Survey of the Effects of Aerobic Dance on the Lower Extremity in Aerobic Instructors

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The rate of aerobic dance injuries has been high for two decades. To determine the types of lower-extremity injuries to aerobic instructors, a questionnaire was sent to 18 fitness centers in the Sydney, Australia, metropolitan area requesting information on the number and types of injuries, frequency of activity levels, footwear worn, and treatments sought. The reported rate of injury was 77%. The leg was the most common site of injury, reported by 52.9% of respondents, followed by the foot and ankle (32.8%), and the knee (20%). These figures are comparable to previous studies. Further investigation is warranted into causes and preventive measures, and information on the kinetics and kinematics of the lower extremity may increase understanding of the incidence of lower-extremity injuries to aerobic instructors and participants. (J Am Podiatr Med Assoc 91(10): 528-532, 2001)
Training Effects of Land Aerobic Exercise on Oxygen Consumption. Many studies, however, have found that dance aerobic training elicits a significant improvement in VO2 max (McCord, Nichols, & Patterson, 1989; Parker, Hurley, Hanlon, & Vaccaro, 1989; Williford, Blessing, Barksdale, & Smith, 1988; Blessing, Wilson, Puckett, & Ford, 1987; Dowdy, Cureton, DuVal, & Ouzts, 1985; Milburn & Butts, 1993; Vaccaro & Clinton, 1981), whereas few studies have examined the training effects of water aerobics. Exercise at a lower heart rate lessens the stress on the heart which may be beneficial for cardiac patients. Among possible interventions, aerobic training is well known to enhance cardiovascular and motor functions but may also induce beneficial effects on cognitive functions. To assess the effectiveness of aerobic training on cognition, it seems necessary to know whether training promotes the neuroplasticity in brain areas involved in cognitive functions. In the present review, we first explore in both human and animal how aerobic training could improve cognition after stroke by highlighting the neuroplasticity mechanisms. Then, we address the potential effect of combinations between aerobic training and... It is now recognized that aerobic training stimulates the positive plasticity of the aging brain. Aerobic exercise can help people with asthma lessen both the frequency and severity of asthma attacks. You should still talk to your doctor before beginning a new exercise routine if you have asthma, however. They may recommend specific activities or precautions to help keep you safe while working out. Even short sessions of aerobic exercise are enough to reap the benefits. ADVERTISEMENT. Start a custom weight loss program. Recent papers in Effects of Aerobic Exercise, Strength Training and Combination of Aerobic and Strength Training on Body Composition. Papers. People. A study conducted with the objective to test the effect of six weeks step aerobic training on selected kinetic (Ground Reaction Force) and Kinematic (Temporal) variables of female. The study was delimited to female subjects only (N=16), more. Dansesport, the competitive branch of ballroom dancing, places high physiological and psychological demands on its practitioners, but pedagogical resources in these areas for this dance form are limited. Dansesport competitors could benefit from strategies used in other aesthetic sports. @article{Vetter1985AerobicDI, title={Aerobic Dance Injuries.}, author={William Laughlin Vetter and David L Helfet and...
Kevin A. Spear and Leslie S. Matthews, journal={The Physician and sportsmedicine}, year={1985}, volume={13 2}, pages={114-20}. The authors used three-phase radionuclide scintigraphy to evaluate some of the injuries and prescribed balanced orthoses for the management of pain related to lower extremity malalignment. Most of the injuries occurred when people began exercising vigorously after a period of inactivity. View on PubMed. doi.org. Save to Library.