

pivot dancer

Gradual Return to Jumping Program

General instructions:

- Complete this program in combination with a complete rehabilitation program including strengthening and neurodynamic control exercises.
- Start and end with the foot warm up
- Some pain/discomfort is ok during this program. The pain should be manageable and should return to baseline within 1 hour of completion. Also, you should not feel increased pain/stiffness the following morning.
- Depending on your symptoms: Go back one workout or repeat the same workout
- Complete a minimum 3x/week & maximum 5x/week

Warm up:

Foot dissociation (demi-pointe to pointe):

- Use this exercise to work on foot dissociation, intrinsics strength, mobility or to warm up for jumping drills.
- Move through full range of relevé/demi/calf raise and to a full pointe before returning to foot flat with heel on the floor.

Repeat 8 x and complete through 2 full sets

Floor pushes:

- With the feet in parallel, go through full range motion (dissociate between foot flat, calf raise and push off)
- Keep toes long and flat (not curled), knee and tibia aligned with 2nd toe, lift through the inside arch (no extra pronation)
- Think "push the floor away" for every rep. This should not feel like your knee is being lifted by your hip but rather than your foot is pushing your ankle forward.

Repeat 8 x and complete through 2 full sets

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Mini-squat to calf raise with band

Place a resistance loop around your thighs. Keep pelvis neutral, lower ribs down, hips and shoulders square and legs in parallel. Knees should stay in line with the second toes.

- Hold each position for 1 second before moving on to the next.
- Bend your knees (mini-squat/demi-plié): Focus on keeping your heels down and knees in line with the 2nd toes.
- Quickly rise onto the ball of your feet (calf raise/relevé) ensuring ankles stay in line with your legs. Your body should be tall and straight, stacked from head to toes.
- Quickly go back down into the knee bend (mini-squat/demi-plié) position with good posture.
- Jump, fighting the urge to pop your heels off the ground or "bob" just before you jump! Thinking about splitting the floor with your feet can help decrease "the bob". Hips, knees should be straight in the air and toes pointed.
- Land in your knee bend position and hold (or stick it!) before starting your next repetition.

Repeat 8 x and complete through 2 full sets

(Prepared in part by: Harkness Centre for Dance Injuries, G. Renaud, Pivot Dancer)

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Return to Jumping Program- Ballet

Plyometric Exercise		Repetitions Per Day									
Phase 1: Technique and Motor Control		Week 1	Day 1	Day 2	Day 3	Day 4	Week 2	Day 1	Day 2	Day 3	Day 4
Stage 1a:	Mini squat, calf raise, mini squat, jump	5 reps									
	Rebounding jumps, (on the spot 2-2)	20 sec									
	Front to back jumps (2-2)	20 sec									
	Side to side jumps (2-2)	20 sec									
	Jumps for vertical (2-2)	5 reps									
	Double broad jump, jump, (hold landing 5 sec)	5 reps									
Stage 1b:	Mini squat, calf raise, mini squat, jump						10 reps				
	Jumps in '+' pattern						25 sec				
	Parallel in alternating (1-1) pattern						25 sec				
	Skipping						25 sec				
	Alternating leaping front/back (2-1)						5 reps/leg				
	Alternating leaping side/side						5 reps/leg				
	Broad jump to vertical (hold landing 5 sec)						10 reps				
Phase 2: Power		Week 3	Day 1	Day 2	Day 3	Day 4	Week 4	Day 1	Day 2	Day 3	Day 4
Stage 2:	Mini squat, calf raise, mini squat, jump	6 reps					12 reps				
	Skipping with tuck	25 sec					30 sec				
	90° turn jumps	4 reps/way					8 reps/way				
	Jumping alternating lunges for depth	25 sec					30 sec				
	Single leg rebounding	25 sec					30 sec				
	Alternating broad leaps (2-1): forward	5 reps/leg					8 reps/leg				
	Alternating broad leaps(2-1): side to side	5 reps/leg					8 reps/leg				
	Parallel single leg hop, hop (hold landing 5 sec)	5 reps/leg					8 reps/leg				
Phase 3: Performance- Dance Technique		Week 5	Day 1	Day 2	Day 3	Day 4	Week 6	Day 1	Day 2	Day 3	Day 4
Stage 3:	Single leg mini squat, calf raise, mini squat, hop	6 reps					12 reps				
	Hops in '+' pattern (1-1)	25 sec/ side					30 sec/side				
	90° turning hops (1-1)	4 reps/way					8 reps/way				
	Leaping 2-1 to points of compass	4 reps each					8 reps each				
	180° turn jumps (2-2)	4 reps/way					8 reps/way				
	Broad hop (1-1)	4 reps/leg					8 reps/leg				
	Broad jump to vertical with 180° (hold landing 5 sec)	4 reps/way					8 reps/way				

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