

# A Review of the Risk Factors for Lower Extremity Overuse Injuries in Young Elite Female Ballet Dancers

Erin Anne Bowerman, M.Sp.&Ex., Chris Whatman, Ph.D., Nigel Harris, Ph.D., and Elizabeth Bradshaw, Ph.D.

## Abstract

The objective of this study was to review the evidence for selected risk factors of lower extremity overuse injuries in young elite female ballet dancers. An electronic search of key databases from 1969 to July 2013 was conducted using the keywords dancers, ballet dancers, athletes, adolescent, adolescence, young, injury, injuries, risk, overuse, lower limb, lower extremity, lower extremities, growth, maturation, menarche, alignment, and biomechanics. Thirteen published studies were retained for review. Results indicated that there is a high incidence of lower extremity overuse injuries in the target population. Primary risk factors identified included maturation, growth, and poor lower extremity alignment. Strong evidence from well-designed studies indicates that young elite female ballet dancers suffer from delayed onset of growth, maturation, menarche, and menstrual irregularities. However, there is little evidence that this deficit increases the risk of overuse injury, with the exception of stress fractures. Similarly, there is minimal evidence linking poor lower extremity alignment to increased risk of overuse injury. It is concluded that further prospective, longitudinal studies are required to

clarify the relationship between growth, maturation, menarche, and lower extremity alignment, and the risk of lower extremity overuse injury in young elite female ballet dancers.

Dance populations suffer a high incidence of lower extremity overuse injuries, particularly adolescent ballet dancers.<sup>1-6</sup> Several potential risk factors for overuse injuries in the adolescent population have been identified, including growth and maturation, the onset of menarche, and lower extremity alignment. Young elite female dancers frequently exhibit delayed onset of maturation and menarche as well as menstrual irregularities,<sup>7-11</sup> and this may increase their risk of injury. Lastly, as the majority of dance injuries occur at the ankle and foot,<sup>12</sup> faulty lower extremity alignment is often proposed as an injury risk factor.

The purpose of this review was to examine the evidence of potential risk factors for lower extremity overuse injuries in young elite female ballet dancers. For the purposes of this review, the term "lower extremity" has been used to refer to the lower half of

the body, including the lumbar spine, pelvis, legs, and feet.<sup>13</sup>

## Methods

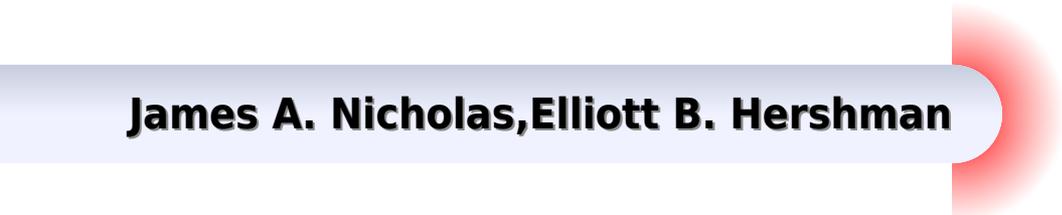
An electronic search was conducted of the SPORTDiscus, Medline (via ProQuest Direct), and Google Scholar databases for articles from 1969 to July 2013 using keywords dancers, ballet dancers, athletes, adolescent, adolescence, young, injury, injuries, risk, overuse, lower limb, lower extremity, lower extremities, growth, maturation, menarche, alignment, and biomechanics. These keywords were used separately and in combination. Reference lists of all retrieved articles were manually checked for additional studies. Exclusion criteria included items that were unavailable in English and in full text, not in a peer reviewed journal or full conference proceedings, and current concept papers. Due to the small number of studies focused specifically on young elite ballet dancers, studies of young non-elite dancers and professional ballet dancers were also included. Thirteen published studies were retained for review after applying the exclusion criteria. With regard to injury, two of these studies were prospective and single cohort, six were longitudinal, and five were cross-sectional. Only five of these studies focused specifically on young elite ballet dancers, while four recruited young non-elite dancers of multiple genres, and the remaining four utilized professional ballet danc-

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# Dancers Guide To Injuries Of The Lower Extremity

**James A. Nicholas, Elliott B. Hershman**



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