



# IMG PHYSICAL THERAPY

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| Injuries                     | Signs and Symptoms   | Risk Factors   |
|------------------------------|--|--|
| Hip Impingement              | <ul style="list-style-type: none"> <li>• Pain or Stiffness in the Groin or Front of Thigh</li> <li>• Increased Pain with Bending of the Hip or Waist</li> </ul>                          | <ul style="list-style-type: none"> <li>• Increased Twisting of the Hip</li> <li>• Abnormal Shape of the Femur and Hip</li> </ul> |
| Patellofemoral Pain          | <ul style="list-style-type: none"> <li>• Pain at the Front of the Knee and Around the Kneecap</li> <li>• Increased Pain During Stairs, Kneeling, or Squatting</li> </ul>                 | <ul style="list-style-type: none"> <li>• Continuous Jumping</li> <li>• Muscle Imbalances/Weaknesses</li> </ul>                   |
| Sprains/Strains              | <ul style="list-style-type: none"> <li>• Pain</li> <li>• Decreased Range of Motion</li> <li>• Swelling</li> <li>• Bruising</li> </ul>  | <ul style="list-style-type: none"> <li>• Jumping</li> <li>• Changing Direction Quickly</li> </ul>                                |
| Stress Fractures             | <ul style="list-style-type: none"> <li>• Pain that Worsens Over Time and Relieves with Rest</li> </ul>   | <ul style="list-style-type: none"> <li>• Increased Amount of Dancing or Jumping Motions</li> </ul>                               |
| Achilles Tendonitis          | <ul style="list-style-type: none"> <li>• Ache in the Heel after Activity</li> <li>• Worsening Pain with Increased Activity</li> <li>• Stiffness or Tenderness of the Achilles</li> </ul> | <ul style="list-style-type: none"> <li>• Overuse</li> <li>• Increased Amount of Dancing or Jumping Motions</li> </ul>            |
| Trigger Toe (Ballet Dancers) | <ul style="list-style-type: none"> <li>• Locking of the Toe</li> <li>• “Clicking” or “Catching” of the Toe</li> </ul>  | <ul style="list-style-type: none"> <li>• Irregular Movement of the Toe</li> <li>• Pointe or Demi-Pointe Positions</li> </ul>     |

- Take rests as needed
- Listen to your body – if you feel any pain, take a break from dancing and let yourself recover
- Use braces and wraps as needed to assist with recovery and provide with additional support

### PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Video # XVB87Y3ZC



**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

### HIP FLEXOR STRETCH 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.



**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

### HAMSTRING STRETCH - SUPINE

While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.

Video # XVWCKSSPW



**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

### QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold the top of your foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Video # XVGGVZNFb



**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

### CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Video # XVU46692L



**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

### EXTENSION OF TOES

Extend the affected toe and hold for 30 sec, 3 times

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### SPEED SKATER DRILL

Hop side-to-side landing on one foot. Swing arms alternately to assist with momentum.

Increase height and or speed for progression.

Decrease speed and take away hopping if pain.

Video # XV452B4LA



**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

### Clamshells

Lay completely flat on your side. Hips and knees should be bent a little less than 90 degrees. Roll hips and shoulders forward. Keep feet together and gently lift knee towards ceiling without rolling backwards. Hold 1-2 seconds and lower knee down. Should feel this working in the side of the hip/butt region.

You can add a band for additional resistance.

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Step Ups

Using the bottom step of your stairs, step up with your affected leg followed by your unaffected leg. Step back with your affected leg followed by your unaffected leg.

**Repeat** 15 Times  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Single Leg Balance

Stand near a stable surface, such as the kitchen sink. Hold on and raise one foot in the air. Attempt to balance on one leg by trying to take your hands away from the surface.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### TOE SCRUNCH WITH DOWEL

While seated, use a dowel or broom stick surrounded by a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

**Repeat** 15 Times  
**Complete** 2 Sets  
**Perform** 1 Times a Day





### SHORT ARC QUAD - VASTUS MEDIALIS - SAQ - VMO

Place a rolled up towel or object under your knee. Position your leg rolled out to the side. Your foot should be pointed out to the side at about 45 degrees.

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



Begin by slowly straightening your knee as your raise up your foot. Lower back down and repeat.

Video # XVR3V9HTM



### ANKLE ABC's

While in a seated position, write out the alphabet in the air with your big toe.

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



Your ankle should be moving as you perform this.

Video # XVD5UUVKV

