The dancing hip

Presented by Marlena Butulis, DPT, CMT, AADOM, BC-DMT

Today’s goals

- Review very common dancer hip injuries
- Look at related anatomy
- Learn which muscles should work when kicking and doing plies
- Identify common dance muscle imbalances
- Learn exercises to help correct imbalances → improved performance & injury prevention

Quiz time!

1. What kinds of injuries happen to dancers’ hips?
2. Can you dance while you have these injuries?
3. What’s the difference between a hip injury and hip pain?

Dancer hip injury anatomy

Anatomy time: Moving leg

Time to explore!

- Kick/battement
  - What’s working?
  - What should be working?
  - What should not be working?
Anatomy time: Standing leg

Common muscle weaknesses in dancers

Common muscle overuses

How to strengthen

Isolate → Integrate

1 x 20
4/2/1

3 x 20
2/2/2

Exercise
Sets x Reps
Tempo

Side leg raise
1 x 20
4/2/1

Band side step
3 x 20
2/2/2

Feel standing hip while you tendu

Bridge
1 x 20
4/2/1

Squat
3 x 20
2/2/2

Feel standing hip while you battement/kick front

Gluteus Medius

Gluteus Maximus
### Turnout muscles

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets x Reps</th>
<th>Tempo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clam wave</td>
<td>1 x 20</td>
<td>4/2/1</td>
</tr>
<tr>
<td>Standing turnouts</td>
<td>3 x 20</td>
<td>2/2/2</td>
</tr>
<tr>
<td>Plie/straighten thinking about sits bones</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Psoas

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets x Reps</th>
<th>Tempo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diamond lifts</td>
<td>1 x 20</td>
<td>4/2/1</td>
</tr>
<tr>
<td>Band hip flexion</td>
<td>3 x 20</td>
<td>2/2/2</td>
</tr>
<tr>
<td>Developpe front</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Adductors

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets x Reps</th>
<th>Tempo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sidelying adductor lift</td>
<td>1 x 20</td>
<td>4/2/1</td>
</tr>
<tr>
<td>Plie squats</td>
<td>3 x 20</td>
<td>2/2/2</td>
</tr>
<tr>
<td>Second plies</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Bonus Round!
- Kneeling attitudes
- Airplanes

### Practice time!
- Plies
  - Sits bones
- Releve
  - Hamstrings
  - Tail bone perpendicular to ground
- Kicks/battements
  - Standing leg glutes
  - Moving leg psoas

### Your Homework
- 3 key take aways?
Thank you!
Meredith: Mbutulis@aol.com