

Common Issues with Demi and Grand Plié:

Common Issue	Why It Happens	How To Address It
Heels Lifting Off the Floor in Demi Plié	Restricted dorsiflexion due to tight posterior tibial muscles, often secondary to clawing the toes	Make sure that the student knows how to correctly articulate the foot when pointing. 3D Calf stretches, Dry Needling, Eccentric Lowering exercises
Pain or restriction at the front of the ankle	Anterior Impingement due to blocking of the mid foot	Mid foot mobilisation, and Talar Glide exercise with therapist's hand or strap at home
Arches Rolling In	A little deformation of the arch is good, but if the arch collapses completely usually due to poor control of foot intrinsic control	All foot intrinsic control and leg alignment exercises
Clawing Toes	Usually due to instability in the foot and ankle, and chronic clawing when pointing	Deep massage into the sole of the foot, trigger pointe releases of FDL, gentle stretches, work in a wider shoe or toe thongs
Uneven Plié	Often occurs following a severe ankle sprain where dorsiflexion is not restored	Must assess feet in detail to determine exact cause
Leaning Trunk Forward	Poor lumbar spine stability	Do pliés at the wall to get awareness of alignment
Knee pain in Demi or Grand Plié	Can be due to Patellofemoral pain, Osgood Schatters disease or any other anterior knee pain	Must assess in detail. Make sure to compare pain in parallel vs turnout
Tucking Tail Under	Often done to try to cheat more turnout range	Work on turnout range independently, again wall plies with hand behind lower back can help improve awareness
Sitting in Grand Plié, or Unable to Get Up	Weakness in inferior Gluteals and Quadriceps	Focus on working in the range that the student can control, and gradually going deeper
Reduced Turnout in Demi Plie	Often due to tension in Pectineus or TFL	Asses hip in detail to find the true restriction, then focus on isolated stretches and releases to improve this particular point in range