

## **DANCE CROSS TRAINING WITH TRIPLANAR FUNCTIONAL MOVEMENT**

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### **SQUATS**

1. Make it triplanar
  - a. Sagittal – staggered stance
  - b. Frontal – narrow and wide stance
  - c. Transverse – turned in and turned out stance
2. Add dance-specific variables – perform all foot positions in forced arch

### **REACHING** - Perform with hand weights

1. Make it triplanar – perform 6 way reaches starting from shoulder level and reaching up and out
  - a. Sagittal – reach forward, alternating arms; reach backward, alternating arms
  - b. Frontal – reach out, alternating arms; reach overhead with sidebend, alternating arms
  - c. Transverse – reach out to back corner, alternating arms; reach across to opposite corner, alternating arms
2. Add dance-specific variables
  - a. Perform the sequence in single leg stance
  - b. Perform the sequence in half kneel

### **SINGLE LEG BALANCE**

- single leg squat with reaching leg driving triplanar variability

1. Make it triplanar
  - a. Sagittal – gesture leg reaches forward and backward
  - b. Frontal – gesture leg reaches out laterally, and then crosses behind stance leg
  - c. Transverse – gesture leg reaches open to back corner, and then across to front corner
2. Add dance-specific variables – add releve in between each squat

- triplanar hip hinge with hands and gesture leg reaching in opposite directions

1. Make it triplanar
  - a. Sagittal – gesture leg reaches forward and backward; upper body leans in opposite direction of leg
  - b. Frontal – gesture leg reaches out laterally, and then crosses behind stance leg; upper body leans in opposite direction of gesture leg
  - c. Transverse – gesture leg reaches open to back corner, and then across to front corner; arms reach towards opposite direction of gesture leg
2. Add dance-specific variables – perform the sequence on demi-point (or with heel elevated by towel or mat)

### **PLANK**

1. Make it triplanar
  - a. Sagittal – drive the hips forward and backward
  - b. Frontal – drive the hips side to side
  - c. Transverse – rotate the hips side to side
2. Add dance-specific variables – perform the sequence on one arm, with reach arm driving in the same direction as the hips

**LUNGES** - Tweaking arms movements with lunges helps us to explore the endless possibilities of movement

1. Make it triplanar
  - a. Sagittal – lunge forward
  - b. Frontal – lunge out to the side
  - c. Transverse – lunge to the back corner with lunging leg externally rotated
2. Add dance-specific variables – sidebend away from lunging leg and/or return to single leg balance in between each lunge

### **JUMPING**

1. Make it triplanar (jumping on 2 feet, in parallel squat position)
  - a. Sagittal – jump forward and then back to the start position
  - b. Frontal – jump out to the right and then back to the start position
  - c. Transverse – rotate a quarter turn to the right and then back to the start position

\*repeat the sequence to the other side
2. Add dance-specific variables – perform the full sequence jumping off of 2 feet and landing on 1 foot