

Leg stability through tactile facilitation **Anita Kidritsch, Wien, AT**

Dancers express repeated complaints in their lower legs due to incorrect technical control. Therefore, technical corrections are an important part of physiotherapeutical treatment. In this workshop successful strategies of individual correction will be shared and discussed.

Adding to other, usually mentioned corrections in the literature, the focus will lie on...:

...tactile stimuli medial of the knee and thigh to activate muscles joining in the pes anserinus. This prevents hyperextension and assists to raise the foot (supposing the base of the big toe stabilizes on the floor). A similar strategy is promoted as part of the concept of "Spiraldynamik". Tactile correction is particularly required on the middle of the way to and from relevé or pointe work, ideally in combination with tactile facilitation of the tibialis posterior muscles. If not performed correctly, hyperextension and activity of the tibialis anterior muscle will be seen.

...tactile stimuli under the little toe, especially in cases of rolling in or foot arch instability. This correction assists the tibialis posterior muscle and the turnout muscles of the hip, ideally in combination with the previous correction and supplemented by facilitating the short outer rotators. If performed correctly, the big toe base will be stabilized on the floor, the lower thigh will rotate inwards and the upper thigh will rotate outwards.

Furthermore, dance specific treatment techniques may be shown and discussed, for example...:

... a simple treatment of the plantar fascia adjusted for dancers by performing it as part of a stretch of the short flexor hallucis brevis, providing rapid relief in cases of complaints in the midfoot area, which are usually perceived dorsally and result from hard floors and frequent numbers of relevé, pointe work or jumps as well as from technical errors described above.

These three physiotherapeutic techniques are going to be discussed in the context of anatomical-functional relationships.

Kurzbiografie des ersten Autors: FH-Prof. Anita Kidritsch, MSc is a physiotherapist, employed at the Multiple Sclerosis Day Care Center Vienna and freelancer in the care of dancers since 2009. She completed her Master of Science in Physiotherapy in 2011, focusing on Evidence-Based Physiotherapy, Motor Learning, and Physical Therapeutic Treatment Strategies for Pain. She has been a lecturer at the University of Applied Sciences St. Pölten since 2013.