

## Getting Back in the Studio

It's time to go back to dance! You are probably itching to get back in the studio, but before you arabesque, pirouette, and jété your hardest, here's what you should know:

Our bodies are designed to adapt to gradually increasing stresses. In dance you can think of these stresses in terms of the effort of individual movements or the amount of time you dance each week.

Our bodies don't do so well when we throw too much at them too soon. If our tissues aren't conditioned to meet the demand we place on them, they break down and we are left with pain and injury – not the best way to start the season.

Your teachers should increase the challenge of your classes at an appropriate pace. Here are some other simple things you can do to prevent early injury:

### 1) Be patient

Things may not feel quite as easy as you remember at the end of last year. Try not to feel frustrated if your kicks aren't as high or your balance isn't as on as you know it can be. Expect to take a couple of weeks to get back to your 'normal'.

### 2) Listen to your body

That dull muscle soreness that hits a day or two after a tough class is okay (this is a sign your body is making new muscle). A pain that makes you wince or have to change how you move is not. If this happens during dance, stop and lessen the intensity or take a rest. Be sure to let your teacher know what's going on.

### 3) Hydrate and fuel well

Check out our summer newsletter for information on hydration. Fuel plays a role in giving you energy to dance as well as make new tissue when strengthening or healing. Remember if you're growing, your body needs even more energy!

### 4) Breathe

Part of the process our body uses to make energy requires oxygen coming in – breathing gives you power! Holding your breath while dancing leads to a habit of over-gripping your muscles which causes pain, restricted movement and fatigue.

### 5) Condition/cross train

Other forms of exercise and different styles of dance are great because they get your body moving in different patterns. They reduce repetitive strain and make you a well-rounded dancer. Spending time outside the studio on conditioning exercises is also an excellent way to prevent injury and improve your technique.

For more information and ideas on how to condition your body to handle the challenges of dance give us a call or visit our website to book an appointment with **Taylor McCabe**.

