RETURN TO DANCE

POSITIVE AND NEGATIVE ASSOCIATIONS AFTER PHYSICAL THERAPY TREATMENT

63% returned to >80% of their pre-injury level of dance (with 33% returning to pre-injury level)

FEAR
rated "moderate" or greater was the most commonly reported limitation post injury

COMPLETION OF PT PLAN OF CARE
was associated with improved functional outcomes post injury

Increased time to return to dance when limited by LOSS OF STRENGTH OR FEAR vs. pain or range

NON OPERATIVE MANAGEMENT
resulted in shortened time to return to dance for almost all injuries

Self reported limitations of RANGE OF MOTION & FEAR post injury were significantly more likely to effect return to previous level of dance

FUTURE DIRECTIONS
- Increased importance on psychosocial and psychological aspects of rehabilitation
- Eliminating barrier of fear to return to previous level of function
- Increased advocacy and use of dance specific rehabilitation teams to facilitate care

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