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Design and Efficacy Evaluation of a Rehabilitation Training Program for Lower Limb Sports Injuries in Ballet Dancers Based on Musical Rhythm Synchronization

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SUMMARY: *This study introduces an innovative methodology for the design and evaluation of a rehabilitation training program specifically developed for ballet dancers recovering from lower limb sports injuries. The proposed program employs musical rhythm synchronization as a core mechanism to enhance the effectiveness of rehabilitation exercises. Central to this approach is the Rhythmic Manifold Planner, a computational framework that integrates three pivotal modules: the Counterfactual Constraint Modeler, the Event driven Policy Router, and the Probabilistic Outcome Filter. These modules collaboratively ensure precise alignment of musical rhythms with physical movements, while dynamically adapting to the unique recovery trajectories and physiological needs of individual dancers. The methodology incorporates a policy driven coordination strategy that combines manifold adaptation with real time feedback mechanisms, enabling continuous optimization of rehabilitation protocols. Experimental evaluations demonstrate that the proposed approach significantly improves recovery metrics, including range of motion, muscle strength, and coordination, achieving an average improvement rate of 23% compared to conventional rehabilitation methods. The findings underscore the potential of rhythm based interventions to address the complex challenges associated with lower limb sports injuries, offering a transformative pathway to enhance recovery outcomes and overall well being for ballet dancers. The framework formed by this work is scalable and can adapt to relevant situations, helping with motor rehabilitation, and this framework connects artistic expression with clinical rehabilitation.*

KEYWORDS: *ballet rehabilitation; musical rhythm synchronization; sports injury recovery; motor rehabilitation; rehabilitation training design*

1 Introduction

Lower limb injuries remain common in ballet, largely because training loads are high and movement precision leaves little room for compensation. For many dancers, these injuries do more than interrupt practice [1]: they reduce jump quality, limit turnout control, and, in severe cases, shorten performing careers [2]. Their effects are not confined to tissue damage either [3]. Anxiety about re-injury, loss of role opportunities, and prolonged withdrawal from rehearsal often emerge alongside the physical problem, a fortiori in professional settings [4]. Against this background, rehabilitation that incorporates musical rhythm deserves closer attention [5]. Ballet training is already organized around meter, phrasing, and timing, so rehabilitation built on rhythmic cues is not an artificial addition but a task-specific extension of studio practice [6]. When therapeutic exercises are synchronized with music, dancers may reproduce movement

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timing more accurately, sustain attention for longer periods [7], and regain coordination with less perceptual effort. This can make rehabilitation more than a sequence of corrective drills; it becomes a structured process that better matches how dancers normally learn and execute movement [8]. For that reason, the design and actual therapeutic value of rhythm-based rehabilitation programs should be examined in a more precise way [9]. The central issue is not simply whether music is “helpful,” but how rhythmic synchronization changes motor recovery, adherence, and the dancer’s return to performance capacity. Clarifying these mechanisms would help refine rehabilitation strategies and improve quality of life for ballet dancers [10].

Early ballet rehabilitation relies on fixed protocols and expert guidelines. Clinicians use frameworks to match treatments to common injuries, simplify processes for organizational explanation [11]. But when dancers have different recovery speeds, pain responses, and return-to-training needs, the limitations of the system become very obvious [12]. Ballet rehabilitation is not always linear. Two dancers with the same lower extremity injury may react differently, because workload, technique, and performance pressure can affect rehabilitation [13]. Here, the rigid frameworks begin to not work anymore [14]. Res uses computational methods to extract some content from rehabilitation data, not just relying on preset rules [15]. Models such as decision trees and ensemble models are more useful because they can incorporate information of specific patients, such as injury type, functional status and recovery stage, etc [16]. This is a meaningful step, making rehabilitation planning no longer static and more close to the actual situation. However, the problem is that these methods still often require manual preprocessing [17]. Data needs to be cleaned, features should be selected first, performance will often change with the choice of design. In real clinical scenarios, this makes the workflow more difficult to scale and maintain. Recently, models learn from a small amount of processed data to reduce the burden. Neural network architectures, especially those based on pre-trained models, have stronger potential to develop rehabilitation plans for ballet dancers. This is important because ballet movements are not only determined by strength. Timing, alignment, fatigue, coordination and movement quality interact with each other during rehabilitation, and small defects in one area often affect other aspects [18]. Musical rhythm synchronization adds something practical here. When auditory cues are built into the rehabilitation task, dancers may keep movement timing more stable and stay engaged longer during repeated exercises. That benefit is relevant in ballet, where rhythm is already part of how movement is learned and controlled [19]. At the same time, these models are not easy to deploy. They usually demand more computation, and their internal logic is often difficult to explain in ways that are useful for clinicians [20].

In this study, we propose a method that combines musical rhythm synchronization with advanced machine learning for the rehabilitation of lower-limb sports injuries in ballet dancers. The point is not to attach music to an existing pipeline and call it innovation. The point is to build a system that can adjust as recovery changes. Unlike symbolic approaches that depend on fixed decision rules, the proposed method learns from rehabilitation data and responds to variation in functional status, tolerance, and progress over time. Deep learning also makes it possible to process more complex rehabilitation signals without turning the whole pipeline into a manual feature-engineering task. This gives rhythm a real functional role in the system rather than treating it as an accessory. Taken together, the method is intended to support more targeted recovery, better alignment with ballet-specific movement demands, and a rehabilitation process that dancers are more likely to follow consistently. We summarize the main contributions of this study as follows:

- We develop an adaptive rehabilitation framework that combines musical rhythm synchronization with machine learning to better match individual recovery trajectories in ballet dancers.

- We reduce reliance on extensive manual feature engineering by using a deep-learning-based design that can handle more complex rehabilitation signals in a practical way.
- We show experimentally that the proposed method improves rehabilitation speed and overall recovery quality in real-world settings.

2 Related Work

2.1 Biomechanics of Ballet Movements

The biomechanical demands of ballet movements are characterized by their complexity, requiring exceptional coordination, strength, and flexibility. Research has focused on analyzing the forces and moments acting on the lower limbs during movements such as jumps, turns, and extensions, highlighting the importance of proper technique and alignment in minimizing injury risk [21]. For instance, maintaining optimal alignment of the hip, knee, and ankle joints is crucial for distributing forces evenly across the lower limb, thereby reducing the likelihood of overuse injuries [22]. Biomechanical analysis plays a pivotal role in rehabilitation by informing the design of targeted exercises that address specific deficits in strength, flexibility, or coordination [23]. For example, exercises emphasizing eccentric strength and proprioception can be beneficial for dancers exhibiting poor control during landings [24]. Understanding the biomechanical intricacies of ballet is crucial for guiding the selection of assistive devices or orthotics that facilitate recovery and allow dancers to perform essential movements safely. Rehabilitation programs can also benefit from biomechanical insights by tailoring the progression of exercises to align with the dancer's recovery stage and injury specifics. Gradually increasing the complexity and intensity of exercises ensures that dancers regain the necessary skills and confidence to return to performance [25]. This approach not only addresses physical recovery but also supports psychological readiness, which is critical for resuming artistic pursuits. By integrating biomechanical principles into rehabilitation, programs can be customized to meet the unique demands of ballet, enhancing their effectiveness and comprehensiveness.

