



# Injury Prescription Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Your dancer has been diagnosed with \_\_\_\_\_

The following restrictions are in effect from \_\_\_\_\_ to \_\_\_\_\_

## Participation restrictions

- NOT CLEARED to return to any dance activities
- Return to dance WITH NO RESTRICTIONS
- Return to dance WITH RESTRICTIONS (see below)

## Activity restrictions

- No dance competitions
- No dance convention classes (on concrete floors)
- Other: \_\_\_\_\_
- No (ballet/ tap/ mod/ jazz/ acro) classes
- No dance clinics/team (on gym floors)

## Technique restrictions (Techniques dancer CANNOT DO but may mark in choreography)

- Deep-knee bending with feet flat or heels lifting off of floor (grande pliè)
- Heel raises (relevè)
- Going up on toes (en pointe)
- High-kicks/ extreme hip flexion (grande battement)
- Spinal flexion/ extension (back bends, rolling through the spine, etc.)
- Other: \_\_\_\_\_
- Jumps from two feet to two feet (sauté)
- Small jumps landing on one foot (jete/ temps leve)
- Large Jumps landing on one foot (leaps)
- Going to floor on hands and knees
- Putting weight in arms (inversions/hands stands)

## Time restrictions

- Limited to \_\_\_\_\_ hours per day of dance
- Limited to \_\_\_\_\_ days per week of dance
- Other: \_\_\_\_\_

## Other exercise and activity restrictions

- No running
- No aerial or acrobatic work
- Other: \_\_\_\_\_
- No exercise/training other than dance
- No cross-training/yoga/pilates

\_\_\_\_\_  
Physician