



# Top 5 Physio Tips for Healthy, Injury-Free Dancing

Hi Dancers!

I'm Grace, a physiotherapist with a dance background and a passion for keeping performers strong, resilient, and injury-free. Here are my top tips and favourite exercises to help you dance your best, stay safe, and recover faster.

## Warm Up Like a Pro

Why it matters: Warming up prepares your body for the demands of dance, reducing injury risk and boosting performance.

Quick routine:

- 2–3 minutes of light cardio (jogging on the spot, skipping rope, star jumps)
- Dynamic stretches (leg swings, arm circles, gentle hip circles)
- Activate key muscle groups (see exercises below!)

## Key Exercises

<b>1) Single Leg Calf Raises</b>	<i>Why: Strong calves support jumps and landings, and help prevent ankle injuries. No one wants to roll their ankle from dancing in heels.</i>	<ul style="list-style-type: none"><li>● Stand tall on one leg</li><li>● Rise onto the ball of your foot, hold for a second, then lower slowly.</li><li>● Aim for 2–3 sets of 12–15 reps per leg.</li></ul>
<b>2.) Single leg Balance</b>	<i>Why: Great for ankle stability, control, and proprioception (body awareness).</i>	<ul style="list-style-type: none"><li>● Stand on one leg, arms out for balance.</li><li>● Make it harder: Close your eyes, stand on a pillow, or rise onto demi-pointe.</li><li>● Hold for 30–60 seconds each side, repeat 2–3 times.</li></ul>
<b>3.) Bulgarian Split Squats</b>	<i>Why: Builds hip stability, glute and quad strength—essential for leaps, turns, and stability on one leg</i>	<ul style="list-style-type: none"><li>● Stand in front of a chair or bench, place one foot behind you on the chair.</li><li>● Lower your back knee toward the floor, keeping your front knee over your ankle.</li><li>● Push through your front heel to return to start. You may have to tilt your body forward slightly so that there's not too much weight through the back leg.</li><li>● 2–3 sets of 8–12 reps per leg.</li></ul>
<b>4.) Bridges and Single Leg Bridges</b>	<i>Why: Glute and core strength protect your back and improve extensions and jumps</i>	<ul style="list-style-type: none"><li>● Lie on your back, knees bent, feet hip-width apart.</li><li>● Press through your heels to lift your hips off the floor. Make sure your back doesn't arch.</li><li>● Progress to single leg bridges: Lift one leg and repeat</li><li>● 2–3 sets of 10–15 reps.</li></ul>

## Extra Tips

### Recover Right

- Cool down after class: gentle stretching, slow breathing.
- Hydrate, refuel, and rest—your body repairs itself when you sleep!

### Red Flags: When to Seek Help

- Swelling, bruising, or pain
- Recurrent injuries or “niggles” that keep coming back
- Any sudden loss of strength or movement



## Ready for the next step?

If you have questions about injuries, pointe readiness, or want a tailored program, I'd love to help! Reach out anytime.

Stay strong, dance smart, and enjoy every step!

– Grace

### About Grace & Encore Performance Health

- Physiotherapy for dancers and performers
- Locations: Coorparoo, Kelvin Grove, Bardon (Brisbane)
- Bookings & info: [encoreperformancehealth.com](http://encoreperformancehealth.com) | [encoreperformancehealth@gmail.com](mailto:encoreperformancehealth@gmail.com)

\*This resource is for education only and not a substitute for individual medical advice. If in doubt, book a consult with a health professional.

# Happy Dancing!



Brisbane, Australia  
[www.encoreperformancehealth.com](http://www.encoreperformancehealth.com)  
[encoreperformancehealth@gmail.com](mailto:encoreperformancehealth@gmail.com)