Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

GREEN – Graded increase in activities, working towards full participation

More individual to specific student and previous training exposure.

The following are general guidelines but for specific advice please speak to your physiotherapist.

General Criteria:

- Pain-free during dance (0–2/10 max, non-worsening throughout class or after)
- Strength ≥90–95% of uninjured side
- Gradually returning to complete full class + rehearsal without symptom increase next day.

Activity Examples:

- Full technique classes but with graded re-introduction of double leg jumps - to single leg, to larger leaps / running / handstands / inversions / rolls etc - over 2-3 weeks.
- Continued focus on technique quality, alignment, control
- Conditioning & rehab / prehab based exercise to continue.

Monitoring:

- Self-check daily (pain, fatigue)
- Report any flare-ups early
- Continued management of graded progressions into dance by physio team as needed.

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