



4 Stage Rehabilitation Protocol

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Table provides an example of a four-stage rehabilitation program for a lower limb injury. The dancer's rehab program requires simultaneous clinical and movement training. Generally techniques are cleared in the clinic prior to performance in the studio, although some overlap may occur, depending on the severity of the injury and performance demands of the dancer.

Rehabilitation Stage	Clinical Goals	Studio Goals
Stage 1: Restricted Stage	<ul style="list-style-type: none"> • Reduce Swelling and pain • Active rest • Evaluate kinetic chain for dysfunction • Aerobic conditioning 	<ul style="list-style-type: none"> • Restrict tissue loading • Somatics and mental practice • Take floor exercise class or pool class
Stage 2: Restoration stage	<ul style="list-style-type: none"> • Restore ROM and strength • Progress aerobic conditioning • Begin functional weight bearing and basic skills 	<ul style="list-style-type: none"> • Permit limited movement with restricted tissue loading (padding, taping, etc.) • Concentrate on alignment and stability • Take beginner level dance class
Stage 3: Reacquisition stage	<ul style="list-style-type: none"> • Progress strength to "supernormal levels" • Bilateral → Unilateral weight bearing • Eyes open → eyes closed • Slow → Fast movement exercise 	<ul style="list-style-type: none"> • Return to original level class • Progress from 1 class/day to more, as tolerated • Limit number of jumps and rehearsals
Stage 4: Refinement stage	<ul style="list-style-type: none"> • Build confidence, carriage and control • Complicate skills • Progress cardiovascular drills • Increase speed and loads • Progress dynamic balance • Increase repetitions 	<ul style="list-style-type: none"> • Unrestricted dance movement • Prescribed warm-up • Implementation of injury management and prevention techniques learned in rehabilitation • Understanding of nutritional needs discussed during rehabilitation