

Wellbeing Writing with Hannah Emmett

Dancing Through the Pain: Understanding Dance Injuries, Chiropractic Care, and the Nervous System

Hannah Emmett is a dance-specialist Doctor of Chiropractic based in London, and listed on the One Dance UK Healthcare Practitioners Directory. She has a strong dance background and has benefitted firsthand from chiropractic care since the age of 19. For Hannah, chiropractic support was essential to complete her dance exams such as the Grade 8 RAD (back in the late 90's). Hannah is passionate about chiropractic and now helps others to regain better body function and to avoid injury. She invites you to explore how chiropractic can help you, your nervous system, and your dance.

INTRODUCTION

Dance, a superb blend of artistry and athleticism, often demands rigorous physical effort, pushing the body to its limits. From graceful pirouettes to powerful leaps, dancers face a lot of challenges, including the risk of injury.

Dance injuries can occur for reasons including overuse, improper technique, insufficient warm-up, and not enough recovery time. These injuries can range from minor strains and sprains to more severe issues like stress fractures and ligament tears. **While dancers may have incredible flexibility and strength, they are not immune to the toll that repetitive movements and intense training can take on their bodies.**

HOW CAN CHIROPRACTIC APPROACHES HELP US TO UNDERSTAND DANCE INJURY?

One important aspect of understanding dance injuries lies in recognising the intricate connection between the musculoskeletal system and the nervous system. The nervous system plays a vital role in coordinating movement, passing signals from the brain to the muscles and back again. Any disruption or dysfunction within this system can impact a dancer's ability to perform optimally and increase the risk of injury.

Chiropractic care offers a rounded approach to addressing dance-related injuries by focusing on restoring proper alignment and function to the musculoskeletal system, thereby relieving pain and improving overall wellness. Chiropractors are trained to identify misalignments, known as subluxations, within the spine and extremities that may be contributing to a dancer's discomfort or decreased performance. Through manual adjustments, chiropractors can realign the spine and joints, relieving pressure on nerves and restoring optimal nerve function.

AS A CHIROPRACTOR, ARE THERE CERTAIN INJURIES YOU FIND COMMON AMONGST DANCERS?

One common dance injury that chiropractors regularly encounter is lower back pain, often due to the repetitive movements and extreme positions demanded by certain dance styles. These movements can lead to misalignments in the lumbar (lower) spine, compressing the nerves and resulting in pain, stiffness, and reduced mobility. Chiropractic adjustments aimed at correcting these misalignments can provide a lot of relief and help dancers regain their flexibility and range of motion.

Additionally, chiropractors can address other issues commonly experienced by dancers, such as hip pain, knee injuries, and ankle instability. **By addressing the underlying biomechanical imbalances and restoring proper joint function, chiropractic care can help prevent future injuries and promote faster recovery times.**

CAN CHIROPRACTIC CARE FOR DANCERS PLAY A PART IN INJURY PREHAB AS WELL AS REHAB?

Chiropractic care can benefit dancers beyond injury treatment. Regular adjustments can help improve proprioception (the body's awareness of its position in space), improving balance, coordination, and overall performance. By optimising nervous system function, chiropractic care can also help with faster reflexes and more efficient muscle recruitment, allowing dancers to perform movements with greater precision and control.

Incorporating chiropractic care into a dancer's wellness routine can help with their longevity and success in the field. By prioritising spinal health and nervous system function, dancers can minimise the risk of injury, improve performance, and prolong their careers. **Ultimately, by embracing a holistic approach to healthcare that addresses the interconnectedness of the body's systems, dancers can continue to pursue their passion for movement with confidence and vitality.**

MORE INFORMATION:

- [Hannah Emmett – Healthcare Practitioners Directory](#)
- [Hannah Emmett's private practice – Anttz Family Chiropractic](#)
- [Which Practitioner do I need? – Chiropractic](#)

