Rock Climbing Injury Prevention Details  
 *Topic Timing in Video*

**Intro/ Overview**  0:00 – 1:48

**A2 Pulley Injury**  1:48 – 11:55

**Carpal Tunnel** 11:55 – 17:03

**Overuse Injuries** 17:04 – 31:53

* Reinjury
* Carpal Tunnel
* Interphalangeal Joint Effusion
* Tennis Elbow
* Shoulder/ rotator Cuff

**Impairments from foot remodeling** 31:54 – 39:16

* Hallux Rigidus
* Bunions
* Plantar Fasciitis

**Rope Burn/ Flappers** 39: 17 – 50:42

**Wrap Up/ Resources** 50:43 – 52:13

Video Link: <https://youtu.be/Z0TP3c9eQyI>