



## **CONTEMPORARY 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 plies (minisquats) on both legs, then single leg on injured side
2. 16 heel raises on both legs, then single leg on injured side
3. Floor work warm-ups
4. Standing warm-ups and combinations in center without jumps
5. Turning and pivoting on one leg
  - a. Simple turns in place
  - b. Traveling turns across the floor
  - c. Attitude fouettes or similar repeated turns in one second
  - d. Pitch turns, illusions
  - e. Avoid fouettes or similar repeated turns on one leg
6. Simple across the floor combinations
7. Combinations including floor work and transitions to floor (falls, rolls)
8. Jumping
9. Fouettes or repeated turns on one leg
10. Large traveling jumps across the floor (split leaps, stag leaps)

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

Therapist \_\_\_\_\_

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

