

### Cutting edge sports performance using Yoga & Pilates

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### Improving Performance

What are the stumbling blocks

- Pain and fatigue
- Common disorders ie. injuries

One of the causes of fatigue is **tension**

Also consider factors of poor nutrition and dehydration

Early detection is best for preventing further damage

### Common injuries

- Rotator cuff issues
- Facet joint – lower back
- Pinching on the back of shoulder blade
- Pain in the side of the neck
- Fatigue quickly when paddling
- Stiffness in upper back
- Pain in lower ribs
- Tendinitis of wrist and elbow
- Pain in occiput

### All about Balance. Do your pre-hab to avoid the re-hab.

### Why Yoga & Pilates?

Yoga	Pilates
• Focus on breath	• Core strength
• Calms the brain	• Joint stability
• Mobility/Flexibility	• Focus on breath
• Strength	• Alignment
• Alignment	• Strength
• Balance	• Recruitment patterns

### Muscles used in Paddling

- Deltoids- Paddling, lifting
- Pec Major – pop up, paddle power
- Obliques – diagonal torso movement
- Rectus – Stability, posture and forward movement

### Muscles used in Paddling

- Rhomboids – Paddling
- Lats – Paddling and lower body movement
- Glut Max – Stability whilst turning
- Triceps – Paddle power, extension of arm during stroke

### Balancing movement patterns



- Push/Pull ratio
- Usually dominance of push
- Think about paddling – pull
- Include some pushing exercises
- Identify areas of the body that may be weak, tight or dysfunctional

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### Strengthening the Core

- The Inner Unit – Exercises
- The Outer Unit - Exercises


### A Strong Core

- A strong 'core' will allow you to transfer weight between your upper and lower body with greater strength, power and speed.
- Increased strength, power and speed through all of your surfing turns with less effort.




### Core the key to Control

- The lower back, pelvis and hip joints need to move through extreme ranges of movement during many maneuvers.
- Stronger 'core' gives you greater support and control through these extreme ranges of movement and creates 'control' in your surfing.





### Strengthening the Back

- Balance Extension with Flexion – extension in other planes
- Remind the body the way it's meant to move



### Our bodies were made to move


Need to keep the balance

### What about Balance?

- Proprioception – slowly deteriorates from age 21
- Include balance work in every session



- Single leg balance
- Single leg balance eyes shut
- Single leg balance on wobble board, BOSU, indo board



### Step 1: Mobility




Stretching is not a warm up...

- Dynamic mobility before surf
- Gets you ready for movement
- Prepares the body
- Releases tension

### Step 3: Strengthening

- Isolate muscle then integrate
- Joint stability
- Power
- Endurance
- Replicate movement patterns

### Step 3: Stretching – post surf

Static Stretching - enhance your recovery

Each stretch should be held for 15-30 seconds

- Increased flexibility – ROM
- Increased resting length
- Decreased muscle soreness

