

5 Common CrossFit Injuries

How to prevent and treat the most frequent CrossFit injuries

By Beth Puliti

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CrossFit is [a strength and conditioning program](#) that has grown in popularity in recent years. The full-body workout helps participants lose weight, gain strength and improve cardiovascular endurance, speed, flexibility, coordination and balance.

D. Levi Harrison, MD, orthopedic surgeon and author of *The Art of Fitness: A Journey to Self-Enhancement*, has participated in CrossFit, and treats patients who partake in the exercise program as well.

Like any sport, [injuries](#) occur in both well-trained athletes, and mid- to lower-level fitness enthusiasts, he said, acknowledging that he treats many CrossFit-related injuries each month.



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Dr. Harrison revealed to About.com a list of the five most common

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injuries he sees in his orthopedic surgery practice involving CrossFit athletes:

1. Tennis Elbow or Lateral Epicondylitis:

This is often due to [over-use or repetitive exercises](#). Many of the athletes feel their lateral elbow pain is worsened by "muscle-ups" or heavy weight-lifting exercises. "If you have elbow pain like this, stop the exercise," warned Dr. Harrison. "I recommend listening to your body. Ice the area and consider an anti-inflammatory medication, such as ibuprofen or naprosyn." Nirschl exercises are also a good way to stretch the extensor muscles, especially the ECRB and ECRL tendons/muscle bellies. A compression elbow brace can be effective in minimizing further micro-tears of the extensors during treatment. Acupuncture and physical therapy are also valuable techniques to treat tennis elbow pain. Steroid injections can be used if the non-invasive techniques are not effective, and surgery is the last option to consider.