Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

RED – No Standing Dance / Rehab Only

Ballet

Lower limb injury: To remain on chair but facing the front at the side or in among class.
To do all upper body choreography (pors de bras / upper body bending / epormon / head movements) with focus on sitting on mid to front of chair and recruiting core muscles as a base of movement. Petit allegro / petit batterié to do with hands to facilitate directional and curriculum learning.
If wearing an Aircast Boot can do standing work if given programme by physio.
Back / Hip: then do continually move between positions of comfort (lying on front, side and back, standing) and MARK parts of class to gently keep moving as pain allows. Do not sit for the whole class as it is highly likely to make back pain worse. If able to practice single leg standing and doing rises in parallel / turn out etc as pain allows, if not able to join in any other class.

Tap

Lower limb injury: To remain on chair but facing the front at the side or in among class.
To do all tap steps with hands as able. If has a boot or one-sided injury then can also do all tap on other foot while sitting on the floor as needed.
Back / Hip: Stand to do very low impact if helpful, but with rest breaks into positions of comfort. To do rehab exercises during class

Contemporary / Jazz

Lower limb injury: To remain on chair but facing the front at the side or in among class.
To do all upper body choreography with focus on sitting on mid to front of chair and recruiting core muscles as a base of movement.
Back / Hip: Continually (every 20 mins) move between positions of comfort (lying on front, side and back, standing) and MARK parts of class to gently keep moving as pain allows. Do not sit for the whole class as it is highly likely to make back pain worse. If able to practice single leg standing and doing rises in parallel / turn out etc as pain allows, if not able to join in any other class.

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