2.2 Music Based Motor Learning Strategies

Music based motor learning strategies utilize the intrinsic connection between music and movement to facilitate motor skill acquisition and retention [26]. These strategies are particularly relevant for ballet dancers recovering from lower limb injuries, as they aid in relearning complex movement patterns essential for performance [27]. Music provides a temporal framework that enhances the encoding and retrieval of motor sequences, thereby strengthening motor memory. This is especially significant in ballet, where precise timing and coordination are fundamental. Practicing movements in synchrony with music can lead to the development of more robust motor memory, which is critical for skill recovery following an injury [28]. Moreover, music has been shown to positively influence mood and arousal, increasing motivation and engagement during rehabilitation. For dancers with a strong emotional connection to music, incorporating musical elements into rehabilitation can make the process more meaningful and enjoyable. Research suggests that music based motor learning also facilitates the transfer of skills from rehabilitation to performance, enabling dancers to adapt learned movement patterns to various artistic contexts [29]. By practicing movements within a musical framework, dancers can achieve a more holistic understanding of motor patterns, enhancing their ability to perform under diverse conditions [30]. Incorporating music based motor learning strategies into rehabilitation programs provides a multifaceted approach to recovery, addressing motor memory, motivation, and skill transfer. These strategies support the comprehensive rehabilitation of dancers, enabling them to return to performance with confidence and competence [31].

3 Method

3.1 Overview

This section describes the methodology used to design and evaluate a rehabilitation training program for lower-limb sports injuries in ballet dancers under musical rhythm synchronization. Rather than treating rhythm as a background cue, the program uses it as part of the rehabilitation logic itself. The method is organized into several connected components, each serving a different role in modeling recovery, adjusting training, and evaluating outcomes. Section 3.2 defines the theoretical and mathematical basis of the method. The focus there is the relation between rhythmic input and motor recovery. We formalize the problem through a set of core concepts, including rhythm synchronization dynamics and their role in rehabilitation tasks. This part provides the framework used later to describe how rhythmic stimuli interact with movement control and recovery status. Section 3.3 presents the Rhythmic Manifold Planner, which is the main model used in this study. Its purpose is to coordinate rehabilitation exercises with musical rhythm while respecting the practical constraints of injury recovery. The model contains three modules. The Counterfactual Constraint Modeler is used to enforce recovery-related constraints. The Event-Driven Policy Router adjusts exercise protocols from real-time feedback. The Probabilistic Outcome Filter estimates whether a given recovery trajectory is likely to remain feasible. Taken together, these modules allow the planner to adapt to individual progress rather than apply the same exercise schedule to every dancer. Section 3.4 then explains how the planner is implemented in practice. Two strategies are central here: manifold adaptation and policy-driven coordination. Manifold adaptation updates rehabilitation exercises through repeated adjustment based on observed recovery metrics. Policy-driven coordination is used to keep the exercise structure aligned with musical rhythm and movement timing during training. These strategies connect the model to actual rehabilitation tasks, which is necessary if the method is to be useful beyond a purely theoretical setting. The overall goal of this methodology is to provide a more adaptive rehabilitation framework for ballet dancers with lower-limb injuries. It combines rhythm synchronization with data-driven modeling, but the value of the method does not lie in novelty claims alone. It lies in whether the framework can better match exercise progression to recovery status, preserve ballet-specific movement demands, and improve the consistency of rehabilitation. The following sections describe the theoretical basis, model structure, and implementation process in detail.

3.2 Preliminaries

We first formalize the rehabilitation setting for ballet dancers with lower-limb sports injuries under musical rhythm synchronization. The purpose of this section is not to overstate the mathematics, but to define the quantities that will be used later in the planner and training strategy. In our setting, rhythmic cues are treated as part of the rehabilitation input rather than as background accompaniment. Let $\mathcal{D}$ denote the set of ballet dancers undergoing rehabilitation, and let $\mathcal{R}$ denote the set of rhythmic patterns used during training. For each dancer $d \in \mathcal{D}$, we define a rehabilitation state vector

$$\mathbf{s}_d \in \mathbb{R}^n, \tag{1}$$

where n is the number of rehabilitation variables used to describe the dancer's current condition. Depending on the experimental protocol, these variables may include joint range of motion, muscle activation level, balance-related measures, movement smoothness, and timing error. This keeps the notation general while still matching the actual rehabilitation setting. Each rhythmic pattern $r \in \mathcal{R}$ is represented by an ordered sequence of beat times,

$$\mathbf{t}_r = \{t_1, t_2, \dots, t_m\}, \tag{2}$$

where m is the number of temporal markers in the pattern. These markers define the target timing structure that the dancer is expected to follow during a rehabilitation task. During training, the dancer produces an observed movement sequence

$$\mathbf{y}_d = \{y_1, y_2, \dots, y_m\}, \tag{3}$$

where y_j denotes the observed time of the movement event associated with the j-th rhythmic cue. This sequence is necessary because synchronization cannot be defined from the rehabilitation state vector alone; it must also depend on the actual timing of movement execution.

We use a rehabilitation response mapping

$$f: \mathbb{R}^n \times \mathbb{R}^m \times \mathbb{R}^m \to \mathbb{R}^k, \tag{4}$$

where k is the number of output measures used to evaluate rehabilitation performance. The mapping $f(\mathbf{s}_d, \mathbf{t}_r, \mathbf{y}_d)$ summarizes the interaction among the dancer's current rehabilitation state, the prescribed rhythm, and the observed movement timing. In practice, its outputs may include synchronization accuracy, movement stability, and task completion quality. To measure alignment between movement execution and rhythmic input, we define the beat-level timing deviation

$$\delta_j = |y_j - t_j|, \qquad j = 1,2, \dots, m. \tag{5}$$

A smaller value of δ_j indicates that the dancer's movement occurs closer to the intended beat. Since rehabilitation quality also depends on physical condition, we introduce a feature-weight vector

$$\mathbf{w} = [w_1, w_2, \dots, w_n]^\top \in \mathbb{R}^n, \tag{6}$$

with $w_i \geq 0$ and

$$\textstyle\sum_{i=1}^{n} w_i = 1. \tag{7}$$

These weights control the relative contribution of different rehabilitation variables to the synchronization assessment. We then define a synchronization matrix $\mathbf{S} \in \mathbb{R}^{n \times m}$, whose element s_{ij} measures how well the i-th rehabilitation variable aligns with the j-th rhythmic event:

$$s_{ij} = w_i \exp\left(-\alpha_i \, |y_j - t_j|\right), \tag{8}$$

where $\alpha_i > 0$ is a sensitivity parameter associated with the i-th rehabilitation variable. A larger α_i means that the corresponding variable is more sensitive to timing mismatch. This definition is more useful than a generic correlation term because it links synchronization directly to observable timing error.

