LAUREN NEWBY

Lauren Newby, BA, PTA has been dancing since her first creative movement class at age 2 and a 1/2. She earned her BA with honors in Dance from DeSales University in 2005. From the fall of 2009 to the fall of 2013, Lauren enjoyed a performing career with Undertoe Dance Project as a jazz dancer and tap swing while also working behind the scenes as the Company Manager. Lauren worked at Camp Ballibay for the Fine and Performing Arts in Camptown, PA for thirteen summers as a counselor, supervisor of the dance department, and eventually as the Assistant Director during her final summer in 2016. Since the fall of 2005, Lauren has been teaching at the Lois Allen School of Dance in Clark, NJ and taught at On The Move Performing Arts Center in Butler, NJ from 2005 to 2010. In the fall on 2010, Lauren began teaching exclusively for Lois Allen School of Dance and started their first competition team. She is proud to have returned to her Alma Matter, Arthur L Johnson High School, to choreograph their yearly musical often.

Lauren went back to school to pursue her Physical Therapist Assistant degree and graduated with honors from Union County College in 2016. She has been working at Kessler Rehabilitation Center in Union, NJ since October of 2016 and is the co-lead of the Performing Arts Special Interest Group. As leader of the SIG, Lauren helps to connect performers with clinicians who are experienced in treating their chosen genre as well as providing continuing education for Kessler staff and to groups in the community. Lauren relishes being able to teach all age groups and many styles and is passionate about education and injury prevention. Lauren is a member of the National Dance Education Organization, Dance Educators of America, Associated Dance Teachers of New Jersey, Dance New Jersey, and the American Physical Therapist Association.

Injury Prevention and Rehabilitation for Dancers
Presented by Lauren Newby, PTA from Kessler Rehabilitation Center

During this session educators will be presented with up to date, evidence based information on risk factors for injuries in dancers and ways to mitigate those in the classroom, rehearsal, and performance. Safe return to dance timelines, activities, and the role of physical therapy for dancers will be discussed with a focus on the concerns of those present at the session. Attendees will be provided with questions and activities to explore these concepts for insightful discussions, choreography, and improvisation exercises which can be used in the classroom, studio, or company setting. Time will be left to address questions and for open discussion.