



This table illustrates the common dance injuries in various forms of dance, at various levels of participation. Overall, across all styles of dance, injuries of the lower extremity are by far the most common.

<b>AUTHOR</b>	<b>LEVEL&amp; STYLE</b>	<b>NUMBER OF INJURIES</b>	<b>INJURY SITE AND DISTRIBUTION</b>
Quirk '84	Mixed level ballet	(2113)	22.3% ankle
			20.1% foot
			17.3% knee
			11.4% "other areas"
			8.6% hip
			8.5% lower back
			7.5% lower leg
Liederbach '85	Professional ballet	(256)	48.8% foot and ankle
			18.4% leg
			14.5% low back
			7.4% knee
			7.0% hip
			3.9% neck, upper back, UE
Soloman '86	Professional modern	(229)	20.1% knee
			19.6% ankle
			15.3% low back
			14.5% upper back, neck, UE
			11.3% hip
			7.0% lower leg
			7.0% foot
Garrick '93	Professional ballet	(309)	37.2% foot and ankle
			23.0% low back
			6.8% knee
Soloman '95	Professional ballet	(70)	29.0% ankle
			18.0% foot
			10.5% knee
			9.0% hip/thigh
			8.0% lumbar spine
			8.0% cervical/thoracic spine
			6.5% leg
			6.0% shoulder



		5.0% other
Pedersen '98	Professional Flamenco (30)	30% Knee
		23% Ankle
		20% Back
		17% Foot
		7% Neck
		3% Other
Evans et al. '98	Dancers in West End Shows (58)	18.5% Ankle
		18.5% Lower Back
		16.9% Knee
		13.9% Other
		10.8% Neck
		4.6% Groin
		4.6% Thigh
		4.6% Foot or toe
		4.6% Mid/upper back
		1.5% Shin
		1.5% Calf
Evans et al. '96	Dancers in Broadway Shows (166)	22% Back
		14.5% Knee
		12.5% Ankle
		12% Neck
		10% Foot
		6% Hip
		3% Calf

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