

Injury Prevention Tips for Dancers



Listen to Your Teachers

Their corrections help you dance better and more safely.

Develop Good Technique

Good technique is the best defense against injury.

Practice

Practice makes your movements easier and more automatic. It helps you know where your body is at all times and helps you be ready to accept new challenges.

Manage Schedules to Allow for Rest and Recovery

Rest is a vital part of learning and allows your body to physically benefit from the work you have done.

Focus on Quality over Quantity

Avoid overloading or stretching yourself too thin. Work on being the best you can be at whatever you choose to do rather than trying to do everything.

Warm Up and Stretch Prior to Dancing

Perform gentle active movements and dynamic stretches before dancing to promote blood flow to your muscles and increase your flexibility. A warm up lets your body know you are ready to move and prepares your body to work for you.

Cool Down After Dancing

Cool down exercise may look similar to warm up exercise and should include gentle active movements and dynamic stretching. A cool down eases the transition from very rigorous dancing to rest. It reduces the risks for cramping, muscle soreness and fatigue.

Cross Train

While repetition is a cornerstone of good practice, our bodies and brains benefit from variety. Low impact activities such as swimming, yoga, strength training and bicycling can help you stay active while also providing rest from dance activities.

Keep Hydrated and Maintain Good Nutrition

Food provides energy and nutrients to fuel your body for dance. Water helps your body use that fuel for all of your daily and dance related function. Drink water regularly and eat a healthy snack, such as a fruit and nut mixture, to keep your energy up when you are dancing for a long period of time.

Pay Attention to Pain

Pain does not equal injury, but it is an important warning signal. Muscle soreness and short-term fatigue can be a normal part of a dancer's life. However, severe pain that does not go away within a few days or weeks may be indicative of an underlying problem and may require medical attention.