

Staying Fit for Fishing

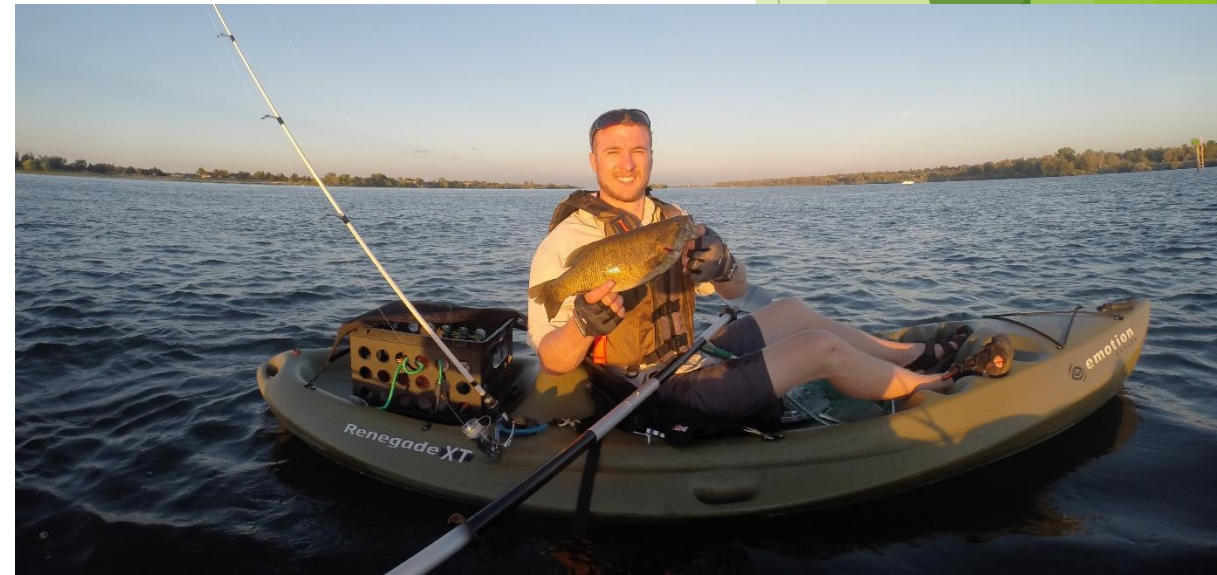
David Indovina, PT, DPT

Peak Energy Performance Therapy

Lone Tree, CO

About Me

- ▶ Colorado State University: Sports Medicine
- ▶ University of Iowa: Doctor of Physical Therapy Program
- ▶ Outpatient Practice in Washington State 2014
- ▶ Returned to Colorado 2015
 - ▶ Peak Energy Performance Therapy (Lone Tree)
- ▶ Year-round angler



Topics to Cover

- ▶ Posture
- ▶ Overuse Injuries
- ▶ Guidelines for Handling Injuries

Posture

- ▶ Single most important predisposing factor to first-time injuries
- ▶ Relatively Modifiable
- ▶ Affects the function of multiple muscles and joints
 - ▶ Low Back
 - ▶ Shoulder
 - ▶ Neck

Why Are Anglers at Risk for Poor Posture?

- ▶ Traveling in vehicle
- ▶ Sitting in boat/kayak/chair
- ▶ Sitting at workbench tying flies/jigs and “tinkering”
- ▶ Everything we do is in front of us

What Postures Do We Commonly See?

- ▶ Forward Head
 - ▶ Puts excess strain on neck
 - ▶ Can cause pinching of nerves exiting neck traveling to arm/hand

