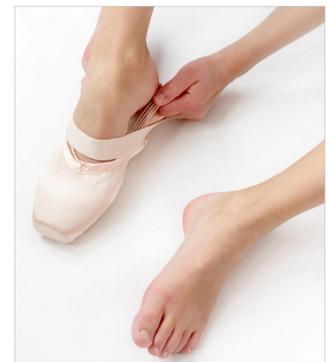


DANCE INJURIES

Why Do You Get Dance Injuries?

- Dance is primarily a performance art but it is also a physical discipline that exposes the body to training loads comparable to those of an athlete.
- Most dance injuries are a result of overuse and tend to be recurring.
- Prevention or early treatment of injuries is important to reduce disruption to your training schedule.



Common Types of Dance Injuries

Find out more about the different types of dance injuries and how you can prevent them by scanning the QR code.



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

Department of Orthopaedic Surgery
PECC-ORT-ED-2025-2070-v2

© Tan Tock Seng Hospital, Singapore 2026. All rights reserved. All information correct as of February 2026. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.