

Dance Readiness Screening

How do I know if my child is prone to injury?

There are certain areas that a licensed or certified healthcare professional can test prior to your child's participation to see if he or she has potential for injuries.

- Body Measurements height, weight, and body fat.
 Health issues may arise if there is a sign of low body fat such as menstrual dysfunction or eating disorders. It is essential for growing dancers to fuel their bodies by eating properly by consuming adequate vitamins, protein and calcium along with proper hydration.
- 2) Structural looking for leg length discrepancy, scoliosis, and hypermobility/hypomobility.
- 3) Turnout measuring hip rotation laying down and in standing. If there is a significant difference, your dancer may be "forcing turnout" through their knees and/or feet. Turnout should mostly come from the hips, with a small a contribution from the knees and ankles.
- 4) Strength looking for equality in opposing muscle groups.
- 5) Laxity and Flexibility looking at things such as hyperextension of the knees and elbows and looking for the normal $110 120^{\circ}$ of hamstring flexibility.
- 6) Core Strength looking at abdominal, hip, and gluteal strength and control.
- 7) Balance parallel, turnout, and passé. Eyes open and eyes closed.
- 8) Aerobic Fitness step, bike, or treadmill tests.
- 9) Technique barre and center floor Do you lift your hip when bringing foot into passé? Are you maintaining turnout and fully pointing your foot? Is your foot sickling? Are your arms drooping? Is your stomach connected?