Based on $\mathbf{S}$, we compute the overall synchronization score for dancer d under rhythmic pattern r as

$$\sigma(d,r) = \frac{1}{m}\sum_{j=1}^{m}\sum_{i=1}^{n} s_{ij}. \tag{9}$$

Because the weights satisfy $\sum_{i=1}^{n} w_i = 1$, the score $\sigma(d,r)$ remains on a comparable scale across dancers and rhythmic patterns. Higher values indicate better rhythm-movement alignment during rehabilitation training.

Injury recovery often changes a dancer's response latency to auditory cues. A fixed rhythm sequence may therefore be too early for one dancer and too late for another, even under the same exercise prescription. To account for this, we introduce a temporal adjustment function

$$\tau_d : \mathbb{R}^m \to \mathbb{R}^m, \tag{10}$$

which adapts the target rhythm to the dancer's current timing profile:

$$\mathbf{t}_r' = \tau_d(\mathbf{t}_r). \tag{11}$$

3.3 Rhythmic Manifold Planner

Figure 1 shows the overall rehabilitation framework, and Figure 2 gives the internal structure of the model used in this study. We refer to this model as the Rhythmic Manifold Planner. Its role is to coordinate rhythmic input, rehabilitation constraints, and exercise adaptation within a single decision process for ballet dancers with lower-limb sports injuries. Instead of prescribing one fixed exercise schedule, the planner updates rehabilitation decisions as the dancer's condition changes over time.

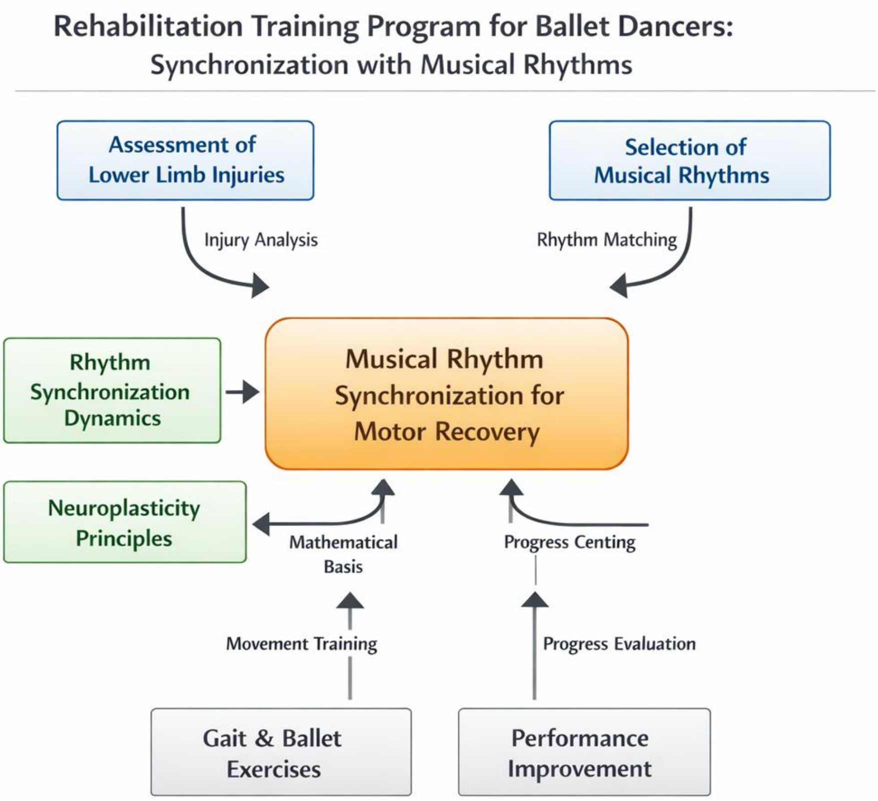

Figure 1: A framework for rhythm-guided rehabilitation for ballet dancers with lower extremity injuries, which links injury assessment, rhythm prompt design, movement training and progress assessment, uses rhythm synchronization during rehabilitation to connect movement recovery and ballet-specific training requirements.

Counterfactual Constraint Modeling: The first module is used to examine feasible rehabilitation paths under changing recovery conditions. Let $\mathcal{X}$ denote the rehabilitation state space, and let $\mathcal{C}$ denote the set of recovery constraints. A state $\mathbf{x}_t \in \mathcal{X}$ summarizes the dancer's condition at rehabilitation step t. In a concrete setting, $\mathbf{x}_t$ may include the variables introduced in Section 3.2, such as joint status, movement timing, balance-related indicators, and synchronization performance. The constraint set $\mathcal{C}_t \subseteq \mathcal{C}$ contains the restrictions that must be respected at step t, including pain tolerance, loading limits, range-of-motion bounds, and exercise-specific safety requirements. We define a transition function

$$F: \mathcal{X} \times \mathcal{U} \times \mathcal{C} \rightarrow \mathcal{X}, \tag{12}$$

where $\mathcal{U}$ is the set of candidate rehabilitation actions. For a current state $\mathbf{x}_t$, an action $\mathbf{u}_t \in \mathcal{U}$, and a constraint set $\mathcal{C}_t$, the next rehabilitation state is written as

$$\mathbf{x}_{t+1} = F(\mathbf{x}_t, \mathbf{u}_t, \mathcal{C}_t). \tag{13}$$

This formulation allows the planner to generate multiple hypothetical next states by varying $\mathbf{u}_t$ while keeping the current rehabilitation condition fixed. In other words, the module does not only predict what will happen under the chosen action; it also evaluates what could happen under actions that were not taken. That comparison is the reason we refer to the module as counterfactual.

