

STRETCHING FOR SNOWBOARDING/KNEEBOARDING

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Front of Neck Stretch



Shoulder/Rotator Cuff Stretch



Shoulder Reach Stretch



Lower Chest Stretch



Middle Chest Stretch



Top/Front of Shoulder Stretch



Top/Back of Shoulder Stretch



Wrist Extension Stretch



Wrist Flexion Stretch

Most Common Injuries: 1) Snowboarding: Shoulder separation/dislocation; rib strain/fracture; neck, chest, and lower back strain; wrist sprain; wrist and thumb fracture. 2) Kneeboarding: Neck hyperflexion and extension; shoulder dislocation; knee hyperflexion and ankle hyperextension; strains.



Full Body Stretch



Hip Flexor/Psoas Stretch



Thigh Stretch



Side of Leg Stretch



Outer Calf Stretch



Lower Back/ Buttock Stretch



Buttock & Spinal Stretch



Inner Thigh/Hamstring Stretch



Lower Buttock Stretch

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”

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