Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Shoulder / Arm / Wrist / Hand

Level 1

Ballet

Hand(s) on hip(s) / bras bas / pain free positions. Slow movements only.
To keep very low impact with whole body, no allegro.

Tap

Minimal arm use, hand on hip or in pocket. To keep low impact, using steps instead of springs. Socks instead of tap shoes in early phase for reduced impact through system.

Contemporary

Slow pain free ranges of movement only with arms. No weight-bearing onto injured limb (floor work) if shoulder is injured - no floor work at all.

Jazz

Slow pain free ranges of movement only with arms (marking arms if able). Slow pain free ranges of movement only with arms. No weight-bearing onto injured limb (floor work) if shoulder is injured - no floor work at all.

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