Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Shoulder / Arm / Wrist / Hand

Level 2

Ballet

Pain free range of motion, slow controlled movements but start to normalise rest of body movement. Keep allegro marked or low energy.

Tap

Pain free range at controlled half speeds if able. Re-introduce shoes but keep impact into the floor low if needed.

Contemporary

Pain free range of motion only, slow controlled movements but start to normalise rest of body movement. Light floor contact only for floor work with injured limb, working on alignment and control in a seated / lying base without loading or transferring weight through the injured arm. No dynamic floor transitions or inversions.

Jazz

Pain free range of motion only, slow controlled movements but start to normalise rest of body movement. Light floor contact only for floor work with injured limb, working on alignment and control. Keep leaps / jumps lower energy focussing on shock absorbance through lower limbs. No partner work.

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