Wrestling Common Injuries

Wrestling Physiotherapy in Comox

Welcome to Bodyworx Physiotherapy Pilates & Health's resource about common injuries for wrestling. 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 wrestling equipment selection.

- Collateral Ligament Injuries
- Meniscal Injuries of the Knee
- Prepatellar Bursitis
- Neck Pain
- Rotator Cuff Tears
- Shoulder Instability
- Osteoarthritis
- PIP Joint Injuries to Finger

Other Relevant Links:

- Guide to Selecting Wrestling Equipment
- Stretching Guide for Wrestling

One of the most important ways to prevent injuries in wrestling is to develop good technique. An experienced coach can provide extremely valuable feedback on techniques that can be used to engage in a formidable match while at the same time avoiding injury. It is well known that most injuries occur during the takedown in wrestling therefore in order to minimize the risk of injury at this time, sufficient practice should be devoted to the technique required to safely execute this skill in a controlled practice situation.