TITLE: Common Injuries in Ballet Dancers

AUTHOR: Samantha Turk

Thesis:
Ballet is an extremely physically demanding activity. Ballerinas suffer injuries as serious and as often as athletes in common sports.

Core Concepts/Keywords:
ballet, injuries, strain

Primary Source:

Citation:

Annotation:
The seasons of fitness is a workout video based around ballet and pilates. It is about an hour long and contains many useful stretches and exercises that are not only involved in ballet, but help to keep the body in shape and prevent injury. It is a great resource for understanding what stretches and exercises need to be done for injury prevention.

Print Reference Source:

Citation:

Annotation:
The encyclopedia of dance and ballet is very informative because it explains technical terms associated with ballet. An understanding of the injuries the occur in ballet can not be reached without an understanding of ballet itself. There are also useful illustrations to help the reader understand. The movements in ballet are explained well and this encyclopedia can help even someone who is not familer with ballet to understand it.

Electronic Reference Source:

Citation:

Annotation:
This article discusses dance as a whole but also goes into details of the importance of training in dance. It explains various reasons that it is important for dancers to practice and know what they are doing. It also briefly describes what parts of the body are affected by dance and how. Ballet in particular does not require as much movement in the torso as below the waist and injuries most frequently occur in the lower portion of the body.

Web Sites:

Citation:

Annotation:
This outline style website created by the Cleveland Health Clinic is very informative. The different stages of dance and various injuries that can occur are listed. There is also a section on how to evaluate dance
injuries. The criteria includes everything from date of injury onset, length of time dancing, type of footwear, severity of pain, swelling, previous injuries, and several other things. It also has a detailed list of injuries that can occur in each part of the body.

**Citation:**

**Annotation:**
This is an article from the Podiatry Today website that focuses on injuries in the foot. Already existing factors that could contribute towards injury are discussed, such as foot shape and natural turnout. The article also goes into outside factors, like dance shoes and surfaces. For example, worn out dance shoes can affect the dancer’s ability to use their feet properly, and could result in injury.

**Books:**

**Citation:**

**Annotation:**
This book is divided into five sections that break dance injuries down and explain them in detail. The first section is on anatomy and physiology and describes the body and its parts and functions. It also discusses anatomical points relevant to ballet, for example, stance and muscle groupings, turn-out, tendu, and pointe. The second and third sections are the most informative. They are pathology, causes, treatment, and prevention of injuries, and specific injuries in detail. The entire book is extremely detailed and a great source for this information on dance injuries.

**Citation:**

**Annotation:**
This is a book presented in two volumes. The first focuses on the lower half of the body and all possible injuries and defects involved with dance, and the second is on the upper half. This source if quite old but has great pictures depicting dance movements, and making them easy to understand. There are also fantastic diagrams of body parts that are affected by dance. There are also exercises included for each body part to improve technique and consequently prevent injury.

**Citation:**

**Annotation:**
This book focuses primarily on sports medicine, and it has an entire section dedicated to ballet. The section begins by stating that it may seem strange to have ballet in a sports medicine book, but it is an athletic activity comparable to any sport because of the strength that is involved. Not only does it explain the injuries that occur most frequently in ballet dancers, it goes one step further than most books on the subject. It discusses finding an appropriate doctor, the differences between the body of a child dancer, and an adult dancer, and how ballet affects males differently. Another great aspect of this book is that there are two indexes, one by sport, and one by term, so it is easy to get information on specific injuries.

**Peer-Reviewed Journal Articles:**

**Citation:**

**Annotation:**
Over-use injuries are very common in ballet and this source is very useful when it comes to understanding
the different types. For example, it goes into detail about various injuries including anterior and posterior ankle impingement, and dorsal impingement syndrome. The article focuses on foot and ankle injuries.

_Citation:_

_Annotation:_
This article describes a detailed study done examining dancers turnout and injuries. It explains what is meant by turnout and gives statistics and background for the study. Every aspect of the study is described, from the methods used, to the results. The study was done on the injuries that occured in the selected dancers over a two year period.

**Newspaper Article:**

_Citation:_

_Annotation:_
This article from the weekend edition of the Washington Post is about William Hamilton, an orthopedist for the New York City Ballet. Hamilton and colleaguers created a program for young dancers to teach them how to avoid dance injuries in the first place. The program was held in January 2007 at the Washington School of Ballet. It was free and taught dancers injury prevention in a hands-on demonstration. This article is interesting because it is important for dancers to realize what they are getting into and how to do it safely at a young age before they end up seriously injured.

**Additional Sources:**

_Citation:_

_Annotation:_
This article discusses physical and psychological aspects of dancing and compares them to that of other sports. A study was done by a psychology professor at the University at Washington in which coping strategies and severity of activity and injuries were compared between dancers and athletes in common sports. The result was that dancing is just as emotionally and physically grueling as football and other comparable sports.

_Citation:_

_Annotation:_
This book discusses how a dancer should take care of their body so that they are able to have a long career in dance. Injuries are described, as well as how to avoid them so that the dancer can have as long of a career as possible, since dancers careers are not terribly long in the first place.

_Citation:_

_Annotation:_
This book is organized by sections of the body. Sections such as skeletal, muscular, pelvic, hip, knee, ankle, and foot, are included. It is extremely detailed and in each section it explains the movements, function, and injuries possible in that part of the body.

Citation:
<http://ublib.buffalo.edu/libraries/e-resources/aph.html>[http://ublib.buffalo.edu/libraries/e-resources/aph.html]>

Annotation:
Actual images from MRIs are included in this article from the British Journal of Radiology. Various injuries are described in great detail and there are pictures included as examples. The MRI images have detailed captions to help the reader understand what is shown. The article is very technical is probably easier to understand if the reader has some medical knowledge.