

Optimized Movement For Lifelong Pain Free Paddling And Surfing



Waterman 2.0: Optimized Movement For Lifelong, Pain-Free Paddling And Surfing by Kelly Starrett

★★★★☆ 4.5 out of 5

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Surfing and paddling are two of the most popular water sports in the world. They are both great ways to get exercise, enjoy the outdoors, and have some fun. However, paddling and surfing can also be hard on your body, especially if you don't use proper technique.

Using proper technique can help you paddle and surf more efficiently and reduce your risk of injury. Proper technique also helps you get the most out of your paddling and surfing experience.

Paddling Technique

When paddling, it is important to use a proper stroke. The correct stroke starts with your arms extended out in front of you. You should then pull your arms back through the water in a smooth, fluid motion. Your hands should be slightly cupped and your elbows should be slightly bent.

As you pull your arms back, you should also be rotating your torso. This will help you get more power from your stroke. You should also keep your head up and your eyes focused on where you are going.

Injury Prevention

One of the best ways to prevent injuries when paddling and surfing is to use proper technique. However, even if you use proper technique, you can still get injured. That's why it is important to be aware of the most common paddling and surfing injuries and how to prevent them.

Some of the most common paddling and surfing injuries include:

- Shoulder impingement
- Rotator cuff tears
- Tennis elbow
- Carpal tunnel syndrome
- Knee pain
- Back pain

To prevent these injuries, it is important to:

- Warm up before you start paddling or surfing.
- Stretch your muscles after you finish paddling or surfing.
- Use proper technique when paddling and surfing.
- Listen to your body and take breaks when you need them.

Flexibility And Strength

Flexibility and strength are also important for lifelong pain-free paddling and surfing. Flexibility helps you move your body through the water more efficiently. Strength helps you paddle and surf for longer periods of time without getting tired.

To improve your flexibility, you should do regular stretching exercises. To improve your strength, you should do regular strength training exercises.

By following these tips, you can optimize your movement and paddle and surf pain-free for life. Remember to use proper technique, prevent injuries, and stay flexible and strong.

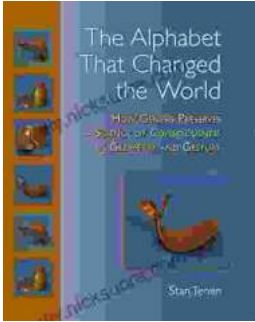


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