

NAME: _____

PERIOD: _____

MISALIGNMENTS AND MUSCULAR IMBALANCES COMMON IN DANCE

Choose **THREE** common misalignments/muscular imbalances, such as: pronation of the tarsus, variance in leg length, tight hip flexors, flat feet, lumbar lordosis, scoliosis, pectoralis minor syndrome, hyperextended or hyperflexed knees, etc. Research what causes these misalignments/imbalance, and how to correct or manage them. Fill out the form below. **Worksheet due no later than December 6th.**

1st Misalignment/Muscular Imbalance: _____

1. Summary/Description of this misalignment/muscular imbalance (What is it? What causes it? Is this problem changeable?)

2. How can this misalignment/muscular imbalance be corrected or managed?

2nd Misalignment/Muscular Imbalance: _____

1. Summary/Description of this misalignment/muscular imbalance (What is it? What causes it? Is this problem changeable?)

2. How can this misalignment/muscular imbalance be corrected or managed?

3rd Misalignment/Muscular Imbalance: _____

1. Summary/Description of this misalignment/muscular imbalance (What is it? What causes it? Is this problem changeable?)

2. How can this misalignment/muscular imbalance be corrected or managed?

Conclusion: What are you going to do with this information to help you in dance/physical activity? _____

