

Title:

Ballet Can Avoid Common Foot Injuries

Word Count:

495

Summary:

Many of the common foot injuries sustained by ballet dancers can be prevented, and treated, by

Keywords:

Ballet

Article Body:

dancers will complain of some foot injury at some stage in their training, and professional ba  
The truth is that many common foot and ankle `injuries` occur as a result of poor ^intrinsic~

Weakness in the intrinsic foot muscles and overuse of the extrinsic muscles will also result i

In many other sports, orthotic devices may be worn in the footwear required that will help sta

With correct strengthening combined with gentle stretching however, many of these `chronic` in

Often ballet teachers find the specifics of training the foot strength needed for pointe work

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