

Care for Feet at home on smaller stage

Toe Yoga drill

Short Foot drill

Sneakers on if you are on a hard floor- protect ankles, sesamoids, shins and back!

Warm up in sneakers and transition to dance shoes for the specific dance technique work.

Use your floor at home to do dance specific technique work but get outside to do all the strengthening and mobility work to have more space if needed.

Warmup for Dancers

20-25 min of close ground mobility drills. (10-15x)

1. Ankle Soleus stretch & bend
 - a. Front, outside, inside
2. Hip swings to side 10x's
3. Regular hip swings
4. Lateral squats - parallel feet
 - a. Single lunge
 - b. Add twist to inside
5. Single leg deadlift - 5x's Right, then Left
6. Rib Reaches - across, diagonal front, up over head, back
7. Skaters
8. Planks

Dynamic Stretching

- High Knee Walks
- Quad Walks
- Walking Ankle Cradle
- Walking 1 Leg Deadlift
- Single lunge into single hamstring stretch
 - Alternate across floor

Single Leg Strengthening

3x's a week - weights

- 8 Reps - 1st week
- 10 Reps - 2nd week
- 12 reps - 3rd week

1. Split stance Squat - knee touches down. Majority of weight is in front leg.
 - a. Right, left
 - b. Start with 10lbs only when you get to 12 reps without an issue.
2. Band walks around feet, back and forth. Keep core strong, don't lean.
 - a. 90 seconds
3. Cook hip lift - Ball is pinned between rib and leg of opposite leg.
 - a. 5 seconds, 5x's both sides 2 sets
 - b. Fingertips to heels
4. Plank Saw - forearms
 - a. 8-10 reps going forward and back
 - b. Progress to add taps in front of you - reach and touch something without twisting core.
5. Side plank- work to 30 seconds on both sides. Should feel work in oblique and hips, not lower back.
6. Roll ups (work eccentric)
7. Pushups
 - a. Don't modify right away- do as many reps as you do in unmodified position and then finish with modification.

All of these for warmup do less reps

Plyometrics during dance class

- 3 sets of 5(should take 10 min)
- Do after warmup (total 4-5min) before dance
- Should consist of these 4 elements:
 1. Jump
 2. Hop
 3. Bounding laterals (skaters), bounding leaps
 4. Skips
 - a. Lateral skipping
 - b. Backward runs
 - c. Skip backwards

Plyometrics

- On a different day
- Done separately after a simple warm-up
- About landing properly

Phase I

1. Squat Jumps
 - a. Land and stick it
 - b. Hold 2-3 seconds
 - c. 5-6 reps 2x's
 - d. Be quiet landing. Practice both legs then 1 leg.
2. Forward Jump Both feet
 - a. Sideways
 - b. Repeat with 1 leg
 - c. Stick landings! Hold! Quiet!
3. With step repeat jump off with both legs, repeat with 1.
 - a. 3 sets of 5

Recovery

1. Sleep: 8-10 hours
2. Water: $\frac{1}{2}$ body weight in ounces plus
3. Epsom Salt bath
4. Ice baths: 8 min (cold, burning, achy, numb)
 - a. By 3 min if you are not numb then there is too much ice