

Introduction to Cheerleading

Physical Therapy in San Jose, Los Gatos, Foster City and Burlingame for Cheerleading

Cheerleading began as a way to promote school unity and rally a team to victory; however, in the 130 years that have followed, cheerleading has developed into a highly skilled and competitive athletic event in its own right.



Modern cheerleading combines elements of gymnastics with tosses, partner stunts and pyramid building to wow the crowd. While these risky athletic elements add excitement and entertainment to cheerleading routines, they also increase the risk of injury. Ligament sprains, muscle strains, fractures, back pain and overuse injuries of the arms are the most common.

Having trouble showing your school spirit because you are in constant pain? Is your spot in the pyramid at risk because you are sidelined by injury? Working with a Physical Therapist can help you recover from an injury faster and reduce (if not eliminate) your chronic pain. A personalized Physical Therapy routine can also strengthen your body, improve your flexibility and enhance your agility and coordination, helping prevent future injuries. So don't let your cheer disappear with an injury; talk to your Physical Therapist about finding the right techniques and treatments for you.

For further information, please see:

- ◆ [Common Injuries](#)
- ◆ [Stretching Guide for Cheerleading](#)

MORE Physical Therapy provides services for Physical Therapy in San Jose, Los Gatos, Foster City and Burlingame.