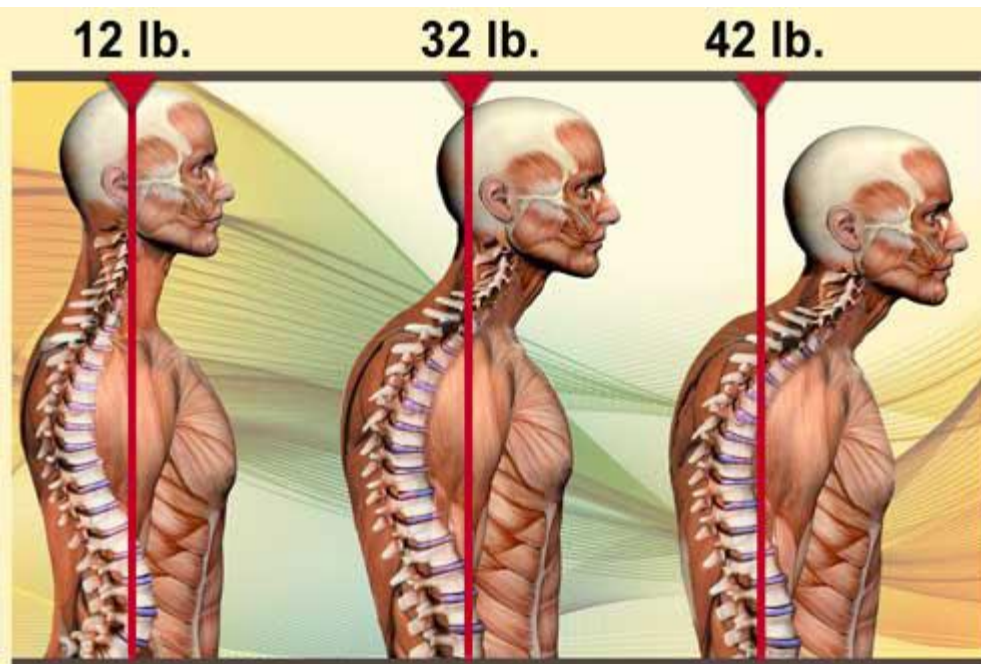
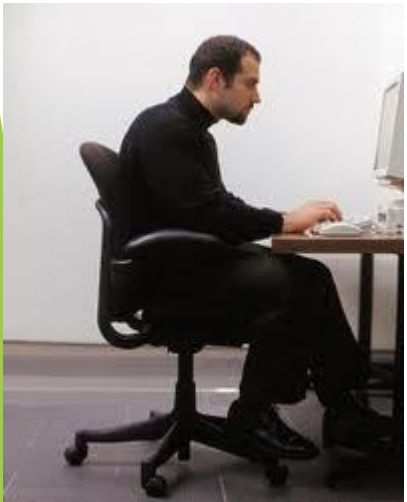


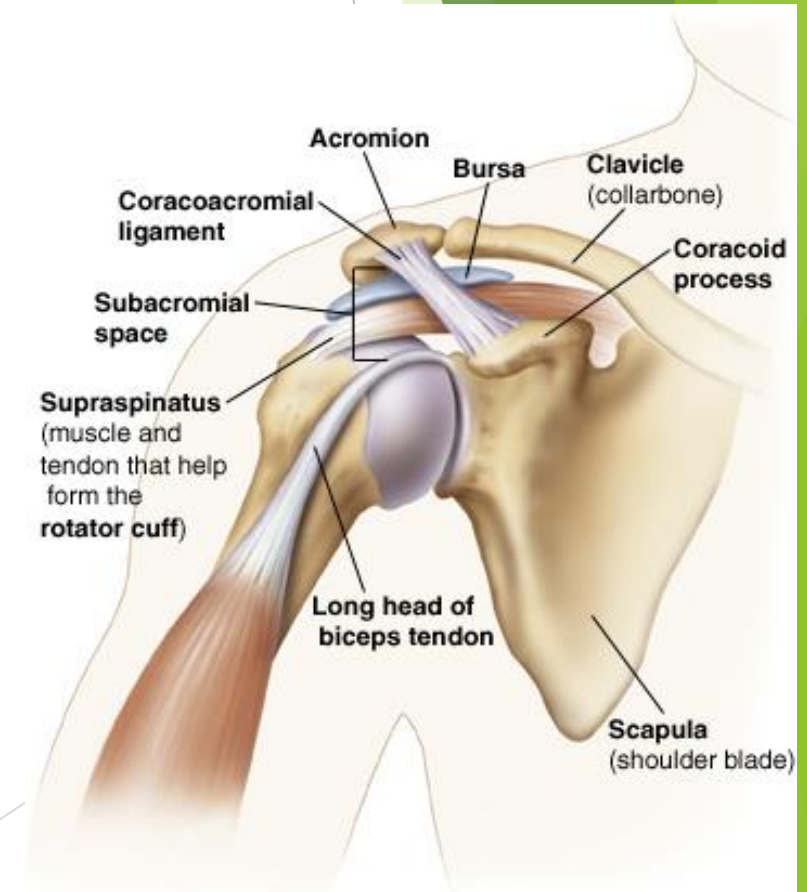
Figure 1

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What Postures Do We Commonly See?

- ▶ Rounded Shoulders
 - ▶ Decreases function of shoulder (muscles and ROM)
 - ▶ Causes more pinching to take place in shoulder joint
 - ▶ Irritates tendons and bursa (painful)



What Postures Do We Commonly See?

- ▶ Excessive “lordosis” (low back curve)
 - ▶ Excess strain on back side of spine
 - ▶ Exacerbates common pain from aging (Degenerative Disc Disease)
 - ▶ Tightness in front of hips
 - ▶ Cause hamstrings to be “tight”



Increased stress

Why Are Anglers at Risk for Overuse Injuries?

