

제 46회 SOMATIC BALLET® PEDAGOGY WORKSHOP

taught by KyungHee Kim (Ph.D., CMA, RSDE)

Date: Feb. 10 (Thurs.), 2022, 09:00 AM ~ 10:30 AM

Place: on Zoom

Theme: 발레리나 “발(Feet)”에 대한 올바른 이해
- Foot, Ankle, & Toes Anatomy for Ballet Dancers

Goal: To avoid any problems on your feet

Contents:

1. Normal Achilles Tendons



<Normal>



<Deviation>

(Foot Pronated)

<발레 무용수들에게서 흔히 관찰되는 변형된 아킬레스 건>

- 2. a. Hallux Valgus Angle (정상 15° 미만)
- b. Intermetatarsal Angle (정상 10° 미만)



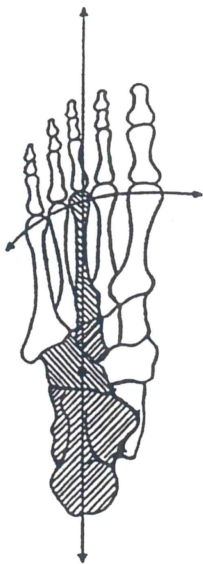
← a. Hallux Valgus Angle [Normal <math>< 15^\circ</math>]

← b. Intermetatarsal Angle [Normal <math>< 10^\circ</math>]

(왼쪽 발 위에서 본 그림)

3. Muscles for Pointing Feet (Plantar Flexion)

- a. with four toes (두번째~다섯번째)
 - Flexor Digitorum Brevis
 - Flexor Digitorum Longus



<Sole of Right Foot>*1

(오른쪽 발바닥에서 본 그림)



<Flexor Digitorum Brevis>

(오른쪽 발바닥에서 본 그림)

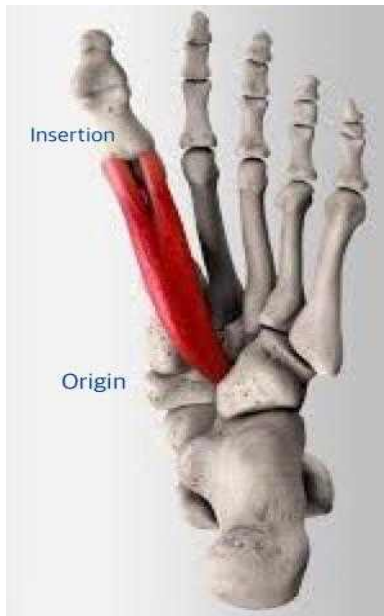


<Flexor Digitorum Longus>

(오른쪽 다리 뒷면에서 본 그림)

b. with a big toe (첫번째 발가락)

- Flexor Hallucis Brevis
- Flexor Hallucis Longus (FHL^{※2})



<Flexor Hallucis Brevis>
(왼쪽 발바닥에서 본 사진)



<Flexor Hallucis Longus>
(왼쪽 다리 뒷면에서 본 사진)

※1

Dowd. I. (1996). *Taking Root to Fly: Articles on Functional Anatomy*. Newyork, NY: G & H SOHO. Inc. p. 33.

※2

FHL tendinitis occurs commonly in **Ballet Dancers**, gymnasts, and runners, due to their excessive use of toe flexion.

(https://en.wikipedia.org/wiki/Flexor_hallucis_longus_muscle)

Note:

- Follow with the Human Anatomy