

Bollywood Dancing and Ankylosing Spondylitis

By Susi Gaikwad



Dance is reported as the UK's fastest growing art form with more than 4.8 million people regularly attending community dance groups each year in England alone. One added advantage in dancing is that while you're having fun moving to music and meeting new people, you're getting all the health benefits of a good workout.

As a physiotherapist I strongly feel regular dancing is great for maintaining strong bones, improving posture and muscle strength, increasing balance and co-ordination, beating stress levels and losing weight.

Bollywood dancing: Bollywood dancing stems from the Indian film industry and has increased in popularity throughout the world since the beginning of the 20th century. Bollywood dance is known for being upbeat; it blends the unique traditional Indian dance forms with the modern western hip-hop and jazz dance styles.

Bollywood and AS: My Husband Raj is a music/dance lover and a choreographer, using our whole family effort over the past 5 years we have conducted few local Bollywood programmes. Grimsby NASS group member and Treasurer Jeanne Murray attended our local Bollywood programme and expressed interest in including some dance routines at our NASS group. The members enjoyed the 5 minutes dance work-out and evaluated the session to be different, easy to exercise, enjoyable, fun-filling and did not report any adverse effects. We gradually started including Zumba and line dance forms, we plan to include few more routines in the future.

Big High five to the Grimsby NASS group members! Big Cheers to all the Bollywood dance lovers.



Susi