



Gymnastics Injuries

Gymnasts must consistently prepare for the rigorous physical and competitive aspects that the sport requires. With the complexity of routines, as well as the balance, strength and flexibility used in gymnastics, it's no wonder the reward and the risk of the sport are so high. Injuries that most commonly occur are in the ankles, feet, lower back, knees, wrists and hands.

What are some common gymnastics injuries?

The upper body is used as a weight-bearing joint in gymnastics. This can cause injuries to the shoulder, elbow and wrist that may include:

- Superior labrum, anterior-posterior (SLAP) lesions in the shoulder
- Elbow dislocation
- Wrist sprains

Lower extremity injuries usually result from landing and dismount activities. The most common gymnastics injuries to the lower body involve the knee or ankle and may include:

- Anterior cruciate ligament (ACL) injury
- Achilles tendon injury
- Lower back injuries

How can injuries be prevented?

- Wear required safety gear like wrist guards, hand grips, proper footwear, ankle or elbow braces and pads
- Warm up muscles with a combination of stretching, cardiovascular and dynamic warm-up
- Make sure first aid is available at all competitions and practices
- Ensure that equipment is in good condition, inspecting padded floors and secured mats under every apparatus
- Utilize safety harnesses for learning difficult moves
- Insist on spotters when learning new movements
- Don't play through the pain
- Follow instructions from your healthcare provider for treatment and recovery, if you get injured

Need immediate treatment for a gymnastics injury?

The Children's HealthSM Andrews Institute for Orthopaedics & Sports Medicine offers treatment for all sport-related injuries. Call to book your appointment today. With same-day and next-day appointments, we can get you in and back in the game.

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