A close-up of a logo

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Criteria to initiate program:

* Proper alignment and eccentric control with bilateral and unilateral closed chain movements.
* Single leg single hop test and single leg press >70% on Limb Symmetry Index.

Key notes:

* Perform program on every other day basis to allow for 24-48 hours recovery time.
* Perform each phase for 2-3 sessions before moving on to next phase- move to next phase once able to complete with proper mechanics, good strength, and without symptoms.
* Athletes will progress at different rates through the program dependent upon confidence, degree of inflammation, severity of injury, age, and type of surgical intervention. Pain and swelling are the best guides to determining tolerance at each phase and whether an athlete should progress to the next step. Progression through the phases is combined evaluation and guidance of rehab provider and coach.
* Setbacks are common during return to sport progressions and sound judgment should be used regarding an extra rest day(s) or regressing back to prior phase if pain and swelling are problematic.
* Continue with strengthening exercises 2-3 times a week while progressing program- strengthening exercises may overlap days of program and be performed after program; however, must have one complete rest day per week.
* Active warm-up in class to initiate each session with cooldown following. Ice for 10-15 minutes following session as pain and swelling dictate.

Phase I:

* Begin partial class time at 50% effort: 50% speed, 50% volume
* Begin barre exercises
  + First and second position: demi plies, tendus, ron de jamb, fondu
  + Avoid releves
* Progress from barre to center if able to maintain proper form and alignment
* Mental practice of full dance routine, attend rehearsals to watch

Phase II:

* Progress to 75% effort: 75% speed, 75% volume
* Return to full barre
  + Positions: first and second, progress to third, progress to fourth, progress to fifth
  + Double and single leg: plie, tendu, fondu, degage, rond de jamb, grande battement, releves (not on pointe)
  + Progress demi to grande as tolerated
* Return to center floor
  + Begin “adagio” (slow) combinations and moderate tempo
  + Avoid “allegro” combinations (little or big jumps in center or across the floor)
* Pirouette progression
  + Prepare into no turn, progress to quarter turn, progress to half turn, full turn, progress to 2, progress to 3, etc.

Phase III:

* Progress to 100%: full speed and full volume
* Unrestricted barre warmup
* Return to center floor and across the floor routine with “marking” 75% progressing to 50%
  + Progress in 15 minute increments
  + Progress to faster, larger movements (petit, grande, allegro)
  + Gradual increase in size/height of jumps/leaps
  + Progress to fouetté with dance teacher instruction as tolerated
* Gradually return to pointe ballet dancing
  + Increase time in pointe class in 10 minute increments
* On-the-floor combinations as tolerated

Phase IV:

* “Marking” in dance and rehearsals progressed from 50% to 25%
* Progressive return to choreography rehearsals at 100% effort when able to participate in marking <25% of time in all classes

Phase V:

* Full participation in rehearsal for 2-3 weeks prior to performance or competition