

Lauren Elson, MD is board-certified in sports medicine and in physical medicine and rehabilitation. She attended Tufts University School of Medicine, did her residency at New York Presbyterian Hospital Columbia/Cornell, and completed a fellowship in Sports Medicine at Stanford University. She is currently the Director of Dance Medicine at Spaulding Rehabilitation and an Instructor at Harvard University.

She is a former professional dancer and instructor of jazz, ballet, tap, hip-hop, African, swing, and salsa, and she has danced with Cambridge Dance Company since its inception in 2012. Currently, she is the chair of the Freelance Dancer Committee on the Dance/USA Task Force on Dance Health. She has lectured nationally and internationally on dance health and injury prevention to dancers and professional organizations and has recently published an introductory textbook for physicians interested in treating artists: *Performing Arts Medicine*.