



JHSE

JOURNAL OF HUMAN SPORT AND EXERCISE
University of Alicante



Universitat d'Alacant
Universidad de Alicante

Home
Tea

F
Tea

Editorial
on

Submissions

JHSE

• [Current Issue](#)

• [Back Issues](#)

• [Most recent articles](#)

• [Index](#)

• [Advertisement](#)

ARTICLE TOOLS

 [Print this article](#)

[article](#)



[Indexing metadata](#)



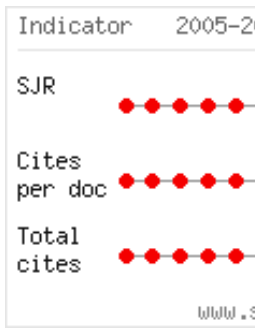
[How to cite item](#)



[Finding](#)

- Co
- Sit
Ma
- Ab
- Lir

**GOOGL
TRANS**



References



Review

policy

✉ Email

this

article

(Login

required)

✉ Email

the

author

(Login

required)

**FONT
SIZE**

Browse





CURRE ISSUE

ATOM 1.0

RSS 2.0

OPEN JOURN SYSTEM

By
Issue

By
Author

By
Title

Search

All

Search

USER



Username

Password

€

Remember

me

Log In

[Announcements](#)

[Home](#) > [Vol 8, No 3 \(2013\)](#) > [Malliou](#)

Dance aerobic
instructors' injuries
in relation to external
risk factors, part II

Paraskevi Malliou, Stella Rokka,

Georgios Tsiganos, Savvas

Mavromoustakos, Georgios

Godolias

[Abstract](#)

Dance aerobic instructors guide, organize and entertain all aerobics classes suffering, thus, from a number of frequently appearing injuries. The purpose of this study was to examine the musculoskeletal injuries in professional female dance aerobic instructors in relation to external factors such as frequency of participation per day or week, intensity of exercise, the type of aerobic dance, the footwear or the equipment used generally. The sample constituted of 273 female aerobic instructors who were educated in public and state colleges of physical education and sports in Greece. The most important external factors that influence injury appearance were the excessive working hours per day and per week, the mixed and

high intensity classes, the different dance aerobic styles, the resilient floor and the inadequate shoes. In conclusion, the present study, in order to eliminate the external injury factors, suggests that dance aerobic instructor should not work for more than three hours a day or more than six hours a week, not participate in a variety of different dance styles, use proper footwear and work on a wooden floor. Finally, further research is needed to monitor all these innovations and the incidence and nature of injuries that are associated with them and to inform instructors of injury prevention developments.

Key words: hours a day,
intensity, dance style,
equipment, dance aerobic
instructors

References

REFERENCES

Baitch, S.P. (1987). Aerobic dance injuries: A Biomechanical Approach. *JOPERD*, May / June, 57- 58.

Byhring, S., & Bo, K. (2002). Muscular skeletal injuries in the Norwegian National Ballet, *Scand J. Med. Sci Sports*, 12, 365-370.

Cheung, R., Gabriel, Y., Chen, B. (2006). Review Article: Association of Footwear with Patellofemoral Pain Syndrome in Runners. *Sports Medicine*, 36 (3), 199-205.

Du Toit, V., & Smith, R. (2001). Survey of Aerobic Dance injuries to the lower extremity in aerobic instructors. *Journal of the*

American Podiatry Medicine
Association, 91(10), 528-532.

Du Toit, V., Gilleard, W., &
Smith, R. (1999). Lower
extremity injuries in aerobic
dance: Is low impact less
harmful than high impact?
(Abstract). 5th 10C World
Congress on Sport Sciences with
the Annual Conference of Science
and Medicine in Sport, Sidney.

Douglas, R., Kelso, S., & Bellvei,
P. (1985). Aerobic dance
injuries: A retrospective study of
instructors and participants.
Physical Sports Medicine, 13(2),
130-140.

Dragoo, J.L., Braun, H.J. (2010).
The Effect of Playing Surface on
Injury Rate: A Review of the
Current Literature [Review].
Sports Medicine, November 40
(11), 981-990.

Farrington, T., & Dyson, R.J.

(1995). Ground reaction forces during step aerobics. *Journal of Human movement Studies*, 29, 89-98.

Garrick, J.G., & Requa, R.K.

(1988). Aerobic Dance: A Review. *Sports Medicine*, 6, 169-179.

Harnischfeger, H., Raymond, C.,

Hagerman, C. (1988). Incidence

of injury following high and low impact aerobics versus running.

Medicine Sciences in Sports and Exercise, 20(2 Suppl.): 88S.

Janis, L.R. (1990). Aerobic

Dance Survey: a study of high-

impact versus low-impact

injuries. *Journal of the American*

Podiatric Medical Association, 80

(8), 419- 423.

Komura, Y., Inaba, R., Fujita, S.,

Mirbod, S.M., Yoshida, H.,

