Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Foot / Ankle / Knee injuries

Level 2

Ballet

Barre and centre adage - no rising (or controlled rising) on injured side as double or single leg. No turns on injured leg. No jumps, mark if able. All upper body choreography full out. Add grande plié in 1st and 2nd only. Add demi plie and flat position, 4th and 5th (or 3rd) if able.

Tap

Basic footwork with light articulation, in socks if more comfortable, reduced speed, low impact, no jumping or springing, no elevated steps. Keep all choreography small and underneath you.

Contemporary

Standing phrases with faster weight transfer and single leg work. To limit rotation and spiralling to half or comfortable range. Floor-based work without loading into demi pointe or pointe positions through feet, no deep pliés / twisting at knees or ankles. No jumps or turns, controlled slow travelling phrases staying in a small travelling distance only.

Jazz

Full upper body and torso choreography as able, basic travelling, low kicks on flat both sides, no leaps, jumps or running. Keep to controlled treading through feet. Can add balance on one leg instead on turns on injured side – with controlled rise if able. No heels.

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