



THE ORTHOPEDIC SPECIALISTS

## **BALLET DANCE FUNCTIONAL PROGRESSION**

### **Lower Extremity**

Once you have completed the appropriate phases of rehabilitation it will be possible to begin functional progression. The functional progression is an ordered sequence of activities which enable you to reacquire the skills necessary for safe and effective return to dance. Begin with step one. If you can do this exercise correctly without pain you may proceed to the next step. It is very important that you perform each exercise properly, without apprehension.

When you have completed each step of the functional progression you may return to dance. Begin with one basic technique class, then slowly add other classics, then rehearsals. If you must do rehearsals sooner due to an upcoming performance, reduce the number of class hours accordingly to a minimum of one technique class.

1. 16 demi plies on both legs then single leg on injured side
2. 16 relevés on both legs, then single leg on injured side
3. Barre activities (limiting sustained releve sequences) or floor work warm-ups
4. Center practice (adagio, barre exercises done in center, standing jazz or modern combinations)
5. Pirouettes or pivoting on one leg
  - a. Promenades, retire balances (pirouette preparation)
  - b. Simple turns from fourth, fifth, or second position
  - c. Soutenu, pique, and chaine turns
  - d. Grand pirouettes (attitude arabesque turns, tours a la seconde)
  - e. Avoid fouettes or repeated relevés on one leg
6. Simple across the floor combinations
7. Jumping
  - a. Double leg low impact--- sautés, changements echappes, soubresauts
  - b. Double to single leg --- assembles, jetes, glissades, pas de chats, sissonnes
  - c. Batterie (add beats and speed to basic jumps)
  - d. Single leg --- repeated single leg jumps temp levés
8. Pointe work at barre following above progression
9. Pointe work in center- simple relevés, soutenus, echappes, piques
10. Fouettes or repeated turns on one leg not en pointe
11. Grand allegro/traveling leaps
12. Complex pointe work- fouettes, hops en pointe, grands pirouettes

If you have any questions regarding your exercises, please contact your physical therapist at (317)817-1200 or 1-800-SPORTS-MED

Therapist \_\_\_\_\_ Ext: \_\_\_\_\_