
**Injuries in Dance: Etiology and Pathology
in Ballet and Modern Dancers**

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Abstract

This study aimed to review research on musculoskeletal injuries in dance (classical and modern), their causes along with their frequency and anatomical distribution, and their classification and prevailing types. A search was conducted in four electronic databases using key words such as ‘ballet, modern-contemporary dance, injuries, overuse syndrome, fracture, tendonitis, ligaments, spine, hip, knee, ankle, foot’. A total of 144 articles and studies were retrieved, of which 25 were selected as the most appropriate regarding the anatomical distribution and incidence of dance injuries. Research evidence shows an increased injury incidence in dancers compared to other athletic populations and indicates as most common anatomical sites the spine, hip and lower extremities, and especially the foot and the ankle joint. The most common types of injuries are overuse syndromes, stress fractures and tendon injuries in the lower extremity. Their increased incidence of injuries is due to musculoskeletal stress, accumulated fatigue, incorrect technique and insufficient fitness. Injuries have a negative impact on various health and performance parameters in dancers, therefore, there is a need for adequate technical and physical fitness preparation, and appropriate rehabilitation, as well as for providing information to teachers and choreographers regarding the dance injuries in order to prevent and treat them efficiently.

Keywords: athletic injury, dance, ballet, musculoskeletal injuries, overuse syndrome, stress fracture