

# Surfing & Health

## Cardiovascular exercise

Recreational surfers of all ages can achieve a workout of sufficiently high intensity and duration for cardiovascular health



## Physical activity breakdown

in recreational surfing

Paddling 55%      Stationary 34%      Wave-riding 3-8%



Competitive events include high-intensity intervals of paddling with short recovery periods, more low-intensity paddling and intermittent breath-holding

Sun exposure in surfers leads to pterygium & an increased skin cancer risk

## Exposure risks

Water exposure can lead to swimmer's ear & external auditory exostosis

Intermittent weather-dependent sport, so surfers can spend up to 4h in the water

Recent Olympic debut: Tokyo 2020

**Surfing injuries are on the rise**  
as the popularity of the sport surges

Commonly perceived as dangerous but relatively safer than many other sports

Risk of drowning from exhaustion in attempts to surface against multiple turbulent waves.

**#1 Head, Face & Neck injuries** may result from board contact.



C-spine fractures from collisions with the seafloor may be catastrophic.

**#2 Lower limb injuries**

Wetsuits may offer laceration protection.



Acrobatic manoeuvres increase risk of joint and muscle injuries

**Overuse injuries** of the back and shoulders are common.



**Marine-life-related injuries** are mostly due to jellyfish, sea urchins and stingrays. Shark attacks are extremely rare.



## Mental health benefits

A single 30 minute surfing session improves mood and feelings of tranquility.

Regular surfing improves confidence, self-esteem and well-being.

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