



## USING PILATES FOR DANCE INJURIES

Long before Pilates was known to the general public, dancers were the first to discover this form of exercise. Legendary choreographers in dance such as Martha Graham and George Balanchine were among the first of Joseph Pilates' most devoted clients.

From amateur to professional dancers, whose livelihood depends on whether they're able to perform on stage or not, recovering from or preventing injuries can be the difference in getting a job in the dance industry.

Like any athlete, dancers have to be in perfect condition, mentally and physically. They have the mentality that they don't want to stop dancing and they tend to dance through injuries.

A dancer's body can wear out if under prolonged stress, and the body is continually overworked and the mind has to keep up, maintaining balance and control. The long hours, sore feet and the strain placed on the body from continuous working of the joints and muscles can take its toll, as well as the competitiveness of the field. If the body continues to be stressed and overworked, it can lead to injury. Approximately 50% of all dance injuries are foot and ankle related, and majority of injuries are related to over use.

Pilates is a form of complete body conditioning that focuses on strengthening deep support muscles and balancing muscle groups around the joints to help avoid injury and increase performance ability.

Pilates is beneficial for turn out, and it can increase strength and power. By rebalancing muscular groups, dancers increase range of movement and flexibility, while also increasing strength and control throughout this greater range of movement... Pilates can have a positive impact on body image and leave you feeling invigorated, as opposed to exhausted. As a rehabilitation tool, Pilates can also provide an interim step between non-weight bearing and open chain, explosive movements. The focus on mobility, flexibility and strength through full range of motion can restore injured tissues to a healthy state before sport specific training begins. In rehab Pilates can be used at all stages, from the most acute phase to advance functional re education.

Focus Pilates staff encourage dancers to explore how Pilates can help them physically and mentally with their career. It also helps dancers avoid injury or shorten the period of down time when injured. Because of the light resistance and no weight bearing aspect of the Pilates Method, helping dancers stay in shape while injured. The basic principles of Pilates are consistent with the basic principle of rehabilitation, after isolation of the injured area; the next stage is to address the body as a whole by incorporating the injured area so that the body can function to its maximum capacity. **PILATES DOES JUST THIS!**

Working with amateur and professional dancers, the staff of Focus Pilates understands the mind set of dancers and aware of their special needs in the order to be more effective with treatment. We can improve their treatment plans in a number of ways by communicating and we understand the dance industry of their basic terminology, dance positions and movements of repertoire.

**Focus Pilates can help dancers heal without denying them of their passion.**

**"It's important to know more then just the physical aspects".**

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