

Common Injuries for Field Hockey

Physical Therapy in Santa Fe for Field Hockey

CorePhysio has helped many athletes recover from injury and return to their sport as soon as possible. Correct treatment of an acute injury will minimize recovery time and help to avoid an injury becoming chronic. CorePhysio 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 field hockey equipment selection.

Field hockey is classified as a non-contact sport but that classification is based on whether or not the game includes deliberate body contact, and doesn't take into account contact that may be incurred with the stick or ball, both of which cause many of the acute injuries seen in the sports injury statistics. Minimal protective equipment is mandatory in field hockey and therefore the chances of a significant injury from stick or ball contact is high. As with any sport, excessive training and competition along with using poor equipment can also lead to overuse type injuries.

Common field hockey injuries include:

- Wrist Fracture
- Low Back Pain
- Quadriceps Strain
- ACL Ligament Tear
- Knee Medial Collateral Ligament Sprain
- Knee Meniscus Injury
- Shin Splints
- Ankle Sprain