Figure Skating - Common Injuries

Physiotherapy in Huntsville for Figure Skating

Welcome to ProActive Rehab's resource for common injuries while figure skating.

Correct treatment of an acute injury will minimize recovery time. This article will help you prevent re-injury by teaching you how to sustain good posture and muscle, prescribing you a thorough stretching regime, and providing tips for figure skating equipment selection.

Common Injuries:

- Ankle Sprain and Instability
- Achilles Tendon Problems
- Achilles Tendonopathy
- Plantarfascitis
- Patellofemoral Problems
- Lower Back Issues
- Anterior Cruciate Ligament Injuries
- Wrist Ligament Injuries
- Scaphoid Fracture of the Wrist