Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: HIP / GROIN / HAMSTRING

Level 3

Ballet

Increase height of legs gradually, introduce controlled turns, and slower petit and grand allegro, with low force.

Tap

Full range steps, gradually increasing speed and elevation as able.

Contemporary

Start to incorporate larger phrases, higher extensions, faster and more dynamic transitions as able.

Jazz

Start to add jogging and basic cardio with wider base positions in warm-ups. Normal stretching range of non-injured areas, injured areas remain physio specified only. Start to incorporate large back movements as able. Progress to full jazz 4ths and plié depths as able. Can try injured supporting leg pirouettes as able, but on injured leg retire to mid shin. Remain below 90 degrees in kicks, focussing on standing leg stability and working foot articulation across floor. Marked leaps and controlled jumps only, limiting height but focussing on landing alignment and control. Re-introduce heels but focus on ensuring core recruitment and pulling up through hips and knees.

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