Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: BACK / NECK INJURIES

Level 2

Ballet

Back: Small smooth cambré, low legs to back and front as needed, low impact / marked petit allegro controlling core.
Neck: Introduce more neck movement with half time single turns if needed.

Tap

Back: Hip width apart only in natural hip alignment. To keep very low impact, using steps instead of springs. No stamps. Reintroduce tap shoes. Add controlled small range dynamic movement ensuring a strong base using the core and leg muscles as shock absorbers.
Neck: Introduce more neck movement with half time single turns if needed.

Contemporary

Back: Controlled curves, focus core-controlled contraction movements as able, no high-velocity release, no shoulder rolls. Gentle springs/ travelling movements with landing focus with on plié / shock absorbance through the lower body.
Neck: Half range of neck rolls /movements as able. Be cautious with upper body loading / floor work, keep head in line with body. No shoulder/ large neck range rolls.

Jazz

Back: Half range rib / hip isolation work, gradually increase back movement range within pain free limits focussing on controlled core contractions and controlled high release. No sharp back / upper body movements. Gentle jogging, and jump / leaps landing focus with on plié / shock absorbance through the lower body.
Neck: Half range of neck rolls /movements as able. Be cautious with upper body loading / floor work, keep head in line with body. Can trial half time single turns if able.

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