



**MOTION IS
MEDICINE**
SPORTS MEDICINE

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SPORTS MEDICINE & NON-OPERATIVE ORTHOPEDICS
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CrossFit

Common Injuries and How to Avoid Them!

What are the most common CrossFit Injuries?

- Lower Back sprains & strains
- Knee tendinitis
- Lateral epicondylitis “Tennis Elbow”
- Rotator Cuff injury
- Hand rips/tears



Why do they happen?

- Compound nature of the movements (using multiple muscle groups at a time)
- Intensity of the workouts (doing the most work in the least amount of time)
- Mobility required to perform many of the gymnastic elements that are built into the workouts.
- CrossFit athlete’s bodies are put to the test in creative ways that can lead to overuse injuries and/or acute structural damage to ligaments and muscles.

What YOU can do to help:

- Find the right “Box:” research the CrossFit gym/box you would like to attend. You want a Box with a philosophy of fitness and wellness. A “no pain, no gain” mentality can lead to serious overuse injury and burnout!
- Make sure that they have GOOD certified coaches that will emphasize proper technique and take their time teaching you the various movements.





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- Always look to scale your workouts down to prevent overtraining and injury. Don't be afraid to modify movements that your body is not quite ready for. Choose a lighter weight so that you do not excessively strain yourself during the workouts.
- Drink plenty of water, perform stretches daily to ensure proper muscle length and mobility, and always take rest days if your body is feeling run down.



At Motion is Medicine, we are committed to helping you get back into the gym stronger and healthier than ever! If you are a CrossFit athlete that needs more consistent care due to chronic pains and strains, please consider joining our [Direct Specialty Care](#) programs that includes unlimited evaluations for injuries and discounts on treatments including [Osteopathic Manipulative Treatment \(OMT\)](#) and [Regenerative Injection Therapies \(ie: PRP\)](#) or scheduled OMT sessions to help prevent injury and enhance performance!



<https://ercare24.com/common-crossfit-injuries/>

<https://ironbullstrength.com/blogs/learn/10-most-common-crossfit-injuries-and-how-to-prevent-them>

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