



Injury Prevention and Recovery

There is no doubt that all this training is going to require maintenance. Injury prevention is a big focus of many top sailors so that time on the water can be maximised.

Yachting New Zealand – High Performance Physiotherapy Plan

The High Performance Physiotherapy Plan for Yachting NZ has three key components. These components all work together ensuring the ultimate outcome - athletes maximize their ability to train and compete.

1. Minimising Injury Risk (MIR) plan (Proactive)
2. Case Managed Injury Management and Resolution (Reactive)
3. Recovery

1. Minimising Injury Risk (MIR) Plan



**MAXIMISE
TRAINING**

The Proactive plan at youth level is get sailors fitter, stronger and more agile. This is the ultimate minimizing injury plan. Therefore the key elements are:

- Developing in combination with the strength and conditioning programmer
 - Strong functional core programs on whole spine front and back
 - Stretching, flexibility and agility programs
 - Strength related to specific sailing skills
- We know areas that get injured in sailing are:
necks, backs, shoulders and knees. **Therefore emphasis is always on the core.**

2. Injury Treatment and Management (Reactive)

Insist on early high quality Physiotherapy care. The aims are to identify injuries early, intervene proactively and result in quick resolution so an athlete can return to training and competing as quickly as possible.

- Early intervention for any injury – the athlete advises their physiotherapist/Dr of any injury within 24 hours. Elite athletes do not sit on injuries.
- A thorough diagnosis is developed.
- Proactive treatment plan put into place.
- Effective cross training plans implemented with coach/athlete/conditioner.
- Plans developed, implemented, reviewed constantly to make sure athlete is improving.
- All plans are solution focused.



**MINIMISING
INJURY RISK**



3. Recovery

Recovery is vital for Yachting. An athlete cannot keep adding in more training – the body needs time to adjust and recover. There are a number of strategies that assist recovery and they all work together to optimize recovery and maximize training reliability. Key Aspects are:

- Sleep/relaxation
- Nutrition
- Cool down
- Stretching



RECOVERY

Others are:

- Skins/Compression garments
- Massage
- Yoga / Pilates

The ultimate aim is to keep sailors on the water happy and healthy. The work you do off the water will cross over to ensure this time is high quality training. Sailors must take responsibility of early intervention on niggles that may prevent this training time.

