



Incidence of muscle skeleton injuries in the Pole Dance practitioners

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Abstract

Pole Dance is a physical activity, which involves music, motor coordination, movements from dance and gymnastics. Due to some of these characteristics inherent to all of the body practices and sport practices, as of movement repetition, volume, intensity, train charge, the regular practice of pole dance can cause lesions. This study aimed to identify the most common injuries originated from the pole dance practice. A quiz, adapted to the pole dance activity was applied to 30 Pole Dancers (PD) who practice this activity for at least 12 months, average age 28.5 years old. Through the analysis of the answers obtained, a profile that repeats itself was identified in the injuries reported: 65% have already hurt themselves during a pole dance training session, and the upper limbs are the most affected by the injuries.

Key words:

Dance, Muscle skeleton lesion, pain, Upper limbs.

Introduction

Pole Dance is a physical activity which involves music, motor coordination, movements from dance and gymnastics.

All of the pole dancers can suffer injuries due to the pole dance practice, mainly muscle skeleton. This study aimed to identify the most common injuries originated from the pole dance practice. The following data are from questionnaire applied to pole dancers who have been practicing pole dance for at least 12-month.

Results and Discussion

All pole dancers can suffer from any kind of injury, from the pole dance practice, mainly muscle skeleton injuries. The following data are from the questionnaire applied to 30 pole dancers who have been practicing pole dance for at least 12 months. The referred study was approved by the Unicamp ethic committee and then it was applied during the first semester, 2019.

As per the responses, more than 50% - actually 65% of the interviewed PD have already suffered one or more lesions during the practice of this activity.

The lesions seem to vary according to the time of practice: the longest the time of practice, the highest the relation to the occurrence of lesions. While in the group of the PD with a 12-month-average of practice, 25% have already hurt themselves during a pole dance training session, the number for the ones with a 61-month-average of practice is higher: 86%. Which can indicate the importance of careful progression of the training and the development of the PD, in order to assure a healthy practice.

Also according to the responses, it is possible to identify some patterns in the injuries, as in upper limbs being the part of the body which are the most commonly hurt, highlighting shoulders and elbows, although some injuries are shown on the legs and hips as well.

The average time all of these PD have been practicing pole dance is 43.8 months. Among them, 43.47% have had some injury on the upper limbs, shoulders, elbows, while this number decreases regarding the lower limbs: 30.43% from the reported injuries were on the legs, hips. Pain on the limbs was also related in the answers: 56.5% PD complained about feeling pain in the interval between the training sessions and 39% related pain during the Yet, 47.8% of them reported they have deviation of spine,

but don't know if this is due to pole dance stretching needs.



Image 1. Pole dance static pose.

Conclusions

The occurrence of injuries in Pole Dancers could have a some relation with the time of the activity practice, the longest time of practice, the more injuries were reported. According to these results we can conclude that is very important to plan carefully all of the pole dance training sessions, since the very beginning of the initial phase until the advanced training, in order to better prepare the PD bodies and avoid as much as possible the lesions.

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¹ Curtis, M. D.; Shiu, K.; Butler, W. M. e Huffmann, J. C. *J. Am. Chem. Soc.* **1986**, *108*, 3335.