

# DANCE INJURIES: OVERUSE

Overuse injuries like TENDINITIS, SHIN SPLINTS, PLANTAR FASCIITIS are quite common in dance.

The three best ways to lessen the risk of them are:

## DYNAMIC WARMUP



A good dynamic warm up prior to classes versus stretching can help improve your performance. It should gradually increase your heart rate which assists with increased blood flow, and therefore oxygen to the muscles. A dynamic warmup can help decrease muscle fatigue and ensure the body is ready to tackle the demands ahead.

## AVOID AGGRESSIVE STRETCHING



Aggressive stretching into the joint capsules can create instability. The hip capsule is made of ligaments and like an ankle sprain once you stretch the ligaments, they are always a bit loose. This can lead to increased risk for injury.

While flexibility is important, strength is also required to hold the end ranges of motion. Avoid extreme stretches like the oversplits.

## STRENGTH TRAINING



Cross training helps make sure the muscles are strong enough to support all ranges of motion – including extreme ones. Strong muscles won't create a bulky dancer, but will help decrease risk for major injury. Strength training and endurance work for the muscles makes it easier to complete variations and competition pieces. Strength training is also essential for making sure there are no muscle imbalances which can predispose to injury.

