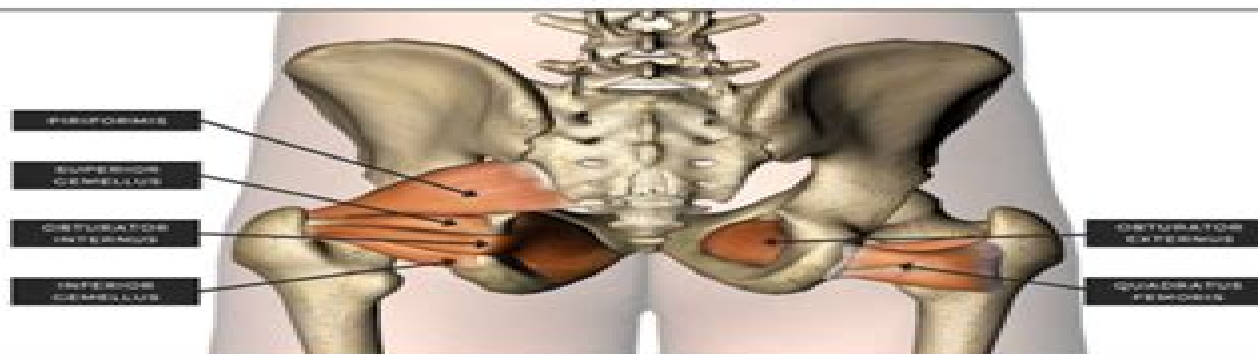


The *Turnout* Muscles

VISUALISING WHERE THE SIX DEEP EXTERNAL ROTATORS ARE AND HOW THEY CONTRIBUTE TO EXTERNAL ROTATION IN DIFFERENT POSITIONS CAN DRAMATICALLY HELP IMPROVE CONTROL OF TURNOUT IN CLASS.



PIRIFORMIS

- Piriformis is the most well-known of all of the turnout muscles.
- It attaches to the front of the sacrum and may become chronically tight if attempting to stabilise an unstable Sacro-Ilio Joint.
- It works best in a slight forward lean or fondu.
- **Exercise:** Turnout in Retiré with Band.

OBTURATOR INTERNUS AND EXTERNUS

- These muscles are very important for turnout control en fait.
- They attach from the femur to either side of the Obturator Membrane in the pelvis.
- Chronic tension in the Obturators can block both internal and external rotation range.
- They are often very tight in high-level classical dancers and teachers who are aware of using their turnout.
- **Exercise:** Retiré in Side Lying.

QUADRATUS FEMORIS

- QF is a square-shaped muscle that sits quite low.
- It attaches from the back of the hip to just above the sitting bones.
- Ideally, it should be trained for endurance to help maintain rotation of the supporting leg.
- **Exercise:** Running Man in Side Lying.

SUPERIOR GEMELLUS AND INFERIOR GEMELLUS

- Gemelli (Latin) means 'Twin' in English.
- This pair of muscles helps turn out the thigh when the hip is flexed.
- This makes it perfect for supporting the leg in a retiré and will also help turn out the supporting leg in a penché.
- It is very hard to distinguish each individual muscle in most exercises.
- **Exercise:** Turnout Endurance in 4 Point.

Hip To Bead Hip To Series

DP Hallahan



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