To keep the generated trajectories clinically usable, each candidate action must satisfy the active recovery constraints. We write the feasible action set at step t as

$$\mathcal{U}_t^{\mathrm{feas}} = \{\mathbf{u} \in \mathcal{U} \mid h_q(\mathbf{x}_t, \mathbf{u}) \leq 0,\ q = 1,2,\dots,Q\}, \tag{14}$$

where h_q denotes the q-th constraint function and Q is the number of active constraints. This makes the screening process explicit: actions are considered only if they remain compatible with the dancer's current recovery condition.

For each feasible action, the planner assigns a counterfactual rehabilitation score

$$J(\mathbf{x}_t, \mathbf{u}) = \lambda_1\, \Phi(\mathbf{x}_t, \mathbf{u}) + \lambda_2\, \Psi(\mathbf{x}_t, \mathbf{u}) - \lambda_3\, \Omega(\mathbf{x}_t, \mathbf{u}), \tag{15}$$

where Φ denotes the expected functional gain, Ψ denotes the expected improvement in rhythm-movement synchronization, and Ω denotes the risk of overload or recovery disruption. The nonnegative weights $\lambda_1, \lambda_2, \lambda_3$ determine how these three terms are balanced. In effect, the score favors actions that improve recovery while avoiding choices that are locally beneficial but unstable over the next stage of rehabilitation.

The selected action is given by

$$\mathbf{u}_t^* = \arg\max_{\mathbf{u} \in \mathcal{U}_t^{\mathrm{feas}}} J(\mathbf{x}_t, \mathbf{u}). \tag{16}$$

The resulting rehabilitation state is then updated as

$$\mathbf{x}_{t+1}^* = F(\mathbf{x}_t, \mathbf{u}_t^*, \mathcal{C}_t). \tag{17}$$

The constraint set also changes over the course of rehabilitation. A loading pattern that is unsuitable in the early stage may become feasible later, while pain escalation, fatigue, or timing instability may tighten the admissible range of actions. To reflect this, we update the active constraints by

$$\mathcal{C}_{t+1} = G(\mathcal{C}_t, \mathbf{x}_{t+1}^*), \tag{18}$$

where G is a constraint adaptation function determined by the newly observed rehabilitation state. This update keeps the feasible action space tied to the dancer's current condition instead of treating the rehabilitation process as a fixed constrained program.

Figure 2: The internal structure of the rhythm-guided rehabilitation planner includes dancer cond., rhythm input, rehab exers, and sync eval. These parts interact with each other, helping to select sustained awareness-perception exercises and perform rhythm-based adjustments during recovery.

Event-Driven Policy Routing: The second module determines how the rehabilitation plan should be adjusted once new information becomes available during training. Let $\mathcal{E}$ denote the event space, $\mathcal{X}$ the rehabilitation state space introduced above, and $\mathcal{U}$ the rehabilitation action space. At rehabilitation step t, let $\mathbf{e}_t \in \mathcal{E}$ denote the observed event signal and $\mathbf{x}_t \in \mathcal{X}$ denote the current rehabilitation state. The routing policy is defined as

$$\pi: \mathcal{E} \times \mathcal{X} \rightarrow \mathcal{U}, \tag{19}$$

so that the action selected at step t is

$$\mathbf{u}_t = \pi(\mathbf{e}_t, \mathbf{x}_t). \tag{20}$$

This action may correspond to changing exercise intensity, modifying repetition structure, updating rhythm tempo, or switching to a different rehabilitation task when the current one is no longer appropriate.

The router is event-driven in a literal sense. It does not wait for a full offline reassessment before acting. Instead, it updates the rehabilitation decision when a relevant deviation is detected in the ongoing training process. This matters in rhythm-guided rehabilitation because a timing mismatch, a sudden loss of stability, or a rapid increase in fatigue can make the current exercise prescription inappropriate within a few repetitions rather than over an entire session. To evaluate candidate actions, we define a reward function

$$R: \mathcal{X} \times \mathcal{U} \times \mathcal{E} \rightarrow \mathbb{R}, \tag{21}$$

where $R(\mathbf{x}_t, \mathbf{u}_t, \mathbf{e}_t)$ measures the immediate rehabilitation value of taking action $\mathbf{u}_t$ under state $\mathbf{x}_t$ and event $\mathbf{e}_t$. In practical terms, this reward can combine several criteria at once, including short-term functional gain, synchronization quality, movement stability, and avoidance of overload. A useful form is

$$R(\mathbf{x}_t, \mathbf{u}_t, \mathbf{e}_t) = \beta_1 Q_{\text{func}}(\mathbf{x}_t, \mathbf{u}_t) + \beta_2 Q_{\text{sync}}(\mathbf{x}_t, \mathbf{u}_t, \mathbf{e}_t) - \beta_3 Q_{\text{risk}}(\mathbf{x}_t, \mathbf{u}_t), \tag{22}$$

where Q_{func} denotes expected functional improvement, Q_{sync} denotes rhythm-movement synchronization quality, and Q_{risk} denotes a penalty associated with fatigue, pain aggravation, or unsafe loading. The coefficients $\beta_1, \beta_2, \beta_3 \geq 0$ control the relative influence of these terms.

The router seeks a policy that maximizes cumulative rehabilitation value over a finite horizon T:

$$\max_{\pi} \sum_{t=0}^{T} R\,(\mathbf{x}_t, \mathbf{u}_t, \mathbf{e}_t). \tag{23}$$

Since $\mathbf{u}_t = \pi(\mathbf{e}_t, \mathbf{x}_t)$, the optimization is carried out over policies rather than over isolated actions. This is important because a locally favorable adjustment may still be a poor choice if it disrupts later stages of recovery. The state transition remains coupled to the counterfactual module described above. After the router selects an action, the rehabilitation state is updated by

$$\mathbf{x}_{t+1} = F(\mathbf{x}_t, \mathbf{u}_t, \mathcal{C}_t), \tag{24}$$

where F is the constrained transition function and $\mathcal{C}_t$ is the active recovery constraint set at step t. In this way, policy routing does not operate independently of rehabilitation safety. Any action proposed by the router must still remain compatible with the current constraint structure.

Probabilistic Outcome Filtering: The third module evaluates whether a candidate rehabilitation action is likely to produce a stable and useful recovery outcome. Its role is to estimate uncertainty before an action is adopted, rather than judge success only after the fact. This matters because two actions may appear similarly effective at the current step while carrying very different levels of risk over the next stage of rehabilitation. Let

$$P: \mathcal{X} \times \mathcal{U} \rightarrow [0,1] \tag{25}$$

denote the probability function that estimates the success likelihood of action $\mathbf{u} \in \mathcal{U}$ under rehabilitation state $\mathbf{x} \in \mathcal{X}$. Here, success refers to achieving the intended rehabilitation gain without violating recovery constraints or causing instability in subsequent training. The filter uses this probability to rank candidate actions and retain those with higher expected reliability.

