

RETURN TO DANCE PROGRESSION: BALLET

1. The dancer must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Dance Protocol.
2. Recommend pursuing Transitional Therapy at Elite Sports Medicine for return to dance activities during this phase. Transitional Therapy is a strength and conditioning program that is led by medical professionals with a sports medicine background with the goal of transitioning from therapy back to dance.
3. The dancer may progress through the phases as tolerated. Cross-training can be performed on off days. (Cross training can be done by performing non dance specific activities i.e. swimming, biking, yoga, pilates, and/or PT home exercises)
4. Each phase should be performed 2-3 times with one day rest between each session, the athlete should progress to the next phase once he/she is able to complete the current phase without pain, swelling, decreased range of motion or difficulty.
5. If the dancer experiences pain, swelling, decreased range of motion or difficulty during a phase, he/she should take a day off and go back to the prior phase where they were not experiencing pain and/or difficulty completing activities. Do not keep moving through phases if you are having pain or difficulty. Seek medical attention if necessary.
6. Emphasis should be placed on developing and maintaining proper form without developing symptoms or excessive fatigue.
7. The dancer should ice the affected area for 15-20 minutes following the activity.

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Begin beginner level dance class, 50% effort limited time	•	•	•	•	•
Progress to normal level dance class at 75% effort		•	•	•	•
Return to full dance classes 100% effort 1 class per day, with jumps and landing			•	•	•
Begin Rehearsals , continue with full dance classes 100% effort >1 class per day				•	•
Competition and Performances					•
Competition and Performances details:	Dancer needs to be cleared by medical provider to return to dance competition and performances after surgical procedures.				

Criteria for progressing in dance class after each Phase:

1. No pain, swelling, or inflammation of injured area
2. Demonstrates full and pain free motion of injured area
3. Demonstrates single leg balance for 30 seconds eyes open and eyes closed
4. Demonstrates equal strength of hip/ knee/ ankle compared to uninjured side

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Phase 1: Begin Dance Class

- ***Begin partial class time at 50% effort: ½ speed, ½ volume***
 - Begin barre exercises
 - First and second position: demi plies, tendus, ron de jamb, fondu (avoid releves)
 - Progress from barre to center if able to maintain proper form and alignment
 - Mental practice of full dance routine, attend rehearsals to watch
- Continue with Physical Therapy (if applicable) and home exercises

Phase 2: Progress Dance Class

- ***Progress class participation to 75% effort: ¾ speed, ¾ volume***
 - Return to full barre:
 - Positions: first and second → third → fourth → fifth
 - Double leg and single leg: plie, tendu, fondu, degage, rond de jamb, grande battement releves (not on pointe)
 - Progress demi to grande as tolerated
 - Return to center floor:
 - Begin “Adagio” (slow) combinations and moderate tempo
 - Avoid “allegro” combinations (little or big jumps in center or across the floor)
 - Pirouette progression:
 - Prepare into no turn → quarter turn → half turn, full turn → 2 → 3 etc.

Phase 3: Unrestricted Dance Class

- ***Progress class participation to 100%: full speed, full volume***
 - Unrestricted barre warmup
 - Return to center floor and across the floor routine with “marking” 75% → 50%
 - Progress in 15 min increments
 - Progress to faster, larger movements (petit, grande, allegro)
 - Graded increase in size/height of jumps/leaps
 - Progress to fouette with dance teacher instruction as tolerated
 - Graded return to pointe ballet dancing (if applicable with dance teacher instruction)
 - Increase time in pointe class in 10 minute increments
 - On-the-Floor combinations as tolerated

Phase 4: Rehearsals

- “Marking” in dance and rehearsals progress from 50% → 25%
- Graded return to choreography rehearsals at 100% effort when able to participate marking <25% of the time in all classes

Phase 5: Performance/ Competition Stage.

- Rehearse for 2-3 weeks at full performance with no limitations before performance or competition