

Dance following a concussion

Dance is a **low-risk activity** for concussion compared with contact and ball sports. Most training and performance is controlled, non-contact, and predictable. Concussions in dance usually occur through:

- **Falls** during jumps, spins, or acrobatic moves.
- **Partner lifts** where balance or timing is lost.
- **Accidental collisions** in group choreography.

Because of this, many dancers can progress through the RTS pathway smoothly, and in some cases **an earlier return to training or performance may be acceptable** once symptoms have fully resolved. However, safe reintroduction of balance, rhythm, and complex choreography is still essential.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training. Focus on fitness</p> <p>Dance specific exercise</p> <ul style="list-style-type: none"> - Barre/floor basics (pliés, tendus, extensions). - Simple choreography walk-throughs at reduced tempo. - Controlled turns and jumps (no acrobatics or partner lifts).
<p>R2P Medical Assessment to assess fitness to start a Gradual Return to Sport Earlier return to “full activity” may be acceptable at this stage if activities are low-risk.</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Dance training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Full choreography at performance tempo. - Spins, leaps, and directional changes under control. - Group work with spacing and timing practice. - Partner drills (non-lifting). <p>If remains well, progressing to:</p> <ul style="list-style-type: none"> - Partner lifts, aerial/acrobatic moves. - Full group choreography at stage/performance intensity. - Performance with lighting, noise, and audience conditions.
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom	Return to full competitive Dance



free during previous
stage

