

Title:

Dealing with Bunions En Pointe

Word Count:

810

Summary:

Many girls who start on pointe are scared that they will get bunions from doing pointe work. I

Keywords:

Bunions, Pointe, Dance, Ballet, Lisa Howell, Exercises

Article Body:

Many girls who start on pointe are scared that they will get bunions from doing pointe work. F

People usually say that they have a bunion if they start getting a lump out at the base of the

A `real` bunion is when the end part of the big toe begins to angle in towards the other toes,

Several things are often present in the physical examination of a dancer with bunions.

1) Often she has quite mobile feet but tends to overturn the feet in first and fifth positions

2) She may have good turnout range, but may not have the strength to use it in standing and wh

3) If this is the case, when she is standing the rolling in of the feet puts pressure on the i

4) If she has good turnout range she often walks with the feet slightly turned out, and rolls

5) The muscles that support her arch are usually too weak to support the foot, and especially

6) There is often an isolated restriction in mobility between the top end of the first metatar

7) If there is reduced mobility of the big joint when attempting to go onto demi pointe, this

8) The metatarsal of the big toe is often rotated in, and angled out away from the second meta

9) She may demonstrate poor pelvic stability, with the thigh, knee and foot rotating inwards w

Depending on how many of the above points are true for the dancer, she should commence a serie

The dancer with bunions often needs mobilization of the mid foot to help re align the toe corn

Any padding should be in a donut configuration so as to distribute the pressure to the area ar

Having a family history of developing bunions is not a barrier to commencing pointe work; howe

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>