



British Snowboarder's Heel Injury at PyeongChang

The injury rate at the Winter Olympics is astonishingly high with many athletes having their dreams ruined by falls. At Sochi four years ago 49% of the participants in ski aericals were injured!

The main areas of injury are bone and **ligament** of the knees, **ankles** and hips.

British Snowboarder Katie Ormerod had an unlucky fracture to her left heel bone (calcaneum). From the news we understand that she had surgical treatment and will embark on the road to recovery which means lots of intensive **post-op rehabilitation** and a gradual return to her sport over the next six months.

Calcaneal fractures most often happen with an axial load to the heel bone. In the majority of cases, it would include intra-articular damage which can be challenging for surgical and post operative treatment. Importantly, the dynamics of such an axial injury could also affect the **low back**, **neck** and **thoracic spine** including other joints and soft tissues.

Ongoing clinical assessment and specific rehabilitation is necessary to achieve full recovery after a heel fracture. We wish Katie Ormerod a full recovery and successful return to her sport!

At Ealing Physio our clinicians always focus on the holistic aspects of any injuries and offer world class rehabilitation with the most effective, evidence based practice that physiotherapy can offer for the speediest result.

Whether it is gardening, snowboarding, ski-ing or other activity - we treat your injuries and get you back to full fitness in the shortest time possible!

Click on any of the specific conditions above for more information and for a list of conditions we treat successfully please [click here](#)

Don't let pain stop you from doing what you love!

Call us on 020 8847 1887 for an appointment or for a chat about how we can help you. You can also book appointments [on-line](#) and we will call you back as soon as we possibly can.

with very best regards
Karthik Krishna and the Team at Ealing Physio

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"Keeping You Active"



Keeping You Active

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