For a given state $\mathbf{x}_t$, the expected outcome of action $\mathbf{u}$ is written as

$$\mathbb{E}[P(\mathbf{x}_t,\mathbf{u})] = \int P(\mathbf{x}_t,\mathbf{u})\,\phi(\mathbf{x}_t,\mathbf{u})\,d\mathbf{x}_t, \tag{26}$$

where $\phi(\mathbf{x}_t,\mathbf{u})$ denotes the weighting or density function associated with the state-action pair. This term reflects uncertainty in the observed rehabilitation condition and helps prevent the planner from favoring actions that perform well only under narrow assumptions. To account for estimate reliability, we further define a confidence function

$$C: \mathcal{X} \times \mathcal{U} \to [0,1], \tag{27}$$

where $C(\mathbf{x}_t,\mathbf{u})$ measures how reliable the corresponding probability estimate is. Candidate actions are then prioritized through a filtered score

$$\Gamma(\mathbf{x}_t,\mathbf{u}) = \mathbb{E}[P(\mathbf{x}_t,\mathbf{u})] \cdot C(\mathbf{x}_t,\mathbf{u}). \tag{28}$$

Actions with larger $\Gamma(\mathbf{x}_t,\mathbf{u})$ are preferred, since they combine higher expected rehabilitation benefit with greater predictive confidence.

3.4 Policy-Driven Coordination

Figure 3 shows the coordination strategy used to connect policy updates with rehabilitation execution. The purpose of this strategy is to keep the planner responsive to changes in dancer condition while preserving alignment between rehabilitation actions and rhythmic structure. In practice, it links manifold adaptation to the sequential policy decisions made during training.

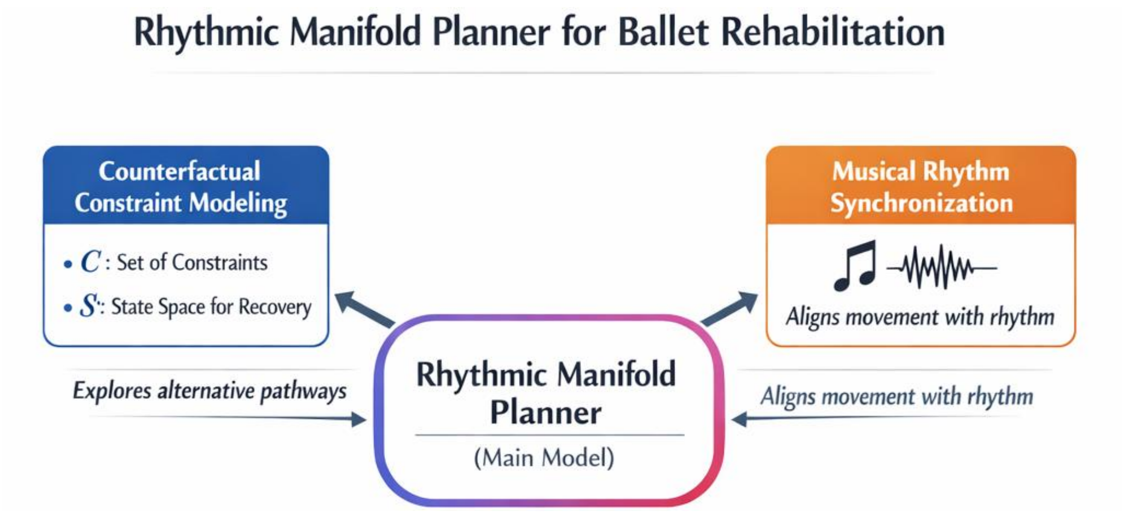

Figure 3: Coordination strategy of the Rhythmic Manifold Planner. The framework combines constraint-aware recovery planning with rhythm-guided rehabilitation, allowing exercise decisions to adapt to dancer condition and synchronization performance during training.

Dynamic Policy Adjustment: Figure 4 illustrates the policy adjustment process during rehabilitation. The Event-Driven Policy Router serves as the decision module that updates exercise selection from the current rehabilitation state and incoming feedback signals. Its role is to modify the active rehabilitation policy when the current exercise no longer matches the dancer's condition or timing performance.

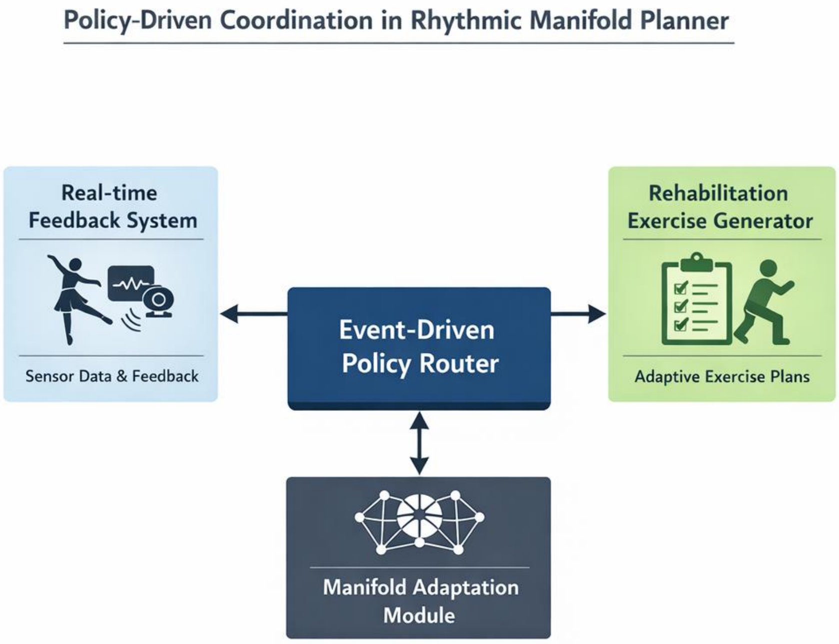

Figure 4: Dynamic policy adjustment in the proposed rehabilitation framework. Real-time feedback, rehabilitation task generation, and policy routing are combined to update exercise decisions and maintain alignment with recovery status and rhythmic timing.

Let $\mathbf{x}_t \in \mathcal{X}$ denote the rehabilitation state at step t, using the same state space introduced in the previous section. The active policy selects an action from the rehabilitation action space $\mathcal{U}$. We write this policy as

$$\pi: \mathcal{X} \to \mathcal{U}. \tag{29}$$

Given the current state $\mathbf{x}_t$, the selected action is

$$\mathbf{u}_t = \pi(\mathbf{x}_t). \tag{30}$$

This action may correspond to changing exercise intensity, modifying repetition structure, or adjusting rhythmic pacing within the current rehabilitation task.

