# Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

## YELLOW: Shin Pain

### Level 2

### Ballet

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

### Tap

Basic footwork with light articulation, normalised speed if able, very low impact, no elevation. Keep in socks to ensure impact control.

### Contemporary

Standing phrases with faster weight transfer and single leg work. Floor-based work without loading onto shins. No jumps, controlled slow travelling phrases staying in a small travelling distance only. Full arms and torso-based choreography.

### Jazz

Full upper body and torso choreography as able, basic travelling, low kicks on flat both sides, no leaps, jumps or running. Keep to controlled treading through feet. Can add balance on one leg instead on turns on injured side – with controlled rise if able. Able to do a wider second in standing but if adding a flat-back to do in shoulder width second only. If stretching over legs to keep feet in relaxed neutral position. No heels. To do as much dance in possible in cushioned trainers.

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