

# Pain, injury and gymnastics

## Guide for 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 injured, always prioritise your long-term health when making any decisions.



Have regular discussions with your coach about the demands of gymnastics, including soreness and pain.



Seek help from a qualified medical professional (E.g., Physio, Sports Doctor or GP) if your pain:

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



### Pain scale

Use this pain scale to help describe your pain.

1 – 3 Mild	4 – 6 Moderate	7 – 10 Severe
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If you are injured or are in pain, work with your parent/guardian (if under 18), coach and a medical professional to help continue training and competing safely if appropriate.

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