



14<sup>th</sup> International  
Conference of Arts  
Researchers

# WOMEN and ARTS



ABSTRACTS

5-6  
July

TBILISI 2021



**Tengiz Verulava,**  
MD, PhD, Professor  
School of Medicine and Healthcare Management,  
Caucasus University, Tbilisi, Georgia

**Ketevan Tvalavadze,**  
MS, Researcher  
School of Humanities and Social Sciences,  
Caucasus University, Tbilisi, Georgia

## **HEALTH PROBLEMS OF PROFESSIONAL BALLET DANCERS**

Ballet is a professional activity that places risky physical and psycho-emotional demands on the human body. The goal of this study was to evaluate health-related problems among ballet dancers. Within the qualitative study, in-depth interviews were conducted with ballet dancers at the State Ballet of Georgia. Participants' mean age were  $23.4 \pm 3.5$  years, the average BMI -  $21.2 \pm 2.2$ . Dancers had spent  $20.2 \pm 7.4$  years studying dancing professionally. On average, they spent  $8.5 \pm 5.8$  hours in class and  $16.2 \pm 11.6$  hours in rehearsal. Most injuries were related to ankle/feet (16%), knee (60%) and neck (13%). The most risk factors for incurring pain and injury included overuse (19%), previous injury (11%), and fatigue (11%). Of the injured dancers, 80% chose to seek medical attention. Mostly they visit traumatologists (40%) and physiotherapists (30%). The biopsychosocial condition of ballet artists is affected by physical workload, high risk of injuries, as well as constant stress. The result suggests high prevalence and recurrence of dance injuries. Ankle/feet, knee and neck are especially risky topological areas for injuries as particularly big pressure is placed on the feet and ankle joints. The majority of respondents seek advice from medical specialists rather than family physicians. It is necessary

to prevent injuries and stress through raising awareness. A team of professionals (family physician, orthopedist, psychologist, nutritionist, endocrinologist, physical therapist, nurse) is needed to prevent injuries. Family doctors should pay more attention to promoting a healthy lifestyle during the consultation with ballet dancers.

**Key words:** ballet dancers, health of dancers, health risks, stress, injuries