Advance Physiotherapy - Dance Injury Traffic Light System (DITLS)

YELLOW: Shoulder / Arm / Wrist / Hand

Level 3

Ballet

Full range of motion with limited speed and endurance, continued focus on muscular recruitment and tracking.

Tap

Gradually increasing pain free range, add controlled sharper movements ensuring moving from back and shoulder blade are with core engaged.

Contemporary

Gradually increasing pain free range, add controlled sharper movements ensuring moving from back and shoulder blade are with core engaged where appropriate. Controlled weight-bearing and simple transitions in floor work but with no or adapted inversions, handstands, cartwheels. If doing single arm choreography, to support with uninjured arm.

Jazz

Gradually increasing pain free range, with limited speed and endurance. Add controlled sharper movements ensuring moving from back and shoulder blade are with core engaged where appropriate. Controlled weight-bearing (no explosive push-offs). Can add some supported lifts partnering if well controlled and under tutor supervision.

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