Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: HIP / GROIN / HAMSTRING

Level 1

Ballet

Barre, reduced turnout, low extensions or legs on floor, ankle height retiré on injured leg in pirouettes, no turning with injured leg as supporting leg, small forward port de bras, no deep lunges, no rond de jambe en l'air, no jumping.

Tap

Hip width apart only in natural hip alignment, no fast contractions of inner thigh muscles with adductor strain. To keep very low impact, using steps instead of springs.

Contemporary

No floor work, remain in comfortable range and depth of movement (upright) minimal extensions. To stay in controlled hip width position, no or physio specified stretching only. Limit large back movements. Ensure core activation, not hip flexors. Do all ankle and foot work as able, no jumping, keep travelling and fast movement to a minimum.

Jazz

Isolated upper-body work in warm ups, no jumping or running, controlled treading through feet instead of jogging. To stay in controlled hip width position, no or physio specified stretching only. Limit large back movements. Quarter jazz pliés and 4ths if able. No leaps. Kicks / extensions – keep very close to floor – jazz tendu in natural turnout – at the side if needed. Marked pirouettes only, ankle height retiré on injured leg in pirouettes, no turning with injured leg as supporting leg.

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