

Common Injuries for Cheerleaders

Physical Therapy in Corpus Christi for Cheerleading

Humpal Physical Therapy & Sports Medicine Centers has helped many athletes recover from injury and return to sports as soon as possible. Correct treatment of an acute injury will minimize recovery time. Humpal Physical Therapy & Sports Medicine Centers can also help you prevent re-injury by teaching you how to maintain good posture and muscle balance, prescribing you a thorough stretching regime.

Cheerleading is a fun but physically demanding sport. It can also be a very dangerous sport with high potential for catastrophic injuries due to the extreme skills performed at significant heights. It is crucial that the catchers and spotters have a high level of skill to reduce the risk of injury to the flyers, but it should be remembered that they too can be injured during a stunt. Most injuries occur during practice so extreme care should be taken when training new skills, especially when attempting a pyramid or any stunt performed at height. Appropriate safety measures should always be in place until a skill is completely mastered and can be performed repetitively without fault.

Common overall cheerleading injuries include:

- Neck Strain
- Shoulder Dislocation
- Elbow Dislocation
- Forearm Fracture
- Low Back Pain
- Hamstring Strain
- Groin Strain
- Patellar Dislocation
- Lower Leg Fracture
- Ankle Sprains

Other Relevant Link:

- [Stretching Guide for Cheerleading](#)