Recurring Ankle Injuries in Dancers

ALEXIS JAWNY
WHY?
The Ankle
Causes

- Physique
- Technique
- Overuse
- Accidents
Stability

- Fatigued Peroneal Muscles
  - Fibularis Longus
  - Fibularis Brevis

- Dance floor
- Choreography

Giving way of lateral side of ankle

Plantar Flexion and Pronation
Diagnosing

- Grade I
  - Mild stretching of the lateral ligament
- Grade II
  - Tear of anterior talofibular ligament
- Grade III
  - Tear of anterior talofibular ligament AND calcaneofibular
Treatment

- Aggressive management
- Early diagnosing
- Rehabilitation Regimen

- Communication with Therapist
  - Pre-Injury Status
  - Post-Injury Status
  - Dance-Specific Rehab
- Educate the patient
Exercises

- The Crane
- The Inchworm
- The Balance Beam
References