



Curling Injuries

Knee, back and shoulder pain are common symptoms experienced by curling participants, due to the sweeping motion, which involves repetitive upper limb movements, and the delivery position which requires sustained knee and low back flexion. Tips to avoid injury include proper warm-up, maintaining flexibility and possibly modifying body positioning and posture. Call us for an appointment, and we can address the above factors, to help maximize your performance and reduce the risk of injury.