



Injuries in Gymnastics

05 May 2026, 12 pm - 2 pm

Online - Meeting Link Shared Week of Webinar

What to Expect

This online Injuries in Gymnastics Webinar is designed for coaches across all levels who want to deepen their understanding of injuries in gymnastics and their impact on performance. The session will explore common injuries seen in gymnastics, how and why they occur, and the ways injuries can affect training, confidence, and long-term athlete development.

Coaches will gain practical insight into how a better understanding of injuries can support prevention, inform training adaptations, and assist with safe, effective recovery. The webinar will help coaches make more informed decisions that support gymnast wellbeing while maintaining meaningful progress in the gym.

Emma Radford - Physiotherapist and Senior-level Coach and Judge

Emma brings a unique combination of expertise from both health and gymnastics performance. By day, Emma works as an experienced physiotherapist, supporting athletes through injury management, recovery, and safe return to performance. Alongside this, Emma has spent many years within gymnastics, progressing to become a senior Artistic judge and coach, and was herself a high-level competitive gymnast.

Through her work directly with gymnasts—both in the gym and in rehabilitation settings—Emma offers a well-rounded, real-world perspective on injuries in gymnastics. Emma's combined experience as a former competitive athlete, clinician, coach, and judge allows her to bridge the gap between medical understanding and coaching practice, supporting coaches to better understand injury prevention, performance impact, and effective recovery strategies within the gymnastics environment.

Workshop Details

Date: 05 May 2026

Time: 12:00 pm – 2:00 pm

Location: Online

Price: \$36.50

Registrations Extended

