

# BACK INJURY PREVENTION

## GENERAL CONCEPTS TO KEEP IN MIND:

- Strengthen your abs & use them- they SAVE your back!
- Lift with your legs not your back- STRAIGHT BACK, TIGHT ABS, BENT LEGS.
- Vary body positions by using both dominant and non-dominant hands/sides for motoring and paddling. Stand, push, and pull for rowing.
- Counter your forward bending activities with supported backbends.
- BREATHE- it helps keep you relaxed and focused.
- Injuries should be handled prior to leaving on a trip.
- Between trips seek help for self-care.

## PROPER POSITION WHILE ROWING/PADDLING/MOTORING:

- Rowing: Tighten abdominal muscles and pivot at your hips; don't round your lower back.
- Motoring: Tighten abdominal muscles, keep your weight equally distributed on your feet, and be aware of your sitting posture.
- Paddling: Practice paddling both sides and tighten abdominals.

: 5 min. sleeping bag series-  
MORNING & NIGHT

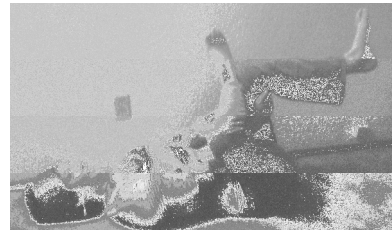
### Lie on Back

- Hamstring Stretch-  
Use a strap to assist.
- Hip Rotator Stretch (A)
  - X- bent leg- right and left. Pull knees to chest.
- Single/Double Knee to Chest
- Spine Twist (B)
  - Seated- one leg extended or lie on back pull one knee across keep opposite leg straight.

### Lie on Belly

- Back Stretches:
  - Supported Backbend on elbows (Cobra) - hold for: 30 sec.
  - Childs Pose- arms extended
- Back Strengtheners:
  - Locust Pose- legs and arms lift- hold for :10 sec. (C)
  - All Fours: Opposite Arm/Leg Lift (D)
- Abdominal Strengtheners:
  - Bicycle- alternating elbow to opposite knee (E)

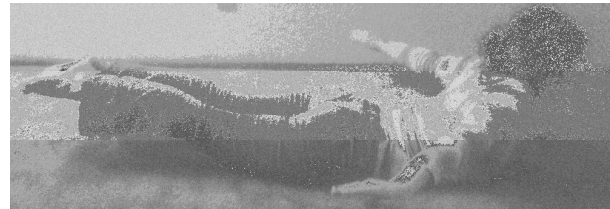
(A)



(B)



(C)



(D)



(E)

