Abstract

Objectives
Identifying the most common dance injuries of lower extremity of classically trained dancers and looking at the different possibilities of prevention. Focus is on gaining a holistic view on dancer’s health; how these injuries develop in dancers specifically and different approaches of prevention, all with an understanding of the dance-specificities; including dance technique, training regimes and dancer’s mentality. With this I hope to gain knowledge to be able to work in this field in the future. My questions for investigation are;

1. What are the most frequent injuries of lower extremity in dancers?
2. What are the main reasons for these injuries to occur?
3. Are the injuries in any way connected to each other?
4. What are the different possibilities for active prevention of them?

Methods
This is a literary review with the use of books and articles in the field of Dance Medicine and Sports Medicine. Articles used are gained through PubMed, Medline and Cochrane libraries, or in the “Journal of Dance Medicine & Science” through my membership with the “International Association of Dance Medicine & Science”. Articles and books are found within the period of October 2010 till March 2012.

Findings
Overuse injuries with mild to moderate severity is most common. Functional disability is often high compared to injury severity. Foot and ankle injury is the most common injury location, with ankle sprains as most common specific injury/diagnosis. Due to difficulties with injury reporting epidemiological studies are found to be hard to interpret, mostly due to dancers underreporting. Technical errors are the most common cause of injury, especially use of turn-out and associated compensations for forcing ones turn-out. Almost all injuries can be linked together through technical errors and their compensations. Prevention is found to be most effective through holistic approaches, ideally involving screening, education, technical correction, improving strength and flexibility and correcting postural faults.
**Conclusion**
Injury development is often complex including several factors; hence the prevention must be equally complex addressing the same factors. The research field of dance medicine is quite young and unexplored and to be able to conclude properly more research must be done, and more norms and standards for investigations must be developed.

**Key Words:**
Dance injury, dance medicine, lower extremity injury, preventing dance injury, dancer’s health.