Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Shin Pain

Level 3

Ballet

Add slow, low impact petit allegro, focus on safe landings, controlled relevé, limited turns if needed, marked grand allegro with full arm choreography.

Tap

Re-introduce tap shoes. Add light change of weight instead of springs, controlled impact on stamps, no maximum travelling combos, light controlled elevated work if pain free only.

Contemporary

Introduce small jumps with soft controlled landings, larger travelling, more complex floor transitions as able.

Jazz

Add demi pointe hold without turn on injured side, marked leaps and controlled jumps only, limiting height but focussing on landing alignment and control. Can start with heels work for limited periods with walking-based movements only.

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