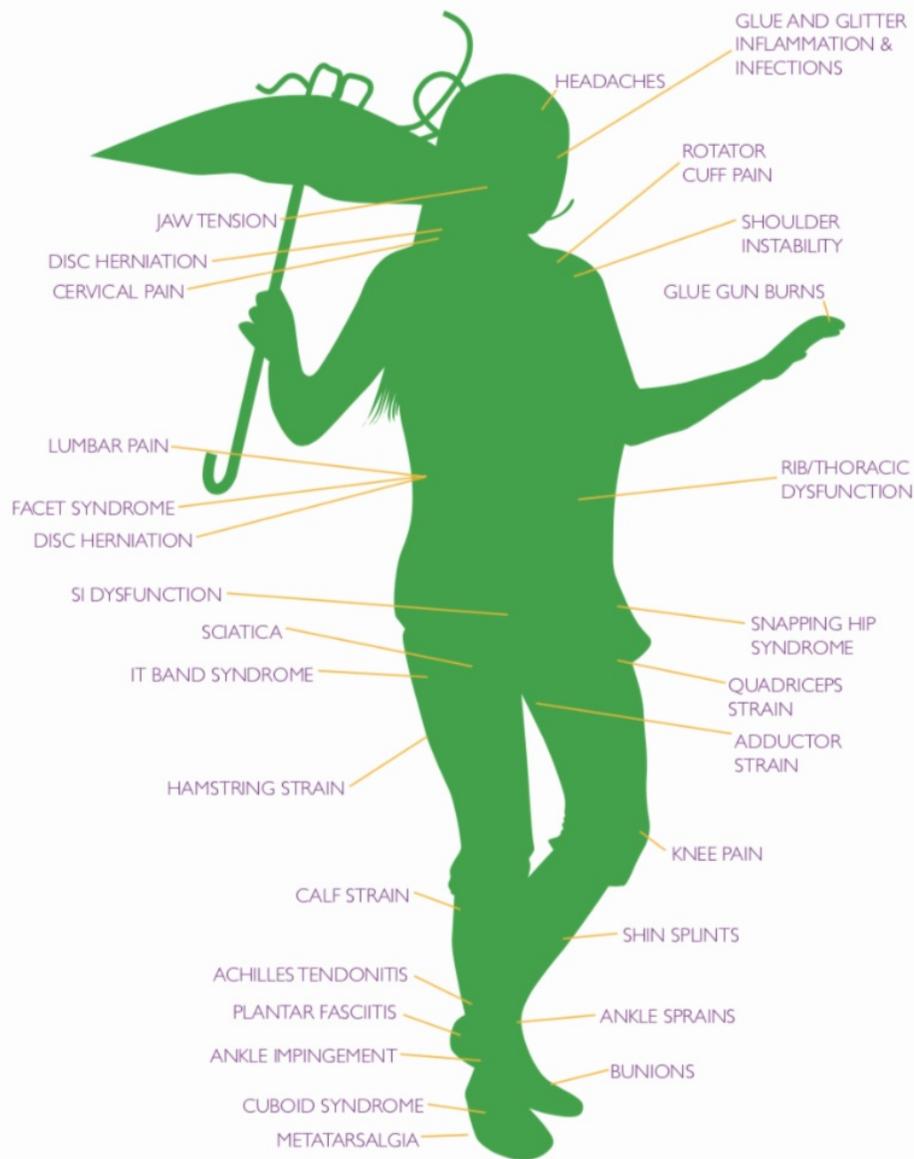
Revelers will take to the streets in green for a weekend of celebrations and parades. And what would a New Orleans parade be without our dance troupes and marching krewes?

Here are wellness, injury prevention, and first aid tips for female dance troupe members to keep your dancing, parading feet happy and healthy this St. Patrick's Day!

*Your Body Is an Instrument, the NOMC Helps You Keep it in Tune*  
**#KeepYourBodyInTune #DanceWellNOLA**

*Dance Troupe Injuries*

YOUR BODY IS AN INSTRUMENT



## 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. (*Some veteran paraders go old skool with a Kotex for extra padding under the foot.*)
3. If wearing fishnets, be sure to wear a small thin pair of socks under them so toes don't get squeezed through. Preferably light wool breathable socks.
4. 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.
5. 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](#)

## 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

