

SURFBOAT INJURY PREVENTION

→ Six simple exercises to help avoid injury



1. HIP FLEXOR STRETCHING (with abdominal muscle activation)

Kneel on your right knee on a soft surface with your right thigh vertical, your left foot forward and left shin vertical. Tilt your pelvis backwards (posteriorly) by pulling your belt towards your ribs. Once you feel a gentle stretch in the front of your right hip / thigh, hold for 1 minute. For an increase in the stretch, reach over your head with your right hand, leaning slightly to the left. **DO NOT** tilt your pelvis to the side or lunge. If you do not feel the stretch, you are not tilting your pelvis correctly.

Why? - rowing tightens the hip flexors, and tight hip flexors can pull on the vertebrae adding extra load to the joints and discs when sitting and standing.



2. TOE TOUCHES

Standing with your feet shoulder width apart, slowly bend forward reaching for your toes. Stop when you feel a moderate stretch in the back of the legs and the lower back, and hold for 30 sec. **DO NOT** - push the stretch to the point of pain, or persist if pain is felt in the back or legs.

Why? - flexibility in the hamstrings and lower back muscles allow you to achieve a tall, strong catch position without overloading the structures of the lower back.



5. MID BACK ROTATIONS

Sitting tall on a sling or a ball with your hands together held in front of your chest. Slowly rotate to the right until you feel a stretch in the mid and lower back, hold for 5 seconds before rotating to the left. Repeat 10 times (5 each side). **DO NOT** push the rotation if there is any pain in the back or ribs!

Why? to prevent the joints of the mid and lower back from stiffening up, and activate the spinal stabilizers.



4. STANDING HAMMY STRETCH

Standing in front of a chair with your right foot on the chair and your left foot pointing forward. Reach towards your right foot with your left hand until you feel a stretch in the back of your right leg. **DO NOT** allow your back foot or pelvis to rotate out to the side, or push forward if there is any pain in the back at all!

Why? flexibility in the hamstrings and lower back muscles allow you to achieve a tall, strong catch position without overloading the structures of the lower back.

3. LOW BACK ROTATIONS (with nerve glide)

Lay on your back on the floor with your right arm out to the side and your right leg bent. Slowly move your right leg across your body with your left hand, rotating your pelvis until you feel a gentle stretch in your lower back. Keep your shoulder blades on the ground. Slowly extend your right knee, moving your toes towards your nose, hold for no more than a few seconds before bending the knee again. Repeat 10 times on each side. **DO NOT** push the low back stretch or knee extensions if there is any pain in the back at all!

Why? to prevent the joints of the lower back from stiffening up, and the sciatic nerve from shortening.



6. a) FOREARM STRETCHING (pictured left)

With your shoulder in a relaxed position and your elbow straight, pull your fingers back towards your body until you feel a stretch in the muscles of the forearm. Hold for 45 seconds before repeating in the opposite direction. **DO NOT** lift your foot if you cannot balance whilst

6. b) FOREARM RELEASE (pictured right)

Find an object that is cylindrical and hard. Sitting at a table with your forearm positioned over the cylinder and your other hand applying downward pressure, slowly roll your forearm over the cylinder, releasing the muscles. Why? To prevent the muscles of the forearm tightening up leading to tendonopathy in the wrist or elbow and