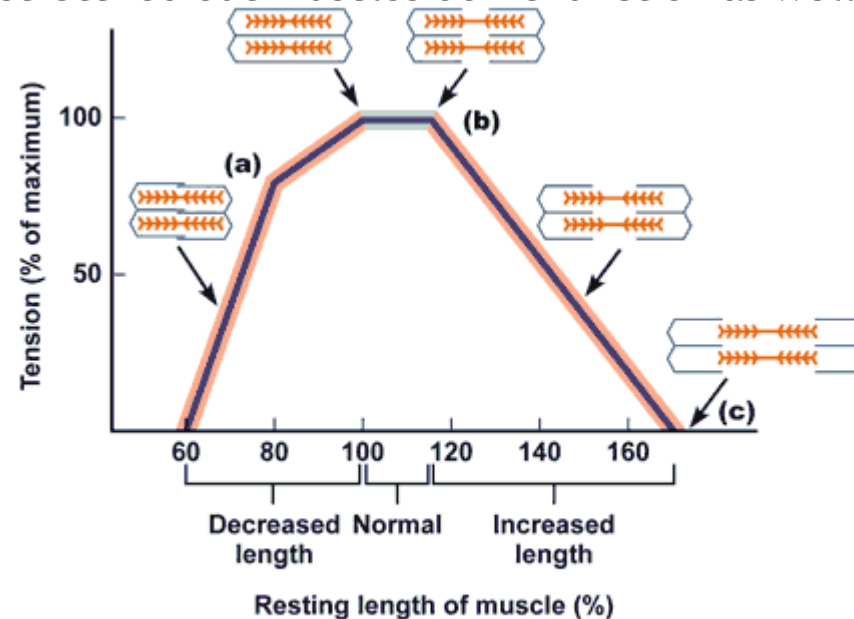
- ▶ Repetitive Motions!!
 - ▶ How many casts do you make in a day?
 - ▶ How many wrist jerks do you make in a day?
 - ▶ How many cranks of your reel do you make in a day?
 - ▶ How long do you spend gripping throughout the day?

Overuse Injuries

- ▶ Result from overuse causing tissues to break down
- ▶ Response to tissue breakdown
 - ▶ Inflammation 2-5 days
 - ▶ Scar Tissue Production (rebuild the tissue) 5 days to 3 weeks
 - ▶ Scar Tissue Maturation and Remodeling (Improve functionality) 3 weeks - 2 years
 - ▶ Doesn't always happen on its own without proper care
- ▶ Examples:
 - ▶ Forearm/elbow pain (tennis elbow)
 - ▶ Probably the most common with anglers
 - ▶ Shin Splints
 - ▶ Rotator cuff “tendonitis”
 - ▶ Also common with anglers

Preventing Overuse Injuries

- ▶ Adequate Rest for Tissues to Recover
 - ▶ Even professional pitchers take 4-5 days off to rest
- ▶ Strength/Muscular Endurance exercises
 - ▶ Equip the muscles to more easily handle the task
- ▶ Regular stretching
- ▶ Improve Posture
 - ▶ Abnormally tight OR stretched out muscles don't function as well



Counteracting What We Put Ourselves Through

- ▶ “Angler’s Eight”
 - ▶ Program designed for maintenance throughout season
 - ▶ Perform during/after day of fishing
- ▶ “Fisherman’s Five”
 - ▶ Designed to improve strength and endurance of important muscles for anglers
 - ▶ Targets not only muscles used in fishing but also muscles ignored in order to prevent muscular imbalances

Guidelines to Caring for Injuries

- ▶ Acute: 2-3 days
 - ▶ Rest
 - ▶ Ice
 - ▶ Compression
 - ▶ Elevation
 - ▶ Protection
 - ▶ Anti-inflammatories (check with your physician first)
 - ▶ Physical Therapy Modalities for Pain Control

Guidelines to Caring for Injuries

- ▶ Subacute: 2-3 weeks
 - ▶ Heat packs
 - ▶ Ice OK after activity
 - ▶ Stretching
 - ▶ Gentle exercises as tolerated
 - ▶ Physical Therapy Modalities for Pain Control
- ▶ Chronic: >3 weeks
 - ▶ Heat packs
 - ▶ Ice OK after activity
 - ▶ Stretching
 - ▶ Exercise as tolerated
 - ▶ Physical Therapy Modalities to Improve Healing (Ultrasound, Infrared)
 - ▶ Physical Therapy Modalities for Pain Control as needed
 - ▶ Bracing/taping/strapping for decreased irritation during activity

Thank You!

