

HELP!

MY DANCER SAYS SHE'S HURT!



CAN YOU MOVE IT?

If they cannot move the hurt body part, bring the dancer to the hospital immediately.

DOES IT HURT WHEN I TOUCH IT?

If the answer is yes, gently try to identify which specific area is most tender, and what kind of pain the dancer is feeling.

DOES IT FEEL LIKE...

Fire, burning, aching, and pulsing are usually evidence of a sore or strained muscle. Treat with pain killers, blood thinners, and heat.

Pins and needles, ice picks, and stabbing pain tends to be a muscle injury like a sprain or a tear. Treat with RICE.

WHEN IN DOUBT, RICE

If there is a strain, sprain, or tear, follow RICE:

R - Rest

I - Ice

C - Compress

E - Elevate above heart level

HOW MUCH ICE OR HEAT?

A good rule of thumb is 20 minutes on, 20 minutes rest.

For sore and overworked muscles that are not injured, just uncomfortable, do 20 minutes heat, 20 minutes off, 20 minutes ice, 20 minutes off. Repeat as much as necessary, and follow up with gentle conditioning and stretching.

HOW DO I HEAT TREAT?

There are several good ways to heat treat; Take a hot bath, wear warm clothing, use a heat pad, or wear leg warmers to bed. All of these are great for sore muscles, not injured muscles!

TAPE AND BRACES

In some cases, sports tape or a muscle brace may be necessary. Be sure to talk to a doctor before applying tape or a brace, and make sure the doctor understands what movements your dancer does in class, and which muscle groups she uses. Dance medicine is different than sports medicine!

