

## INJURY PREVENTION OPTIMIST STYLE

### LETS TALK TECHNIQUE

**Sailing hiking** is not just a walk in the park! Hanging your whole body weight off your feet for hours on end really loads up your ankles, knees & hips. It is important to keep your body in a neutral position so that you avoid putting extra stress through your back.

*“Getting into good habits early will help to keep you hiking for years to come”*

#### What is good technique?

Below is a picture of our current World Champion Nicolas Rolaz (Swiss). He is maintaining an upright position with his back not going beyond 150° lean out. His feet are together & toes pointing straight. If he was to roll his feet inwards that would load up his hips & thigh muscles which results in tightening his hip flexors & quadriceps. The hip flexors attached both to the front of the hips & to the back joints. As the hip flexors tighten, the back will also tighten. Resulting in a back injury.



#### What is bad technique?

The two most vulnerable position for your knees & back are the “banana position” & also the “Curl position”.

The Banana position is where you arch too far backwards. In your spine you have facet joints & intervertebral discs, if you start to over hike this will load up these joints & result in back pain & even stress fracture.

#### **“NO BANANA HIKING”**



## “NO CURL HIKING”

What is wrong with this picture? Yes he is working hard! but is it good for his body & is it fast?

- Boat isn't flat, body will hit the water & a curled position will load up his lower back

The most important point to go fast in sailing is to maintain a **constant angle of heel** on the boat. To do this you line the deck of the boat up with the horizon this equals a **FLAT** Boat. FLAT = FAST

“Keeping the mast straight in the air, avoid rocking side to side results in speed” – Krystal Weir



## Hiking Bench



When to use a hiking bench? If you have your own hiking bench at home, there are some important points to consider.

1/ Do you have any back pain when you are on the hiking bench. If YES! Do not use the hiking bench & come see your local physiotherapist for back exercises.

2/ Do not use the hiking bench for longer then **10min** at a time. Make sure you break up your training into blocks. During on water sailing you tack & move around; the hiking bench is static & can put too much load through your lower back, knees & ankles.

After sailing it is important to stretch your muscles to keep them long. Next time I will show you some key stretches to keep your body ready to keep hiking!

Happy Sailing

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