

SMI surfing injury prevention training

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Introduction

Do you want to surf as much as possible in a healthy way? Do you want to prevent injuries?

The medical doctors and physical therapists of Surfing Medicine International have designed an injury prevention training program which will help you to warm up before a surf session and to get stronger, more flexible, breath better and prevent common surfing injuries related to chronic overuse or muscular imbalance.

The injury prevention training consists of 3 levels.

The first level exercises are focused on warming up and training purposes when training facilities are not available. You can do the quick version of level 1 before your surf session, right at the beach. Or you can use the level 1 exercises for training. The levels 2 and 3 are designed for more intense training of surf specific characteristics: mobility, stability, strength, breath control.

While following the injury prevention program, focus on your technique first before you progress to heavier exercises. Make sure you put emphasis on what your body needs (more mobility?/ stability?/ strength?) and feel free to combine exercises of all levels.

You can view this injury prevention training program at the SMI website below, or in the Get Set App from the International Olympic Committee (IOC).

Surfing Injury Prevention Program Level 1

1. Rotational squats

- Purpose: To enhance mobility in the whole chain of movement from toes to head and warm up (knee) stability.
- Pop-up to your surf stance
- Look over your front shoulder and rotate in that direction like a surfing cutback. Point your leading arm down and let the other follow.
- Get both arms up and to the other side.
- Make it swing and always look in the direction you're going. Keep a strong back knee, which is rotating inwards with every squat.
- 2 x 10 repetitions



2. Deep squat

- Purpose: hip mobility
- Place feet a little wider than hip distance, straighten your spine
- Bring the pelvis down until you're leaning in your hips. Remain your heels on the floor while you bring your pelvis down as far as possible
- If you don't have the mobility yet and fall over, put something underneath your heels or grab something to hold on to
- Enjoy the view and activate your deep diaphragm breathing
- 30-60 seconds



3. Surfers lunge

- Purpose: hip and leg stretch, spinal rotation
- Keep one leg in the position of the deep squat
- Stretch the other leg out with the toes pointing up
- Open up your shoulders towards the straightened leg and stretch the arm out to the sky
- Put the other arm with the hand on the ground and the elbow on the inside of the bend knee
- Each side 5 repetitions (at least 1 breath per repetition)



