



ergofix
Physiotherapy Occupational Health



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Stretching for dancers

Stretching is important for dancers to gain and maintain flexibility. Your body changes so much as you move through to the teenage years. During growth spurts bone grows more quickly than muscle so we often see dancers lose flexibility and some even become sore around the knees, ankles and groin areas.

General guidelines

- Stretching should be gentle and **NO PAIN!!**
- **LONG** duration **STRETCHES** (20 seconds+) more effective than short duration (10 sec)
- Overstretching can lead to ligament laxity and instability
- If you have pain with stretching then **STOP** and talk with your dance teacher/ physio.

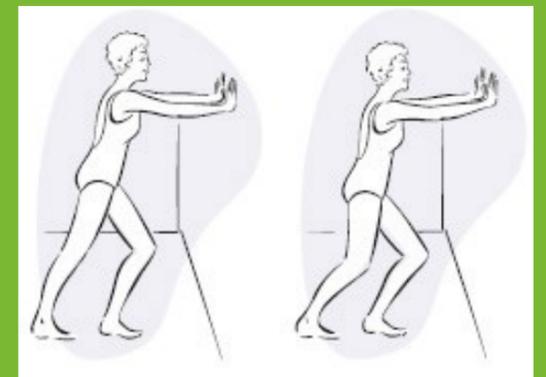
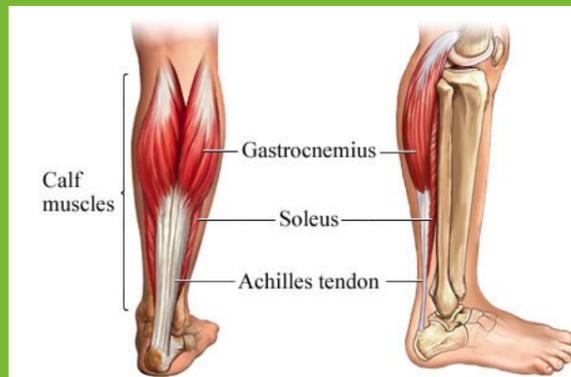
Stretches

- How Long:** 20 seconds+
- When:** before each class, x 3 week.
- How many:** 6 each side
- What else:** gentle, regular, no pain!!

CALF STRETCHING

The calf region is made up of 2 main muscles and several other muscles which control your foot and ankle when taking off & landing

- The gastrocnemius runs from just above the knee to the heel so this is stretched with the right knee straight (picture 1)
- The soleus muscle runs from just below the knee so this is stretched with the right knee bent (picture 2)



Picture 1

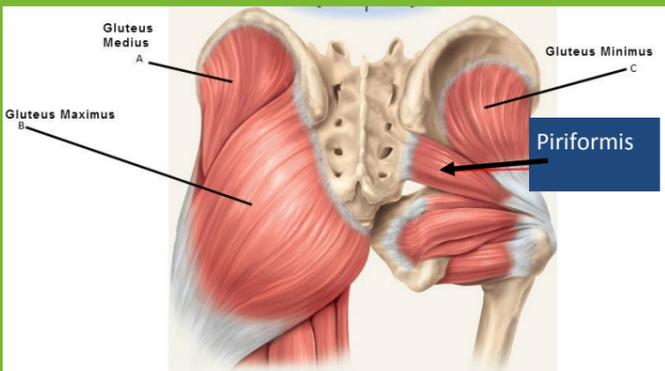
Picture 2

Gastrocnemius

Soleus

PIRIFORMIS

This is a deep hip postural muscle which works hard to help keep you balanced and in control. Piriformis often becomes tight and can lead to loss of control and often is mistaken for back problems as the sciatic nerve is very close by.



Piriformis stretch Picture 4 : Leg onto a bed

- Turn hip out
- Keep back straight, bring chest toward right knee
- Feel gentle pull in right buttock region



Piriformis stretch Picture 5 : Lie on back

- Pull knee to opposite shoulder
- Twist foot inwards towards the head
- Feel gentle pull in middle right buttock region X



Stretch before classes

Try both Piriformis stretches above. You can do the stretch in picture 4 also on the floor with your left leg back (also stretch the left hip flexor -muscle at the front of the thigh)

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Use your smart phone to scan here



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