

The Scariest Gymnastics Injuries Caught Live on TV

Gymnastics has *always* had moments of triumph that have viewers leaping out of their seats with joy, but there are also times when we are left to watch helplessly as things go horribly wrong. Do you remember the time Samir Ait Said suffered a terrible vault injury at the 2016 Olympics in Rio de Janeiro?

Well, keep on watching to find out how this and many more gymnastic injuries took place on live television!

Jacoby Miles

Jacoby Miles, who was a 15-year-old competitive gymnast from Puyallup, Washington stepped up to the uneven bars to rehearse the maneuver she'd done a thousand times before without fail. She later explained to her coach Melanie Roach that she had gotten lost as she spiraled through the air before executing her second flip.

She became disoriented and landed on her neck, with just an 8-inch mat to soften the fall. Miles was then taken to St. Joseph Hospital in Tacoma, where it was revealed through a CAT scan that her C4 vertebrae had been dislocated but not severed. That does leave the possibility of recovery open but doctors have warned the family that regaining the use of her legs would be nothing short of a miracle.

The incredible flips, leaps, and spins that bring home gold for America's fierce five at the London Olympics are what most people refer to when they think

about gymnastics. However, this sport can potentially be very dangerous. More than 25, 000 children between the ages of 6 and 17, who take part in gymnastics are treated in the United States for injuries related to this sport, which is a scarily large number.

Adrienn Nyeste

Many horrifying falls and injuries have occurred in gymnastics throughout the sport's history but the terrifying fall of Hungarian gymnast Adrienn Nyeste in Sydney was hands down one of the worst.

She lost control and went off the high bar causing her to smash face-first into the mat while performing a routine on the uneven bars. She eventually rose to her feet after lying still for a couple of minutes, avoiding a potentially fatal injury. Though we're sure that a fall like that would have been enough to do some permanent damage, she thankfully avoided any long-term consequences.

Aliya Mustafina

Aliya Mustafina had an awkward landing during a vault at the 2011 European Championships. The injury itself didn't appear to be all that serious on the outside, since it looked like a regular landing until she grabbed onto her knee with pain.

The whole event was more painful because it occurred during the Women's Individual All-Around Final, forcing her to withdraw from the World Championships in 2011, where she had previously hoped to defend her title.

We can't even imagine how painful it must have been for her to come off the vault and land directly on her knee from such a height. And the fact that it happened on live television for everyone to see, must have undoubtedly made it worse.

Elissa Downie

In the last couple of decades, two countries have dominated the world of gymnastics the most: America and Russia. But the Great Britain team has shown significant improvements and has set their sights on the podium.

Elissa Downie, the team's tumbler, had a pretty bad fall during qualifications for Rio which was unfortunate for the squad as a whole. She was in the middle of doing her floor routine when she landed on her neck after over-rotating on one of her jumps.

Though she still got up despite the mind-numbing agony, she quickly went on to leave the scene because she felt that something was off. The severity of her injury may have led most gymnasts to withdraw for the duration of the competition, but the English gymnast persevered and performed two vaults.

She went on to place 13th in the All-around competition and Team Britain placed 5th overall. Downie's comeback despite her injuries is definitely a big inspiration for athletes everywhere.

Kerri Strug

Kerri Strug was approaching the two vaults that would determine whether Team USA would win Gold or Silver when, unfortunately, her first leap ended in a disaster. Her ankle gave way beneath her and she landed awkwardly on her feet. The then young gymnast's face was twisted with pain, the commentators were in shock and it seemed like her run in the competition had ended for all intents and purposes.

But Strug still limped up to perform for the gold medal in her second attempt and was very clearly in a lot of pain. All eyes were on her as she rocketed through the air, and her ankle visibly wobbled when she landed. Despite all that, she raised her arms in triumph and successfully stuck the landing. She went on to earn the USA team their first-ever gold medal in gymnastics.

After that competition, Strug struggled to regain the form that had helped her win gold in Atlanta and she eventually retired from the sport.

Chellsie Memmel

Chellsie Memmel made a comeback in 2011 after she had been away for a couple of years and had a relatively solid year until she dislocated her

shoulder on the bars during Nationals. She then competed in the U.S Classic after undergoing surgery for a torn biceps tendon.

This was meant to be the first step on her way to the 2012 Olympics but the gymnast fell twice on the balance beam, which earned her a score of 11.950. Memmel then petitioned to compete in the National Championships but the National Committee turned her down.

This was a huge blow to the entire gymnastics community as Memmel is an excellent gymnast and had high chances of making the 2012 Olympic team and simply needed some time to train after her injury. She was never given the chance to compete and this led to her retirement.

Though there is some good news, Memmel came out of her retirement just last year and competed in the U.S Gymnastics Championships. This was her first time competing in over 10 years and she even attempted a vault that she hadn't performed since way back in 2006.

Rebecca Bross

Rebecca Bross injured her knee on a vault landing at the 2011 Visa Championships and it was a truly heartbreaking sight for viewers all around the world. Not only was her vault under-rotated but she was also twisting as she landed the technique, which made it into a disaster that was just waiting to happen.

Bross was forced to sit out the rest of the 2011 season because of her injury. And though she aced her performance at the 2012 Olympic Trials, she sadly

failed to make the team. Fans of the American medalist were devastated because the trials were the last place where she competed in gymnastics.

Her dislocating her knee was a major factor that contributed to the end of her career.

Samir Ait Said

Samir Ait Said, who is a French gymnast, collapsed on his vault landing at the 2016 Rio Olympics. The gruesome sound of his leg-breaking could be heard across the stadium.

The gymnast broke both his Tibia and Fibula while attempting the vault landing. This injury would have been devastating in any circumstance but it was especially so because of the Olympics, where his performance meant everything.

It was very upsetting to witness this setback as yet another gymnast was held back from achieving their Olympic goal.

He was forced to withdraw a couple of years back in the 2012 Olympic games as well, due to an injury sustained at the European Championships. We can't imagine what it must have been like to be watching the performance live and hearing the crack.

Julissa Gomez

Julissa Gomez was an American gymnast who quickly rose through the ranks of competitive gymnastics around the mid-1980s before becoming paralyzed in a vaulting accident in 1988.

She later died due to the severity of her wounds. This tragic incident prompted some important modifications in the vaulting discipline of women's gymnastics, with the intention to avoid such injuries in the future.

Gomez was in the process of practicing the Yurchenko during warm-ups for the final on May 5th. Her foot fell off the springboard as she raced for the vault on one of her practice runs, and she fell headfirst into the vaulting horse at high speed.

Her entire body became paralyzed from the neck down following the accident. A mishap at a Japanese hospital following that caused severe brain damage and put her in a coma after an oxygen hose to the respirator became disconnected.

The young gymnast was cared for by her family for around 3 years before finally succumbing to infection and passing away in Houston in August of 1991.

Gomez's tragedy is one of the worst incidents in Artistic Gymnastics History and it prompted several changes in the discipline. The International Gymnastics Federation in 1989 voted to improve vaulting safety by allowing the use of U-shaped springboard mats during competitions.

Mats like these are usually used in practice so gymnasts can have a wider margin of error in pre-flight. The safety mat is now a requirement and performing the Yurchenko without it will result in an automatic score of zero.

And to provide gymnasts with more safety, the traditional horse got phased out in 2001 and was replaced by a more sturdy vaulting table.

That's a wrap for this video! What are your thoughts on these live gymnastic injuries? Let us know in the comments below. Make sure to give this video a thumbs up, and subscribe to our channel for more videos like this. See you in the next one!

Sources:

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