

Preparation prevents water-sport injuries

Question: My family spends most of the summer doing water sports. It seems someone always gets an injury early in the season. How can we avoid water-sport injuries?

Answer: Swimming, water skiing, and boating are usually short outdoor seasons in New Jersey. We utilize muscles and move in positions we do not normally use throughout the prior seasons. When warm weather hits we have a tendency to over indulge without proper stretching and preparation. We see common early season injuries of shoulder strain, low-back and hip injuries, along with neck sprains/strains.

Water skiing injuries usually occur due to poor falling techniques. If you know you are going to fall let your entire body go limp. Let all your joints and muscles relax which minimizes the initial impact into the water.

Boating accidents often occur getting into the boat as often as the bouncing and jostling from jumping the wakes. Avoid carrying coolers, towels, dogs, kids, and equipment all at once or while stepping into the boat. Make multiple trips and hand items to people inside the boat. As you are wave hopping across the water anticipate the waves and bumps. Hold onto stable parts of the boat, bend your knees, and move with the motion of the boat to absorb the shock from the watercraft into your spine.

Water sports should be safe and fun. Always take precautions with your equipment and check for proper function and safety. Always pre-plan your activities and know what and where to go in case of emergencies.

If injuries occur, take care of them as soon as possible and make sure to tell your chiropractor of any falls or injuries whether you are experiencing symptoms or not. Appropriate and immediate care by a chiropractor can expedite correction and healing.

Quote of the week: “You can give without loving, but you cannot love without giving.” – Amy Carmichel