Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Shin Pain

Level 1

Ballet

Barre and centre adage only, focus on foot posture and safe turnout, keep legs on the floor if needed. To do single leg balance instead of pirouettes and marked (stepped) jumps with full arms.

Tap

Chair tap or standing if able: Slow technique focussed, weight mostly double leg. Low impact sounds only. Socks only (soft shoe shuffle type dance).

Contemporary

Standing phrases on 2 feet, focussing on controlled weight transfer, without rotation through knees / shins / ankles. Floor work transitions mostly controlled by upper body, no kneeling onto shins. Full arms and torso-based choreography. No jumps. Very low impact, minimal travelling in travelling phrases.

Jazz

Isolated upper-body work, no jumps, leaps or kicks, controlled treading through feet instead of running, **no marching**. Stay in a hip width second position only. Ensure that involved in warm-up sections that do not load the feet. Able to do upper body loading on knees. If one-side injured only to do squats / pliés with weight shifted more to non-injured side and work on single leg balance at barre. May be able to do kicks etc laying on back working on control. If stretching over legs to keep feet in relaxed neutral position. No heels.

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