

Dance Related Injuries: Overview

1. Participants include both male and female children and adolescents
2. Dance activities:
 - Classical ballet, jazz, tap, hip-hop, cheerleading, aerobics, gymnastics, etc
3. Mechanism of injury: overuse and traumatic
 - Majority-overuse
 - Secondary to repetitive movements
 - Turnout, running, jumping, sliding
 - Lower extremity overuse injuries most common
4. Intrinsic factors:
 - Overall fitness
 - Strength
 - Flexibility
 - Biomechanical alignment
 - Nutrition
 - Hormone status
 - Variations in anatomy
5. Extrinsic factors:
 - Poor training surfaces
 - Improper shoe wear
6. Traumatic injuries:
 - 40% of all dance injuries
 - Occur during falls, lifting, sliding into objects
 - Traumatic injuries can be attributed to:
 - Improper technique
 - Improper training
 - Muscle weakness
 - Fatigue
7. Prompt evaluation and treatment-critical in prolonging a dancer's career
 - Dance requires a fit and healthy body
 - Maintaining strength, flexibility, stability of joints and muscles is necessary to execute dance moves
 - Dancers may to hide injuries because they are afraid of stigma associated with injury
 - May be thought of as injury prone, less capable, or a risk
 - Injuries need to be addressed as soon as possible to prevent worsening of injury or permanent damage
 - When a dancer is injured, include activities in treatment plan to help maintain the current skills and level of physical condition
 - When surgery is an option, the risks/benefits should be carefully reviewed
 - Surgery or an untreated injury can lead to loss of flexibility and loss of motion, which can end a dancer's career
8. Prevention:
 - Year round conditioning
 - Flexibility, strength, and stamina training
 - Dancer education
 - Causes of injury, treatment, prevention

9. For more information

- <http://www.med.nyu.edu/hjd/harkness/professionals/>

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