

## Young Athlete Program: Dance Injuries

The Young Athlete Program at UPMC Sports Medicine brings together a team of sports medicine experts who provide individualized attention for injury prevention and management for young athletes.

The goal of the Young Athlete Program is not only to treat athletes when injuries occur, but to focus on prevention and performance training to help them reach their full potential.

Our experts use science-based techniques to help speed recovery, and quickly and safely prepare the athlete to return to competition. Physical therapists, physicians, athletic trainers, sports performance coaches, and other experts focus on prevention, nutrition, conditioning, and sport-specific training, tailored to an athlete's age and level of competition.

### Common Dance Injuries

- Ligamentous sprains of the ankle, knee
- Subluxations/dislocations of the shoulder
- Muscle strains of the low back and lower extremities
- Inflammatory conditions like bursitis, tendonitis
- Instability of the hip or shoulder leading to chronic intra-articular damage

### Causes of Dance Injuries

- Overtraining, training at high levels with inadequate rest
- Poor core stability
- Lack of experience with particular skills
- Poor nutrition
- Lack of education with training
- Lack of global upper and lower body endurance



### Challenges for Dance Injuries

- Repetitive jumping, landing and turning
- Precision and repetition of movement
- Extreme flexibility, turnout required
- Requires long hours of training
- Demands versatility
- High training loads

### Overuse Injuries

- Arise from a combination of inadequate rest, poor nutrition, overtraining
- Soreness should not last for more than 48 hours – if so indicator of overtraining
- Due to continuous training regimen and yearly performances and competitions, risk of overuse is extremely prevalent

### Screening Young Athletes

- Functional movement assessment
- Strength
- Mobility
- Control

### Preventing Dance Injuries

- Dynamic warmup prior to rehearsal or performance
- Physical therapy to address motor control, strength or mobility impairments inhibiting performance
- Education on proper technique and progression of skills, foundation is essential prior to progressing
- Monitoring ground contacts with leaps and jumps in rehearsals with progression over time
- Cross training

### Screening Young Athletes

Our team of sports rehabilitation experts provides injury prevention screenings to young athletes. These screenings can help uncover existing injuries and areas of weakness, and can help prolong participation in sports.

These 45-minute screenings include:

- Flexibility
- Strength
- Functional movement assessment

The results of the screening will help determine if a young athlete needs to consult with a physician, participate in physical therapy, or consider sport-specific performance training. UPMC Sports Medicine has the expertise and comprehensive services to support young athletes.

### Contact the Young Athlete Program

Regardless of age or sport, the Young Athlete Program has the expertise, technology, and services to make a difference for your athlete. For more information or to make an appointment, call 1-855-93-SPORT (77678) or visit [UPMCSportsMedicine.com](https://UPMCSportsMedicine.com).

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