

Nantucket Dance Festival

Dancer injury prevention

Foot and ankle				
<i>Exercise</i>	<i>Progression 1</i>	<i>Progression 2</i>	<i>Progression 3</i>	<i>Progression 4</i>
<i>4 way Ankle Theraband</i>	Isolate each movement	Diagonals		
<i>Single leg balance</i>	Hold for 60 seconds	Head turns	Eyes closed	Y - balance
<i>Doming</i>	Dome and relax	Hold dome 10 seconds	Dome with ankle flexion	
<i>Relevés</i>	Double leg	Single leg hold	Up 2 Down 1	Single leg up/down
Hip and core				
<i>Exercise</i>	<i>Progression 1</i>	<i>Progression 2</i>	<i>Progression 3</i>	<i>Progression 4</i>
<i>Bridges</i>	Double leg up/down	Single leg hold	Single leg up down	
<i>Planks</i>	Holds	Side plank holds	Up/down planks	
<i>Hinges</i>	Hinge weight transfers	Hinge up down	Airplanes	
<i>Squats</i>	Arms forward	Hold at bottom	Squat to demi pointe	With weight
<i>Turnout</i>	Parallel to turn out	Weight transfer	Standing turn out	
<i>Table top taps</i>	Toe taps	Double leg taps	Double leg straighten	Straight lower
Upper body				
<i>Spinal rotation</i>	Arms crossed	Arms to the side	Arms overhead	
<i>T's</i>	Theraband			
<i>Y's</i>	Theraband			
<i>Pull downs</i>	Theraband - arms front	Theraband - arms overhead		
<i>Push ups</i>	Elevated surface	On knees	Straight body	
Stretching/Lengthening				
<i>Exercise</i>	<i>Sets</i>	<i>Hold</i>		
<i>Lunge stretch</i>	2	30 seconds		
<i>Hamstring glides</i>	2	5x/side		
<i>Calf stretch</i>	2	30 seconds		

Nanticket Dance Festival

Injury Prevention

Developing strategies to reduce the risk of injuries should be a part of every dancer’s training. Building a consistent routine and finding the support you need will always set you up for a better outcome!

Factors that influence injury & injury prevention

Recovery



Sleep, nutrition, outdoors, hobbies

Mental Health



School, stress, social pressures

Physical Preparation



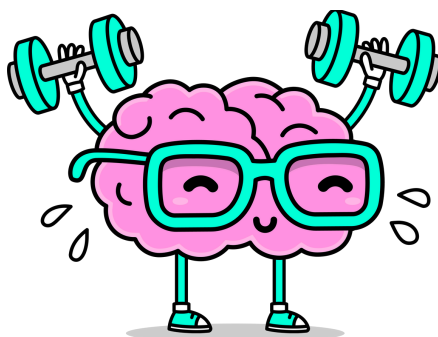
Ballet class, Conditioning program

How to Physical Prepare For Dancing?



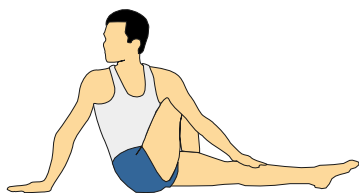
WARM UP

A thorough warm-up prepares the body and mind to safely meet the challenges of a class, rehearsal, or performance



CONDITIONING PROGRAM



- Aerobic fitness
- Anaerobic fitness
- Muscle endurance
- Strength
- Power
- Flexibility
- Neuromuscular coordination
- Rest



COOL DOWN

An active cool down can aid in the recovery process after a bout of physical activity, Gentle stretching, breathing exercises or easy whole body movements are the perfect tricks!

Resources

Organization	Source
Harkness Center For Dance Medicine	
International Academy of Dance Medicine and Science	
IADMS: Dance Fitness	