



Common Injuries In Summer Water Activities

Do you plan to spend some time on the water this summer? Be aware of these potential activities and the injuries that can accompany them. As always, if you become injured while participating in athletic activity, call us for an appointment!

SURFING

- Lacerations of the head and face
- Concussions
- Shoulder dislocations
- Knee and ankle injuries

WATERSKIING

- Ankle sprains and fractures
- Achilles tendon rupture
- Concussions

WAKEBOARDING

- ACL injuries
- Ankle sprains
- Head and neck injuries and concussions

WATER TUBING

- Soft tissue damage
- Concussions
- Whip lash
- Sprains and strains

PADDLE BOARDING

- Overuse injuries-rotator cuff muscles
- Back injuries