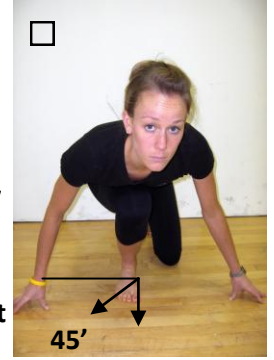


Most movements within our society are flexor based which creates imbalances, and weakness within the lower extremity extensors, therefore dancers tend to get many injuries in these muscle groups. This is compounded by the fact that the cerebral cortex which controls our flexors is a more advanced portion of the brain, while the cerebellum which controls the extensors is a more primitive portion of the brain. These imbalances cause stretch weaknesses, repetitive stress injuries, and imbalances that create dominate muscle groups that overpower weaker muscle groups resulting in someone who is more prone to injuries. The first exercise is to address the stretch position weakness of the tibialis posterior/anterior, and extensor digitorum by shortening the muscle groups and holding it for 1 minute in each position. Do not contract the muscles on the front of you leg, keep them as relaxed as possible. These next stretches are to address the fact that in ballet you are always shortening your calf complex and external hip rotators because every movement is going onto point or an external rotation of the hip.



- 4. Soleus Stretch: Knee must be bent with toes facing wall, 1 min./ 2 x day
- 5. Gastroc. Stretch: Knee must be straight with toes facing wall, 1 min./ 2x day
- 6. Piriformis Stretch: First position to stretch origin, 1 min./ 2 x's / day
- 7. Piriformis Stretch: 2nd position to stretch insertion, 1 min./ 2-3 x's / day



Now we are going to strengthen your under used extensors of the lower leg

- 8. Heel Walk and Duck Walk for Tibialis Anterior/Posterior strengthening, 30 ft up/back/2X day
- 9. Tibialis Anterior/Posterior strengthening: back against wall hold toes up 30sec./3X's/ 1-2X day
- 10. Peroneus Longus Exercise: You Must be upright or leaning backwards, go up onto toes & then pull yourself up. 3 sets of 15/1X



- 11. Plantar flexion exercise without extensor digitorum: Start with foot dorsiflexed and toes extended, then plantar flex foot without pointing toes downward. 3 sets of 15/1X day
- 12. Dorsiflexion exercise without flexor digitorum: Start with foot plantar flexed and toes flexed down, then dorsiflex foot without using toes. 3 sets of 15/1X day

