

Comparison of Wii Balance Board Scores in Ballet Dancers and Non-Ballet Dancers

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At any given time, 30% of adults suffer from some type of balance dysfunction. Multiple studies suggest that dance has helped participants improve on balance, functional mobility tasks, and compliance when compared to other exercise programs. The purpose of our study was to identify if a significant difference in balance ability exists between ballet dancers and non-ballet dancers, implying ballet training could be used in treating patients with balance problems. Thirty participants were tested using the Wii balance board to collect data for center of balance, single leg balance, yoga tree pose, and the table tilt game. The participants were asked to complete two trials; one with their eyes open and one with their eyes closed. No significant difference between the Wii balance board scores in ballet dancers and controls were observed. Further research is encouraged to isolate and identify balance abilities in ballet dancers.