

Name _____

Injuries in Gymnastics: Common Risks and Prevention

Short Answer Key

1. One preventive measure for avoiding overuse injuries is to ensure adequate rest and recovery between training sessions.
2. Proper technique and form are important in gymnastics for injury prevention because they reduce the likelihood of falls and incorrect landings.
3. One type of safety equipment that gymnasts can use during training is wrist guards.
4. A thorough warm-up is essential before gymnastics practice to prepare the body for the demands of training, increase blood flow, and prevent injuries.
5. Strength and conditioning exercises help gymnasts reduce the risk of injuries by building muscle strength, which supports their joints and stabilizes movements.

