



To the Alabama Dance Council,

We are thrilled at the news of the upcoming Dance in Public Places project. As the leading providers for dance medicine in the region, we recognize the significant benefits of appropriate flooring as a component of dance injury prevention. At all levels of dance, it is well documented that having a suitable surface allows dancers to maximize potential and maintain a lower risk of injury. Unfortunately the Goldilocks paradigm exists in this setting, relative to the characteristics of the floor. Flooring that is too hard may create a scenario in which impact is imparted more heavily to the dancer, resulting in overload to the joints and bones. Flooring that is too soft may force overexertion on the muscles and tendons, leading to overuse injury. Sprung flooring allows for ideal transfer of energy and shock absorption, while maintaining responsiveness suitable to allow dancers to maintain proprioception. The portability of the flooring should allow dancers to perform to their full potential no matter the location, avoiding the all too common carpeted and concreted floors seen in most "public places". Again, we are excited with the new developments, and we look forward to seeing this in action.

A handwritten signature in black ink, appearing to read "A. Reed Estes".

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