

Hip Pain in Dancers

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Overview:

Hip and groin injuries account for 9.8% of all injuries in dancers. Due to the repetitive nature of the movements in dance, many dancers suffer pain in the hip.

Purpose:

The purpose of this research is to examine common pain patterns in the hip joint among various ballet dancers, as well as create a protocol to decrease pain with corrective exercise and other modalities.

Anatomy

- Ball and socket synovial joint
- Femur
- pelvis
- 3 extra capsular ligaments
- Movements: extension, abduction, adduction, lateral and medial rotation

Corrective exercise program:

The aim of this is to decrease pain during turnout and to strengthen the muscles of the external rotator of the hip.

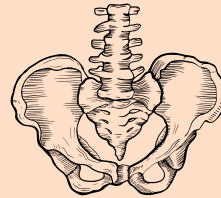
Phase 1:

light stretching, SMR to glutes, hams and quads

Phase 2:

Core strengthening

Phase 3:



Risk factors for pain:

- Extreme ROM, lack of recovery

Common injuries:

- Labral Tears
 - S & Sx: Sharp stabbing groin pain, occasional clicking and “stuck” feeling
- Hip Impingement
 - S & Sx: gradual symptom onset with groin or buttock pain
 - lateral and posterior pain due to abductor fatigue and pain in terminal flexion
- Iliopsoas Syndrome
 - S & Sx: pain or weakness during resisted external rotation

