Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: BACK / NECK INJURIES

Level 1

Ballet

Back: No or small cambré, legs low / on floor as needed, no allegro. Can try floor barre if more comfortable.
Neck: Keep neck movement to a minimum, no turning or spotting. Can keep hands on hips, at bras bas if needed.

Tap

Back: Hip width apart only in natural hip alignment. To keep very low impact, using steps instead of springs. Socks instead of tap shoes in early phase. If requires limited standing time, to ensure transitioning between positions of comfort for the remainder of class, to sit no longer than 20 mins, transition between lying on front / side / back as needed.
Neck: Keep neck movement to a minimum, no turning or spotting. Can keep arms low / on hips if needed.

Contemporary

Back: To do in small controlled comfortable ranges, in natural hip alignment. Moving and articulating within pain limits. To do foot work as able.
Neck: Keep neck movement to a minimum, no turning or spotting. Can keep arms low / on hips if needed.

Jazz

Back: No jumping or running, controlled treading through feet instead of jogging. To dance in small, controlled ranges, moving and articulating within pain free limits. Minimal rib / hip isolation work. If not a disc injury, then to focus more on controlled contraction movements and core activation focus. If requires limited standing time, to ensure transitioning between positions of comfort for the remainder of class, to sit no longer than 20 mins, transition between lying on front / side / back as needed. No heels.
Neck: Keep neck movement to a minimum, no turning or spotting. Can keep arms low / on hips if needed.

© 2026 Advance Physiotherapy Limited. All rights reserved.
This document and its contents are the intellectual property of Advance Physiotherapy Limited and may not be reproduced, copied, distributed, modified, published or commercially used without prior written permission.