

ABSTRACT

Classical ballet may be, in terms of its difficulty, compared to professional athletic disciplines. The innumerable repetitive movements ballet consists of require both precision and fluidity, placing the dancer's musculoskeletal system under great amounts of pressure. The theoretical part of the paper focuses on the musculoskeletal problems of lower extremities that represent the majority of those that professional ballet dancers cope with during the course of their careers. It further contains information about the causes of such injuries, their treatment, and methods of preventing their occurrence. The paper also presents the results of the influence of targeted training with closed eyes on the postural stability of a professional ballet dancer. It concludes that this type of training may have positive impact on the dancer's postural stabilization and help in reducing the frequency of injuries.