

Functional Progressions for Dance

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This table gives examples of basic and advanced levels of movement required for dancers. Each dancers training and rehabilitation regimen should include as many of these elements as possible. Exact progressions from basic to advanced will depend on available equipment, dance background and requirements, and nature of current injury or injuries.

<u>Parameter</u>	<u>Basic Level</u>	<u>Progressed Level</u>
Movement Patterns	Pedestrian stance and gait	Ballet stances and skills
Cardiovascular	20-40 mins, once a week, target HR	40 mins daily, alternate aerobic metabolism bi-weekly with anaerobic bouts of ratio 2 minute max HR : 5 minute rest
Strength	Wide, "parallel" base with proximal resistance keeping trunk in sagittal plane	Sagittally restricted base, i.e. "turned-out" with distal resistance; moving trunk, upper extremities, head and eye focus throughout frontal and transverse planes
Exercise Tempos	Slower	Faster
Mechanical Loads	Lighter	Heavier
Balance	Two legs Grounded base of support (eg. pli�)	Single leg Narrow base of support (eg. relev�)
Surface	Stable floor	Trampoline, sand, mattress, moving treadmill
Vision	Eyes open Comfortable light level	Eyes closed Dim or very bright light level
Jumping	Two feet Low height Low repetitions	One foot High height Moderate repetitions
Concentration	Perform simple verbal recall while performing balance task on stable floor surface	Perform complex verbal recall while executing balance tasks on unstable surface, intermittently assessing HR Reverse exercises