

### 3. I Have/Had an Injury. Can I Still Do CrossFit?

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Many of our members have successfully used CrossFit to rehabilitate from minor injuries. Because people continue to move, work, and play in the real world regardless of injury history, we believe the best route to long-term health is to learn perfect form on functional movements, then to slowly build strength in those movements, rather than to avoid them altogether. At the same time, our instructors are always happy to work with you to scale and substitute exercises, to tailor workouts to your abilities.

That said, we cannot offer you specific medical advice, and [we strongly advise that you consult your physician before starting this \(or any other\) exercise program.](#)

[\(Go Back\)](#)