

Overuse injuries in ballet

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Ballet is an athletic activity with a marked artistic component, that need a highest technical requirement and repetitive movements. In this way, Overuse injuries, as we have been able to demonstrate in our studies, will be the most frequent injuries in ballet. En dehors, points, plié or portée, between others, are some of the most representative technical gesture of ballet. Related to Ballet disciplines, Classical ballet, Contemporary ballet, Neoclassical ballet, and the Spanish ballet in Spain, are the most important ballet disciplines. The Lower limbs and lumbar spine, are the most frequent anatomical location involved in this injuries, having differences between ballet disciplines, age, profesional seniority, and gender. The fore-mentioned technical features will influence both injury specificity for each discipline and for both sexes, usually with higher technical requirements among women and higher athletic requirements among men. The patellofemoral Syndrome is the most frequent overuse injuries in ballet, related to decompensating mechanisms to increase a naturally weak in turnout or dehors. This injury and others as the Snapping Hip, are more common among women, with higher technical requirements than men, and in the more technically demanding disciplines such as classical ballet. Other important injuries in ballet are Achilles tendinopathy, the mechanical low back pain, or the Os trigonum Syndrome. It will be very important to know about, the biomechanic and pathomechanic of the Ballet specific technical gesture, the intrinsic and environmental risk factors involved in ballet injuries, the injury-based differences among ballet disciplines and among age and profesional seniority, as well as the most important preventive measures in ballet.