Turning the Tables on Turnout
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Factors Influencing Turnout

Bony factors
- Orientation and depth of acetabulum
- Shape of femoral neck
- Degree of femoral torsion
- Degree of tibial torsion (not shown)

Soft Tissue Factors
- Activation pattern of key muscles
- Capsular and ligamentous restrictions
- Strength of deep external rotators
- Muscle groups that cross the hip (eg. Hamstrings, Glutes)

Technically Correct Turnout
Maximal active hip external rotation range of motion (Hip ER ROM)

Compensated Turnout
Non-hip external rotation achieved through compensation strategies

Functional Turnout
The position of turnout assumed by the dancer

Realistic turnout for individuals must be based on:
- ROM
- Alignment

Compensation strategies include:
- TUCK: Increased posterior pelvic tilt
- SCREW: Increased torsion of the knee
- ROLL: Increased pronation of the foot

'Both the number and severity of non-traumatic injuries were associated with reduced functional turnout but not with hip ER ROM'
(Negus, Hopper and Briffa, 2005)

'Compensated turn out was significantly related to experiencing more than one injury (traumatic and overuse combined) in university level modern dancers'
(van Merkensteijn and Quin, 2015)

Sources: