

Pain, injury and gymnastics

Guide for young gymnasts



It is your decision as to whether you are able or unable to train or compete due to pain or injury.

If you are in pain or have an injury, don't ignore it. Think about how it may affect you.






Keep talking to your coach about any soreness and pain you might get from gymnastics.



Pain scale

Use this pain scale to help describe your pain.

1 – 3 Mild		4 – 6 Moderate		7 – 10 Severe	
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Ask your parent/guardian to contact a Physio or Doctor if your pain:

- 1 Is moderate or severe in nature (see pain scale above), OR
- 2 Lasts for **3** or more days in a row, OR
- 3 Impacts on training for **3** or more days in a row



If you are injured or are in pain, work with your parent/guardian, coach and a Physio or Doctor to help continue training and competing safely.

Further details can be found in the British Gymnastics Pain, Injury and Gymnastics position statement