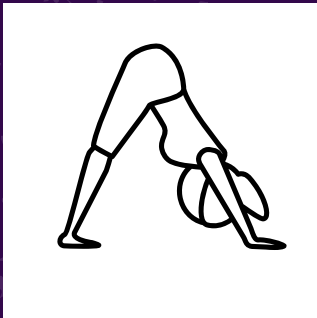


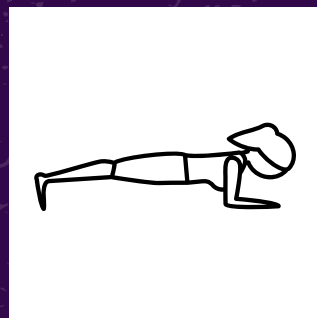
COMMON EXERCISES NEEDED IN A PERFORMERS ROUTINE

These are generalized recommendations for injury prevention for performers. If you would like to know what exercises are right for your specific body, see a physical therapist.



Thoracic Mobility

This area is commonly stiff, which results in other parts of the body working harder to make up for the lack of mobility. For anyone with low back pain, getting movement in this area will likely result in a reduction of pain.



Deep Core Activation

The deep core muscles that need to activate before movement the body protect the spine. This is not a simple thing to achieve and it would be best to obtain this goal with a trained professional.



Glute Strength

The butt muscles are significantly underutilized in the performer population, resulting in injuries in the low back, hips, knees, and ankles. Work towards getting your glutes to be as strong as Superman.



Ankle Stability and Mobility

Lateral ankle sprains are amongst the top injuries in performers, especially dancers. Obtaining movement where the ankle is lacking and stability is key to prevention as well as improved performance.