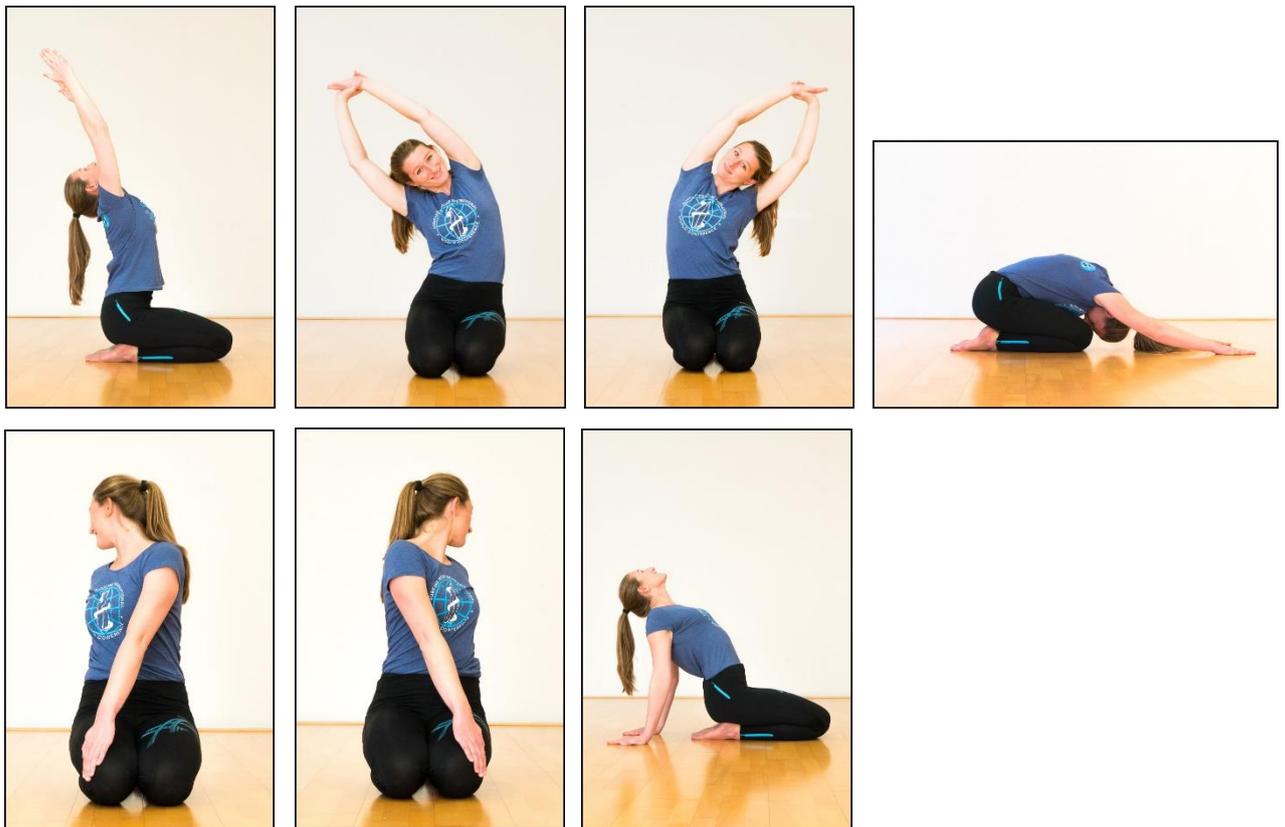
4. Walking diagonal lunge

- Purpose: dynamic hip stretch and activation. Spine and fascia warm up.
- Put both your arms in the air
- Step forward and a little to the side and drop your back knee
- Alternate your legs. Walk this way with the arms raised
- 10-20 meters



5. Spine routine

- Purpose: spine stretch all directions
- Sit down on your knees with the feet flexed, spine in neutral position.
- Move your arms up and look to the sky
- Straighten the spine. Take your left wrist with your right hand and bend sideways to the right and vice versa
- Bend forward touching the ground as far away as you can
- In this position, walk your hands all the way to the left and to the right
- Straighten up and place your right hand behind you on the ground and your left hand on the right thigh
- Reverse the exercise by placing your left hand behind you and the right hand on the left thigh. Rotate the spine to the left
- Place your hands behind your back with the fingers pointing backwards and open up the chest
- Try to breath out in every ending position of this sequence. If you're experienced with apnea training, perform 3 series with breath holding each series.
- 3 rounds



6. Dynamic up- and downward dog

- Purpose: stretch your hamstrings, calves and back, tone your quadriceps and core
- Sit on hands and knees, with your hands slightly in front of your shoulders
- Exhale and extend your knees, while you remain your back straight. You might remain your knees flexed if the muscles in your legs are too tight. (downward facing dog)
- come to high plank
- lower your body by bending your elbows. If it is too hard, you can put your knees down first
- after lowering your body, your nose almost touching the floor, you come up with your upper body by extending your back actively with supports of your arms and look up
- come back to downward facing dog
- 5 repetitions



7. Asymmetric arm swing

- Purpose: warm up of the shoulders
- stand up straight
- Make sure you keep your upper back straight
- keep your neck in a neutral position, keep looking forward
- swing both arms forwards, one after the other
- then swing both arms backwards, one after the other
- 10 repetitions



8. Fish pose

- Purpose: opening the chest and stretch of upper back
 - stand up straight
 - engage your core
 - fold your hands behind your back
 - extend your elbows
 - actively pull your shoulder blades together over your back
 - Hold contraction for 5 seconds, 5 repetitions
- Don't:
- Arch your lower back too much but extend your upper back.



9. Penguin

- Purpose: warm up of shoulders, tone the external rotators of the shoulders
 - stand up straight
 - keep your upper back straight
 - remain facing forward while you lengthen your neck, as if someone is pulling up the back of your head.
 - keep your elbows next to your side, in a 90-degree angle making your forearms facing forward
 - remain your shoulder blades in the same position while you rotate your forearms outwards
 - Hold contraction for 5 seconds, 5 repetitions.
- Don't:
- Pull your shoulder blades back



10. Thumbs up

- Purpose: mobilize the upper spine, warm up the neck
 - stand up straight
 - straighten your arms and lift them sideways up to shoulder height
 - Stick out your thumbs
 - make sure one thumb is facing up while the other thumb is facing down
 - rotate your head so that you're facing the thumb up
 - switch the position of your thumbs, and also your head
 - 10 repetitions.
- Don't:
- move your arms forwards but keep them at shoulder level



11. Dynamic rotation cervical spine

- Purpose: stretch and warm up of the neck
- stand up straight
- move your chin towards your chest
- then move your right ear towards your right shoulder
- move your chin again towards your chest
- you can move in the opposite direction, left ear to left shoulder
- Hold stretch for 5 seconds, 5 repetitions each side.

