

MAKE WAVES—NOT INJURIES

Water sports are a great way to stay active and have fun during summer. But without preparation, they can lead to injuries like muscle strains, sprains, shoulder pain, or low back injuries. Good news—you can reduce your risk with a few smart habits!

WARM UP FIRST

Light stretching and movement prep help activate your muscles and reduce the risk of injury.

STRENGTHEN YOUR CORE

Core strength helps with balance, coordination, and reduces strain on your spine during movement or falls.

DON'T UNDERESTIMATE THE SUN

Wear sunscreen, drink water, and limit alcohol—it dehydrates and drags you down.

WEAR THE RIGHT GEAR FOR YOUR SPORT

Wearing gloves for skiing or a wetsuit for surfing helps you stay safe and perform your best.

EASE INTO ACTIVITY

Start with shorter sessions or gentler conditions—especially if you're new or getting back into it.

LISTEN TO YOUR BODY

If something feels off—stop. Don't ignore pain, fatigue, or dizziness. Rest and hydrate.

COMMON INJURIES FROM WATER SPORTS



Sprains and strains



Lower back pain



Shoulder injuries



Concussions

