Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: BACK / NECK INJURIES

Level 3

Ballet

Back: Controlled larger cambré, keep arabesque lines at comfortable range. Adding lower energy grand allegro focussing on core engagement and technique.
Neck: Normal speed single turns and larger neck movements in pain free range.

Tap

Back: Add light change of weight instead of springs, controlled impact on stamps, no maximum travelling combos, light controlled elevated work if pain free only. Full range step lengths.
Neck: Normal speed single turns and larger neck movements in pain free range.

Contemporary

Back: Add dynamic release but limit extreme range. Add full range but lower energy travelling steps and floor work, focussing on core engagement and technique. No shoulder rolls.
Neck: Normal speed single turns and larger neck movements in pain free range, continue with no shoulder rolls.

Jazz

Back: Add dynamic choreography, can introduce sharp / quick movements with control only. Can add in full jump / leap height but with split range at 45 degrees only and focus on controlled landings.
Neck: Normal speed single turns and introduce larger and quicker neck movements as pain allows. Avoid ‘head whip’ and shoulder roll type movements until Green level.

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