Introduction to Figure Skating

Physical Therapy in Chino for Figure Skating

Welcome to Central Care Physical Therapy's patient resource about figure skating.

The moment a figure skater steps onto the ice, there is one dream they have in mind, one goal they shoot towards and we can assure you it has nothing to do with the sequins on their skirts. Any true figure skater wants to be able to land that double salchow, that triple lutz, or the ever elusive quadruple axel. Figure skating is a highly technical sport and it requires great skill and talent. There is definitely more to it than just the outfits.

Figure skaters put their bodies through a tremendous beating. Whether it is through knee, hip or ankle injuries, or working through pulled and stiff muscles, figure skaters know one principle in their everyday lives and that is “Practice makes perfect.” This sport is all about repetition.

To be successful, a figure skater needs to be conditioned not only on the ice, but off the ice as well. Proper stretching and exercising will help you limber up and enable you to give your best performance each time you take to the ice.

Take advantage of the resources provided on this site and reach for the stars in every jump you attempt.

- Guide for Selecting Figure Skating Equipment
- Stretching Guide for Figure Skating
- Figure Skating - Common Injuries

Central Care Physical Therapy provides services for Physical Therapy in Chino.