

Gymnastics - Common Injuries

Physical Therapy in Corpus Christi for Dance

Welcome to Humpal Physical Therapy & Sports Medicine Centers resource about gymnastics' common injuries. 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 sustain good posture and muscle balance, prescribing you a thorough stretching regime, and providing tips for gymnastics equipment selection.

Relevant Links:

Lower Body:

- [Ankle Sprain and Instability](#)
- [Achilles Tendon Problems](#)
- [Achilles Tendonopathy](#)
- [Plantar fasciitis](#)
- [Patellofemoral Problems](#)
- [Anterior Cruciate Ligament Injuries](#)
- [Meniscal Injuries \(Knee\)](#)

Spine:

- [Lumbar Spondylolysis](#)
- [Lumbar Spondylolithesis](#)

Upper Body:

- [Rotator Cuff Tears](#)
- [Labral Tears](#)
- [Shoulder Instability \(Subluxations/Dislocations\)](#)
- [Wrist Ligament Injuries](#)