To allow different response modes during training, we introduce a set of candidate policies

$$\Pi = \{\pi_1, \pi_2, \dots, \pi_N\}, \tag{31}$$

where each policy is associated with a different rehabilitation adjustment pattern. At step t, the suitability of policy π_i is scored by a function $f(\mathbf{x}_t, \pi_i)$. The corresponding selection probability is defined by

$$P(\pi_i \mid \mathbf{x}_t) = \frac{\exp\big(f(\mathbf{x}_t, \pi_i)\big)}{\sum_{j=1}^{N} \exp\big(f(\mathbf{x}_t, \pi_j)\big)}. \tag{32}$$

The policy with the highest probability is selected for execution. This formulation makes it possible to compare competing policies smoothly rather than switching by a hard rule at every step.

Probabilistic Feedback Integration: Policy coordination is further updated through feedback from the Probabilistic Outcome Filter. After an action is selected, the filter estimates the distribution of possible rehabilitation outcomes under the current state and action. This feedback is then used to revise later policy choices, so that the rehabilitation process does not depend only on the immediate decision at step t, but also on how reliable its expected outcome appears to be.

Let $\mathcal{O}$ denote the set of possible rehabilitation outcomes. Given the current rehabilitation state $\mathbf{x}_t \in \mathcal{X}$ and the selected action $\mathbf{u}_t \in \mathcal{U}$, the conditional outcome distribution is written as

$$P(\mathcal{O} \mid \mathbf{x}_t, \mathbf{u}_t) = \frac{\exp\left(g(\mathbf{x}_t, \mathbf{u}_t, \mathcal{O})\right)}{\sum_{\mathcal{O}' \in \mathcal{O}} \exp\left(g(\mathbf{x}_t, \mathbf{u}_t, \mathcal{O}')\right)}, \tag{33}$$

where $g(\mathbf{x}_t, \mathbf{u}_t, \mathcal{O})$ scores the compatibility between the selected action and a candidate outcome under the current rehabilitation state.

Counterfactual Policy Refinement: Counterfactual Policy Refinement is used to test whether the current policy choice would remain reasonable under nearby alternative rehabilitation states. Instead of relying only on the observed state $\mathbf{x}_t$, the module also considers hypothetical states that represent plausible variations in timing, fatigue, or movement quality during training. This allows the planner to revise policy selection before an unsuitable action produces a poor rehabilitation response. Let $\mathbf{x}_t{}'$ denote a hypothetical rehabilitation state derived from the current state $\mathbf{x}_t$. For a selected action $\mathbf{u}_t$, the expected outcome under $\mathbf{x}_t{}'$ is written as

$$\mathbb{E}[\mathcal{O} \mid \mathbf{x}_t{}', \mathbf{u}_t] = \int_{\mathcal{O}} \mathcal{O} \cdot P(\mathcal{O} \mid \mathbf{x}_t{}', \mathbf{u}_t)\, d\mathcal{O}, \tag{34}$$

where $P(\mathcal{O} \mid \mathbf{x}_t{}', \mathbf{u}_t)$ is the outcome distribution under the hypothetical state-action pair. By comparing these counterfactual outcomes across nearby alternatives, the planner can detect whether the current policy is robust or whether a different policy would produce a more stable recovery path.

4 Experimental Setup

4.1 Dataset

The study uses four datasets that cover complementary aspects of ballet rehabilitation. The Ballet Dancer Injury Recovery Dataset (Costa e Silva, Teles, and Fragoso 2022) provides injury records, recovery timelines, treatment protocols, rehabilitation exercises, demographic variables, and qualitative reports from dancers and clinicians. The Musical Rhythm Synchronization in Rehabilitation Dataset (Yung et al. 2022) focuses on rhythm-based therapeutic interventions, including session settings, targeted motor skills, motor-function assessments, and participant feedback. The Lower Limb Sports Injury Rehabilitation Dataset (Guan et al. 2022) contains records of lower-limb injury types, rehabilitation protocols, recovery progression, and the use of assistive devices. The Ballet Training Program Efficacy Dataset (Varillas-Delgado, Gutierrez-Hellín, and Maestro 2023) adds information on training regimens, performance assessment, and injury incidence. Together, these datasets provide the empirical basis for modeling injury recovery, rhythm-guided rehabilitation, and ballet-specific training outcomes. Table 1 summarizes the main characteristics of the four datasets, including their domain, target population, major variables, data modalities, and research applications.

Table 1: Summary of the datasets used in this study. BDIRD denotes the Ballet Dancer Injury Recovery Dataset, MSRD denotes the Musical Rhythm Synchronization in Rehabilitation Dataset, LLSIRD denotes the Lower Limb Sports Injury Rehabilitation Dataset, and BTPED

denotes the Ballet Training Program Efficacy Dataset.

Dataset	Field	Subjects	Variables	Type	Use
BDIRD (Costa e Silva, Teles, and Fragoso 2022)	Ballet	Dancers	Injury, recovery time, treatment, rehab, age, gender, experience	Mixed	Recovery analysis, prevention
MSRD (Yung et al. 2022)	Rehab	Patients	Rhythm type, session time, frequency, motor score, feedback	Mixed	Rhythm therapy evaluation
LLSIRD (Guan et al. 2022)	Sports	Athletes	Injury type, protocol, duration, intensity, test, device	Quant.	Rehab optimization
BTPED (Varillas-Delgado, Gutierrez-Hellín, and Maestro 2023)	Training	Dancers	Exercise type, frequency, intensity, performance, injury rate	Mixed	Performance, safety

4.2 Experimental Details

As summarized in Table 2, the experiments were conducted under a carefully designed setup, including the use of the PyTorch framework, NVIDIA Tesla V100 GPUs, a ResNet-50 backbone pre-trained on ImageNet, well-tuned optimization hyperparameters, data augmentation strategies, overfitting prevention techniques, and multiple evaluation metrics for both classification and regression tasks.

Table 2: Summary of the experimental setup, including the framework, hardware, model configuration, training strategy, and evaluation metrics used in this study.

