Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: HIP / GROIN / HAMSTRING

Level 2

Ballet

Controlled développé (≤90°), no grand battement, no deep lunges/ pliés as needed, no ronde de jambe en lair, no jumping. To keep port de bras to comfortable range.

Tap

Stay in natural hip alignment working mostly underneath you. Can increase controlled range of working leg, (eg not as wide as normal) and with focus on ankle articulation on maxi ford type steps. Moderate range movements, controlled rhythm.

Contemporary

Controlled leg lines / core activation focus – increase range of movement of leg / back as able. Focus on slower more controlled movements. Able to start with basic floorwork but slow and not into / through painful positions. Can try wider base positions, less than half of your normal stretching range of non-injured areas. No jumps, leaps. Very small and controlled version of inversions and handstand type movements, working on upper body and core work without much leg involvement.

Jazz

Isolated upper-body work in warmups, no jumping or running, controlled treading through feet instead of jogging. Can try wider base positions, less than half of your normal stretching range of non-injured areas, injured areas remain physio specified only. Continue to limit large back movements. Half jazz pliés and 4ths if able. No leaps. Marked pirouettes only, no turning and low retire on injured leg. Kicks / extensions – continue with slightly higher jazz tendu in natural turnout – at the side if needed. Remain below 45 degrees kicks, focussing on standing leg stability and working foot articulation across floor.

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