

Common Injuries - Cross Country Skiing

Physiotherapy in Comoxfor Cross Country Skiing

Welcome to Bodyworx Physiotherapy Pilates & Health's resource regarding common injuries for cross country skiing.

Correct treatment of an acute injury will minimize recovery time. Bodyworx Physiotherapy Pilates & Health can also help you prevent re-injury by teaching you how to maintain good posture and muscle balance, prescribing you a thorough stretching regime, and providing tips for equipment selection.

Lower Body:

- Ankle Sprain and Instability
- Achilles Tendon Problems
- Achilles Tendonopathy
- Anterior Cruciate Ligament Injuries
- Medial Collateral Ligament Injuries

Upper Body:

- Skier's Thumb
- Wrist Ligament Injuries
- Rotator Cuff Tears
- Shoulder Instability and Dislocations
- Acromio-clavicular (A-C) Joint Separation