

## Liv Burnett's Inspiring Comeback from Injury



Olivia Burnett

*Jane Johnson, Friday, 8 July 2011*

Olivia Burnett's year has not been what she was planning as she prepared to represent Tasmania as our only level 10 WG representative at Nationals in Perth. 2011 has been ride of emotions and a struggle with injury.

Liv was diagnosed with having a Deficient Buford Complex early in the year, meaning she's missing some cartilage and ligament in her shoulder. Liv was prevented from training completely for a few weeks and off any weight bearing (Bars and Vault etc..) for 4 months from February. Some skills took 5 months from February to get back (eg: she has only achieved her Flic series on Beam in the past week).

Liv was given a huge amount of support by her Physiotherapist and Sports Doctor, her family, coaches and her team mates from Hobart Gymnastics Academy.

Last year Liv received the Carol Sussman award for floor Choreography Artistry at the National Championships, Liv has choreographed a new floor routine for level 10, she's hoping this routine will impress the judges just as much, and wow the crowd.

Liv is looking forward to competing in Perth in her seventh successive National Championships.