

Russian Skier On Road to Recovery After Breaking Back in Sochi

By [The Moscow Times](#)

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The Russian freestyle skier who broke her back at the Sochi Olympics is in satisfactory condition and doing half-hour physical workouts every day, a doctor with the country's freestyle federation has said.

Komissarova sustained a fractured vertebra with dislocation in a crash in training at the PSX Olympic skicross venue at the Rosa Khutor Extreme Park last month.

Russian doctors performed a 6-1/2-hour operation immediately, and the 23-year-old was then transferred to Munich for further care, including a second and a third operation.

She remains in the Bavarian capital undergoing neurorehabilitation, which can take up to six months, officials have said.

"Komissarova is undergoing treatment according to the plan drawn up by the medical

council, " Mirzali Samedov was quoted as saying Sunday on the Russian Freestyle Federation's website. He added Komissarova's overall condition was satisfactory.

"After a course of antibiotics, her temperature returned to normal. Maria is receiving muscle toning treatment and is also taken to the gym where she does physical sessions for half an hour [a day]," Samedov added. "Her nutrition and sleep pattern is also normal."

She posted a message on Instagram last week saying that she had no feeling from the waist down but still insisted: "I am strong and I know that one day I'll definitely stand up."

Komissarova's best result came with second place at a World Cup event in 2012, but she was not seen as a medal contender in the women's ski cross competition, which was won by Canada's Marielle Thompson.

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