

Thai massage treats Ballet dancers

Courtesy of Thai Massage Brighton
thaimassagebrighton.co.uk

Thai massage therapy can help alleviate 'snapping hip syndrome' for young growing dancers who are training at their peak performance.

What is snapping hip syndrome?

Snapping hip syndrome (coxa saltans) is first noticed by an audible snapping sound when you articulate the leg. This is a surprisingly common problem amongst ballet dancers and especially prominent in people who have just hit puberty or are going through a stage of rapid growth. The source of this problem can come from many sources but two of the main ones for dancers are:



1) Iliotibial Tract snapping

This is the most common snapping syndrome caused when the 'IT band' catches on the Greater Trochanter (the bony prominence over the outside of the hip joint) during extension of the leg. People with this type of condition if untreated could develop 'Trochanteric Bursitis' from inflammation of the 'bursa', a fluid-filled sac that allows the muscle to move smoothly over bone.

Thai massage is fantastic in lengthening this hard tendonous tract and its associated muscles; the Tensor Fasciae Latae and Gluteus Maximus. This is done through gentle elbow pressure and passive stretching, where the client can be stretched further than they could on their own without having to support your own posture or weight.

2) Iliopsoas snapping

The Iliopsoas is a large hip flexor originating from the vertebrae of T12 to L5 and inserting on the lesser Trochanter. Any snapping in this region is caused by the Iliopsoas tendon catching over the iliopectineal line or the iliofemoral ligaments over the femoral head when the leg is extended from a flexed position, or adducted and externally rotated. This usually causes no pain but some dancers can find the sensation extremely distracting from their dance practice.

Peter from 'Thai Massage Brighton' shows one of the many comfortable positions a Thai massage therapist can use (photo above showing treatment on a young ballet dance student) to sink slowly into the psoas muscle, which lies deep under the intestines and uses feedback from the clients leg to release the muscle that can often be holding spasm.

Peter has performed Thai massage on ballet dancers who suffer from this problem and he remarks:

"Young aspiring dancers seek a level of physical discipline that sometimes outreaches the capacity of their growing bodies and imbalance occurs. During Thai massage the whole hip can be treated from all angles leaving the dancer feeling rejuvenated after competitive practice. During Thai massage people can relax into the passive stretches encouraging muscles to reach their maximum length without injury. Dancers enjoy the treatments and often leave with more insight into their own body's possibilities."