

Abstract

Title: Consequences of injuries on stability in ballet

Objectives: The main aim of the study was to find out if injuries in the ankle and foot have a negative impact on dancers' postural stability. If so then the secondary objective of this study was to see if the injury of one leg affects also the stability of the other in a one-leg stand.

Methods: First part of this thesis is a systematic review. The other part is quantitative research in a prospective, cross-sectional design study. Stabilometric data from all 24 female subjects were analysed and injured and uninjured dancers were compared. The data were measured by a FootScan pressure plate (RSscan International, Belgium). Tested positions were bipodalic stance with eyes opened and closed, bipodalic calf raise (relevé) and monopodalic stance on both legs.

Results: The aims of the thesis have been fulfilled but both the hypothesis have been rejected. The results have shown better stability in injured dancers to non-injured dancers in three parameters – Total Travel Way of the centre of pressure (COP) in monopodalic stance on the right foot, mediolateral movement of COP in bipodalic stance with eyes opened and calf rise (relevé). No significant differences have been shown between dancers with one leg previously injured and the non-injured ones in differences in values between monopodalic stances.

Keywords: dance, ballet, injury, ankle joint, stability