

Enjoy Zumba but Beware!

Zumba participants get lots of exercise but have orthopedic problems as time goes on possibly. Some injuries that have been reported are compartment syndrome in the heel which is usually caused by trauma crushing injuries like auto accidents.

Others have noticed hip problems such as snapping hip syndrome from a salsa movement in the Zumba class. Over 12 million people worldwide now do the cardio dance Zumba.

Other injuries include ankle sprains as there are a lot of lateral moves and stress fractures are also common. Most people have these problems because Zumba is fun and they tend to do it all the time, kind of too much too fast.

To prevent these injuries work on a low impact exercise at first to tone and strengthen the body and then as you lose some of the weight start increasing the impact intensity. The body usually takes about 6 months to go from a sedentary life style to being able to withstand high impact exercise.