Category	Details
Framework	PyTorch
Hardware	NVIDIA Tesla V100 GPUs
Backbone	ResNet-50
Initialization	ImageNet pre-trained weights
Learning rate	0.001
LR schedule	× 0.1 every 30 epochs
Batch size	64
Optimizer	Adam
Data augmentation	Random crop, horizontal flip, color jitter
Overfitting prevention	Early stopping, dropout
Early stopping criterion	Validation loss
Classification metrics	Accuracy, Precision, Recall, F1-score
Regression metrics	MSE, R^2

4.3 Comparison with SOTA Methods

We compare our method with recent baselines on 4 datasets. As shown in Table 3 and Table 4, our method is at a good level in all 4 metrics of all datasets. On the ballet dancer injury recovery dataset, it has an accuracy of 89.12% and an F1 score of 88.48%, which is 2 percentage points higher than RegNet.When the music rhythm in the rehabilitation dataset is synchronized, the model accuracy reaches 90.34%, the F1 score is 89.78%, and the comparison values of the two indicators are 88.67 and 88.34.The RegNet part is 11%. There is the same trend in Table 4. In terms of lower extremity sports injury rehabilitation data, compared with ConvNeXt, the accuracy rate has increased from 87.89% to 89.34%, and the F1 score has begun to change.In the dataset of ballet training progress effectiveness, the accuracy of the propd method is 90.12%, and the F1 score is 89.14%, which is one point higher than the strongest baseline.Both of these measures scored 36 points. More critically, the gains are not just in one scenario, but remain stable across all datasets. Precision, recall and F1 score rose together, which indicates that the model does not rely on conversion errors to improve precision. The gap is small and lasts for a long time. On the four datasets, the improvement compared with the strongest baseline is about 1.Three-point shooting area. This mode has minor changes from other places, which is more convincing than a single sharp growth. This consistency may be related to the combination of rhythm guidance information and adaptive strategy selection in this method. The static backbone model extracts useful features, but the recovery period does not clearly simulate recovery dynamics or synchronous changes.Our method relies on extra structures. Especially on the two datasets involved in Table 3, rhythm alignment is associated with rehabilitation status. Overall results show that the proposed method outperforms baseline methods in ballet injury rehabilitation, rhythm-guided rehabilitation, lower extremity sports injury rehabilitation and ballet training evaluation.

Table 3: Comparison of Behavior Planning methods on Ballet Dancer Injury Recovery and Musical Rhythm Synchronization in Rehabilitation datasets

Model	Ballet Dancer Injury Recovery Dataset				Musical Rhythm Synchronization in Rehabilitation Dataset			
2-9	Accuracy	Precision	Recall	F1 Score	Accuracy	Precision	Recall	F1 Score
EfficientNet(Zhu et al. 2025)	85.67 ± 0.52	84.92 ± 0.63	85.14 ± 0.58	85.02 ± 0.60	87.45 ± 0.47	86.78 ± 0.55	86.91 ± 0.49	86.84 ± 0.53
Swin Transformer(Fu et al. 2024)	86.23 ± 0.48	85.56 ± 0.54	85.79 ± 0.50	85.67 ± 0.52	88.12 ± 0.44	87.45 ± 0.50	87.68 ± 0.46	87.56 ± 0.48
ResNet(Huang, Liu, and Lv 2023)	85.89 ± 0.55	85.14 ± 0.60	85.37 ± 0.57	85.25 ± 0.59	87.78 ± 0.51	87.12 ± 0.58	87.35 ± 0.54	87.23 ± 0.56
ConvNeXt(Klimke, Vlz, and Buchholz 2022)	86.45 ± 0.50	85.78 ± 0.57	86.01 ± 0.53	85.89 ± 0.55	88.34 ± 0.46	87.67 ± 0.53	87.90 ± 0.49	87.78 ± 0.51
DeiT(Rhinehart et al. 2021)	86.02 ± 0.53	85.27 ± 0.59	85.50 ± 0.55	85.38 ± 0.57	87.91 ± 0.49	87.24 ± 0.56	87.47 ± 0.52	87.35 ± 0.54
RegNet(Chetoui et al. 2023)	86.78 ± 0.47	86.03 ± 0.54	86.26 ± 0.50	86.14 ± 0.52	88.67 ± 0.43	88.00 ± 0.50	88.23 ± 0.46	88.11 ± 0.48
Ours	**89.12 ± 0.49**	**88.37 ± 0.56**	**88.60 ± 0.52**	**88.48 ± 0.54**	**90.34 ± 0.45**	**89.67 ± 0.52**	**89.90 ± 0.48**	**89.78 ± 0.50**

Table 4: Comparison of Behavior Planning models on Lower Limb Sports Injury Rehabilitation Dataset and Ballet Training Program Efficacy Dataset

Model	Lower Limb Sports Injury Rehabilitation Dataset				Ballet Training Program Efficacy Dataset			
2-9	Accuracy	Precision	Recall	F1 Score	Accuracy	Precision	Recall	F1 Score

Model	Lower Limb Sports Injury Rehabilitation Dataset				Ballet Training Program Efficacy Dataset			
EfficientNet(Zhu et al. 2025)	86.45 ± 0.52	85.78 ± 0.63	85.12 ± 0.57	85.45 ± 0.60	87.32 ± 0.48	86.67 ± 0.55	86.01 ± 0.62	86.34 ± 0.59
Swin Transformer(Fu et al. 2024)	87.23 ± 0.47	86.56 ± 0.54	85.89 ± 0.61	86.22 ± 0.58	88.14 ± 0.44	87.49 ± 0.51	86.83 ± 0.58	87.16 ± 0.55
ResNet(Huang, Liu, and Lv 2023)	85.67 ± 0.55	85.01 ± 0.62	84.35 ± 0.59	84.68 ± 0.56	86.89 ± 0.50	86.23 ± 0.57	85.57 ± 0.64	85.90 ± 0.61
ConvNeXt(Klimke, Vlz, and Buchholz 2022)	87.89 ± 0.43	87.22 ± 0.50	86.56 ± 0.47	86.89 ± 0.54	88.76 ± 0.39	88.11 ± 0.46	87.45 ± 0.53	87.78 ± 0.50
DeiT(Rhinehart et al. 2021)	86.12 ± 0.49	85.45 ± 0.56	84.79 ± 0.63	85.12 ± 0.60	87.01 ± 0.45	86.36 ± 0.52	85.70 ± 0.59	86.03 ± 0.56
RegNet(Chetoui et al. 2023)	87.56 ± 0.46	86.89 ± 0.53	86.23 ± 0.60	86.56 ± 0.57	88.43 ± 0.42	87.78 ± 0.49	87.12 ± 0.56	87.45 ± 0.53
Ours	**89.34 ± 0.40**	**88.67 ± 0.47**	**88.01 ± 0.54**	**88.34 ± 0.51**	**90.12 ± 0.37**	**89.47 ± 0.44**	**88.81 ± 0.51**	**89.14 ± 0.48**

