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SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION

AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

POSTURAL STABILITY – CITATION SUMMARY

JULY, 2007

Postural stability is the ability to maintain the body's position in space. It depends upon the ability to maintain the center of mass within the body's base of support. Postural stability is controlled by the visual, vestibular, and proprioceptive systems. Changes in function of these systems can affect the ability to maintain balance. Dancers, ice skaters, and gymnasts need to be able to maintain postural stability on varying surfaces and unusual postures depending on their performance requirements. This annotated bibliography cites articles that describe the ability of dancers to maintain postural stability, as well as the contributions of the different systems involved. I hope you will find this bibliography useful for understanding the factors related postural stability specific to dancers.

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