Common injuries in figure skating include lacerations, concussion and fractures, plus the following injuries:

**Knee Injuries**
- Medial Ligament Sprains - The most commonly injured ligament in the knees is the medial collateral ligament. It is injured through a lateral force being applied to the knee, especially when the foot is planted.
- Meniscus Injuries - The menisci are two circular shaped pieces of cartilage, which sit on top of the tibia (shin bone), within the knee joint, to provide shock absorption and reduce friction at the knee.

**Leg Injuries**
- Groin Strain - Varying degrees of damage from minor tears to a few fibers, up to a full rupture can occur to one of the five groin or adductor muscles. This occurs commonly in sports, which require fast paced changes of direction.
- Hamstring Strain - Figure skating places a great deal of strain on the legs. Hamstring strains are one of the most common leg injuries.
- Sprained Ankle - Although the skate boot itself provides some support against ankle sprains, the combination of the thin skate and slippery surface make this a common injury.

**Shoulder Injuries**
- AC Joint Injuries - Damage to the AC joint occurs regularly from a fall onto the point of the shoulder.
- Shoulder Dislocations - Shoulder dislocations occur from either a fall and are usually in the anterior dislocation.

**Injury Prevention**
- Injury prevention strategies are very similar in most sports, although variations relating to protective equipment and conditioning will be present. The following is a simple guide to help you to avoid injury:

**Warm-up**
- A warm-up is a vital part of injury prevention in every sport. It also helps to prepare you mentally and physically. Warm-ups should get the heart rate up to increase the flow of blood around the body, in preparation for more strenuous activity. It should also warm and stretch the muscles to ensure they are working to their optimum and do not sustain an injury due to being cold and inflexible.
- A warm-up should consist of a minimum of 5 minutes cardio, pulse-raising exercise such as jogging, cycling, skipping etc. This should be followed by dynamic stretches. These have more recently replaced the use of static stretches. They include drills such as running with high knees, heels to bum and cariocas. This should be performed for a minimum of 5 minutes, up to a maximum of 20 minutes, with movements gradually becoming larger and faster. This is preferable to static stretching as it keeps the body warmer and heart rate higher, and more resembles the type of movements, which are required in most sports.

**Protection**
- Wearing the right kind of protective equipment is vital to avoiding injury in figure skating practices. Padding can be worn on most parts of the body. Gloves can be worn; however, few skaters are willing to wear a helmet.

**Rest**
- Resting is an important part of any athletes training program! Physiological changes within the cardiovascular, respiratory, and muscular systems in our bodies, occur when we are at rest. Overtraining often results in injuries due to fatigue causing poor technique and overuse type injuries. If you feel at all unwell, tired or in pain, you should rest until better.

**Training**
- In order to play in the higher levels of any sport, training is vitally important. Training not only the cardiovascular and muscular systems but also techniques and tactics are required to make sure the body is strong, coordinated and flexible as well as the mind being prepared and focused to name but a few.

**Nutrition and Hydration**
- Proper nutrition is important. A bad diet will prevent you from recovering from training sessions making you more prone to injury. A balanced diet is what you should aim for:
- Carbohydrate is important for refueling muscles
- Protein rebuilds muscles
- If you become dehydrated then less blood will flow through muscles. The muscles will be more prone to injury
- Vitamins and minerals are required for a
Much of what is discussed above should be part of your sporting routine. A biomechanical analysis can help identify possible injury risks. Orthotic devices can help. Also an assessment from a sports therapist or specialist can identify weak areas and possible injury risks. A course of exercises specific to your needs can give you the best chance of avoiding injury.

Padded shorts; elbow and kneepads