Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Foot / Ankle / Knee injuries

Level 3

Ballet

Add full plié all positions, add petit allegro, controlled centre relevé, limited turns as needed, no grand allegro, slow reintroduction of pointe work if applicable.

Tap

Add faster sequences, controlled impact / stamps, no max-speed combos. Controlled or slowed down elevated work / regressed version of skill build up.
E.g Pullbacks – to do pick steps travelling backwards instead of full pullback and shuffle step instead of shuffle spring.

Contemporary

Introduce small jumps / turns, soft landings, full rotation and spiralling if pain free, more complex floor transitions as able. Controlled travelling phrases but introducing larger travelling distance.

Jazz

Add demi pointe hold without turn on injured side, marked leaps and controlled jumps only, limiting height but focussing on landing alignment and control. Can start with heels work for limited periods with walking-based movements only.

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