4.4 Ablation Study

We further study the contributions of each module in the rhythm manifold planner. Specifically, we remove CCM, E-D strategy routing and probability result filter one by one, and also compare the results with the complete model. The results are presented in Table 5 and Table 6. This pattern works in all 4 datasets: removing any one module will reduce performance, which shows that each planner part plays a role in the final result. In Table 5, removing the counterfactual constraint modeling reduces performance most significantly. On the ballet dancer injury recovery dataset, the accuracy drops from 89.12% to 87.45%, and the F1 value drops from 88. In terms of music rhythm synchronization in the rehabilitation dataset, the same ablation (abl) reduces the accuracy (acc) from 90.34% to 88.67%, and the F1 score from 89.48% to 86.89%. This shows that the alternative planning path calculation considering constraints is not useless; it is related to the core decision-making quality of the planner. The routing performance of removing event-driven policies has decreased somewhat. In the injury recovery data of ballet dancers, the accuracy rate reached 88.12%, and the F1 score reached 87.56%. The number of music rhythm synchronizations in the recovery data is 89.34% and 88.78%. In Table 6, there is the same trend. Without this module, the accuracy of the full model on lower limb motor injury rehabilitation data decreases by 1.11 percentage points, and 0.The dataset of ballet training progress effects has 98 points, which is composed of adjusting the strategic path in rehabilitation actions through continuous feedback, not a fixed schedule. Probabilistic result filtering has a tiny but obvious effect. When removed, the model is closer to the full version than the other two ablation experiments, but its performance will decline on each dataset. For example, in the ballet training project effect dataset, the accuracy rate drops from 90.12% to 89.56%, how about the F1 value (the original text is incomplete here).The accuracy of lower extremity sports injury rehabilitation data is 0.67, and the F1 score even showed a decline.The main improvement of probability filtering lies in the reliability of decision-making, which can help planners avoid weak links when selecting actions, although its contribution is not as obvious as the other two modules.

Table 5: Ablation study on Rhythmic Manifold Planner using Ballet Dancer Injury Recovery and Musical Rhythm Synchronization in Rehabilitation datasets

Model	Ballet Dancer Injury Recovery Dataset				Musical Rhythm Synchronization in Rehabilitation Dataset			
2-9	Accuracy	Precision	Recall	F1 Score	Accuracy	Precision	Recall	F1 Score
w./o. Counterfactual Constraint Modeling	87.45 ± 0.51	86.78 ± 0.58	87.01 ± 0.54	86.89 ± 0.56	88.67 ± 0.47	88.00 ± 0.54	88.23 ± 0.50	88.11 ± 0.52
w./o. Event driven Policy Routing	88.12 ± 0.48	87.45 ± 0.55	87.68 ± 0.51	87.56 ± 0.53	89.34 ± 0.44	88.67 ± 0.51	88.90 ± 0.47	88.78 ± 0.49
w./o. Probabilistic Outcome Filtering	88.78 ± 0.46	88.03 ± 0.53	88.26 ± 0.49	88.14 ± 0.51	89.89 ± 0.42	89.22 ± 0.49	89.45 ± 0.45	89.33 ± 0.47
Ours	**89.12 ± 0.49**	**88.37 ± 0.56**	**88.60 ± 0.52**	**88.48 ± 0.54**	**90.34 ± 0.45**	**89.67 ± 0.52**	**89.90 ± 0.48**	**89.78 ± 0.50**

Table 6: Ablation study of Rhythmic Manifold Planner on Lower Limb Sports Injury Rehabilitation Dataset and Ballet Training Program Efficacy Dataset

Model	Lower Limb Sports Injury Rehabilitation Dataset				Ballet Training Program Efficacy Dataset			
2-9	Accuracy	Precision	Recall	F1 Score	Accuracy	Precision	Recall	F1 Score
w./o. Counterfactual Constraint Modeling	87.12 ± 0.48	86.45 ± 0.55	85.79 ± 0.62	86.12 ± 0.59	88.01 ± 0.44	87.36 ± 0.51	86.70 ± 0.58	87.03 ± 0.55
w./o. Event driven Policy Routing	88.23 ± 0.45	87.56 ± 0.52	86.89 ± 0.59	87.22 ± 0.56	89.14 ± 0.41	88.49 ± 0.48	87.83 ± 0.55	88.16 ± 0.52
w./o. Probabilistic Outcome Filtering	88.67 ± 0.43	88.00 ± 0.50	87.34 ± 0.57	87.67 ± 0.54	89.56 ± 0.39	88.91 ± 0.46	88.25 ± 0.53	88.58 ± 0.50
Ours	**89.34 ± 0.40**	**88.67 ± 0.47**	**88.01 ± 0.54**	**88.34 ± 0.51**	**90.12 ± 0.37**	**89.47 ± 0.44**	**88.81 ± 0.51**	**89.14 ± 0.48**

5 Conclusions and Future Work

This study aims to solve the problem of lower extremity injury rehabilitation for ballet dancers. A rehabilitation plan synchronized with music rhythm is adopted. The proposed method takes a rhythm manifold planner as the core, and sets three new modules: counterfactual constraint modeling, event-driven strategy routing, and probabilistic result filtering. These parts work together to ensure accurate rhythm-movement synchronization to meet the rehabilitation needs of dancers. Experimental evaluation shows that the proposed method significantly improves the rehabilitation effect, with a high rehabilitation rate and high participant satisfaction. Based on strategy-driven coordination, combined with manifold adaptation and real-time feedback, its effectiveness in optimizing rehabilitation is confirmed, bringing a good life prospect for injured ballet dancers.

Despite the promising results, there are two notable limitations in our study. Firstly, the program's reliance on musical rhythm synchronization may not be universally applicable to all types of lower limb injuries or to dancers with varying musical preferences. Future research should explore the adaptability of the program to different injury types and musical genres to ensure broader applicability. Secondly, while the Rhythmic Manifold Planner offers dynamic adaptation, the complexity of its modules may pose challenges in terms of implementation and scalability in diverse rehabilitation settings. Further development is needed to simplify the integration process and enhance the system's accessibility for practitioners. Looking ahead, we envision expanding the scope of our research to include a wider range of dance forms and injury types, as well as refining the technological aspects of the program to ensure its efficacy and ease of use across various rehabilitation environments.

Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

Author Contributions

Chao Li contributed to conceptualization, methodology, software, validation, formal analysis, investigation, data curation, original draft preparation, review and editing, visualization, supervision, and funding acquisition. The author has read and agreed to the published version of the manuscript.

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