THE PELVIS, KNEE and ANKLE

Pelvis

1. Label this pelvis



1. What are the two main functions of the pelvis (Dancing related)?
2. Describe what good hip alignment looks like.
3. What is Lumbar Lordosis?
4. What is Thoracic Kyphosis?
5. What key factors affect the range of movement at the hip joint for each dancer?

KNEE

1. Label the knee



1. Describe and draw normal knee alignment
2. What type of Joint is the knee joint?
3. Knees can be malaligned. What are two forms of Malalignment?

FOOT AND ANKLE

1. When standing in neutral position, what is the best position for the feet to be in?
2. Describe how weak ankles can lead to malalignment of the knees and hips.