

# THE AUSTRALIAN BALLET

## THE ART OF CALF ENDURANCE

**Musculoskeletal screening**  
was performed on all Australian Ballet dancers in 2003

**Findings:**  
dancers with <25 single leg heel raises (SLHR) reported ankle pain in the previous six months

**Intervention:**  
SLHR (16-24 repetitions) was introduced into ballet class immediately after barre in 2005

**Outcome:**  
a substantial decline in ankle and calf time-loss injuries and only 3 ankle operations since 2005



### 1. SPEED

Slow. 1 second up, 1 second down.

### 2. PARALLEL

### 3. KNEE NEUTRAL

Not bent or hyperextended.

### 4. RANGE OF MOTION

Full pain free range, with optimal control.

### 5. TOES

Long and flat.

### 6. SMOOTH MOTION

### 7. VERTICAL

Avoid rocking forwards.

### 8. GASTROCNEMIUS

Active throughout range.

### 9. ALIGNMENT

Mid tibia aligned with 2nd metatarsal

### 10. NO CALF STRETCHING!

Dancer Lisa Craig The Australian Ballet. Photography Jason Lam