



# Vitality Health Services

MOBILE PHYSIOTHERAPY • EXERCISE REHABILITATION • NUTRITION • OCCUPATIONAL THERAPY

**Anthony Moore**

B App Sc (Physiotherapy)  
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B App Sc (Physiotherapy), Adv Dip Nat,  
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**Andrew Kraefft**

B App Sc (Physiotherapy),  
Cert IV PT, Cert III Grp Fitness  
*Physiotherapist*

**Dr Christina Eves**

D Physiotherapy  
B Sports Sci  
*Physiotherapist*

General Injury Prevention

## Preparation

### **Starts the day before training!**

Static stretches:

Take stretches to strain not pain

2 sets of 30 sec (R) and (L) for major groups associated with paddling

### **Before getting into the boat**

Dynamic stretches:

Large amplitude, dynamic exercises such as arm swings and walking lunges

2 sets 10 reps (R) and (L)

### **Warm up**

Paddling at 75% of normal training pace for 10-15mins

### **Cool down**

Paddling at 75% of normal training pace for 10-15mins

## Equipment and Technique

Select appropriate equipment for your level now, not where you want to be in 12 months. If in doubt, talk to your peers and seek professional advice. Borrowed equipment can lead to faulty technique and biomechanical issues.



*Freedom to Move - Mobile Allied Health in Sydney*

5/28 Bardo Rd, Newport, NSW 2106 • Ph: (02) 8407 9478 • Fax: (02) 9997 8994

www.vitalityrehab.com • admin@vitalityrehab.com

ABN 62 584 923 190



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## Training Load

Build Slowly!

**Do NOT overtrain**- listen to your body and progress your exercise at an appropriate rate

Most kayaking injuries that present our clinic present as a consequence of overtraining

## Injuries

Rough breakdown is 30% sprains, 20% tendonitis, 15% chronic mm pain

Acute

Rapid onset and progression, with short duration → sprains

RICE management

Seek advice from your preferred Physio if symptoms don't change within 72hrs

Ignore at your own peril!!!

Sub Acute

Injuries that progress longer than a week

May be traumatic or insidious onset

Usually requires Physio guidance

Chronic

Long term symptoms of 6 months or more duration → tendonitis, tendonosis

May start small and progress

Will require Physio, Rehabilitative exercise, medication

May require sports med, radiology and surgery

Summary



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Stretch

Warm up and cool down adequate

Sort out any small issues quickly

DONT OVER TRAIN



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