



MOBILITY CLINIC

ON THE WAVES

ONLINE

Presented by:
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"Because being normal is overrated"



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Adaptive Surfing



All over the globe, numerous resilient and adaptive athletes with missing limbs, vision or full use of their arms and legs have solitarily frequented able-bodied surfing competitions for years, doing whatever it takes to hit the water and progress themselves through to the next level.

To welcome change is to become adaptive.



The complete and overall wellbeing of the athletes progressing themselves as high-performance athletes capable of competition at an elite level.

Among surfing, being a vibrant and exciting element of modern, local, national and international youth culture, a new aspect of the sport is evolving.



Adaptive surfing is a competitive sport and now the global network has provided that much needed and desired platform for impaired athletes to compete and perform at a high level increasing integral mobility, strength, health, fitness and cognitive skills.

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Amputees and Surfing



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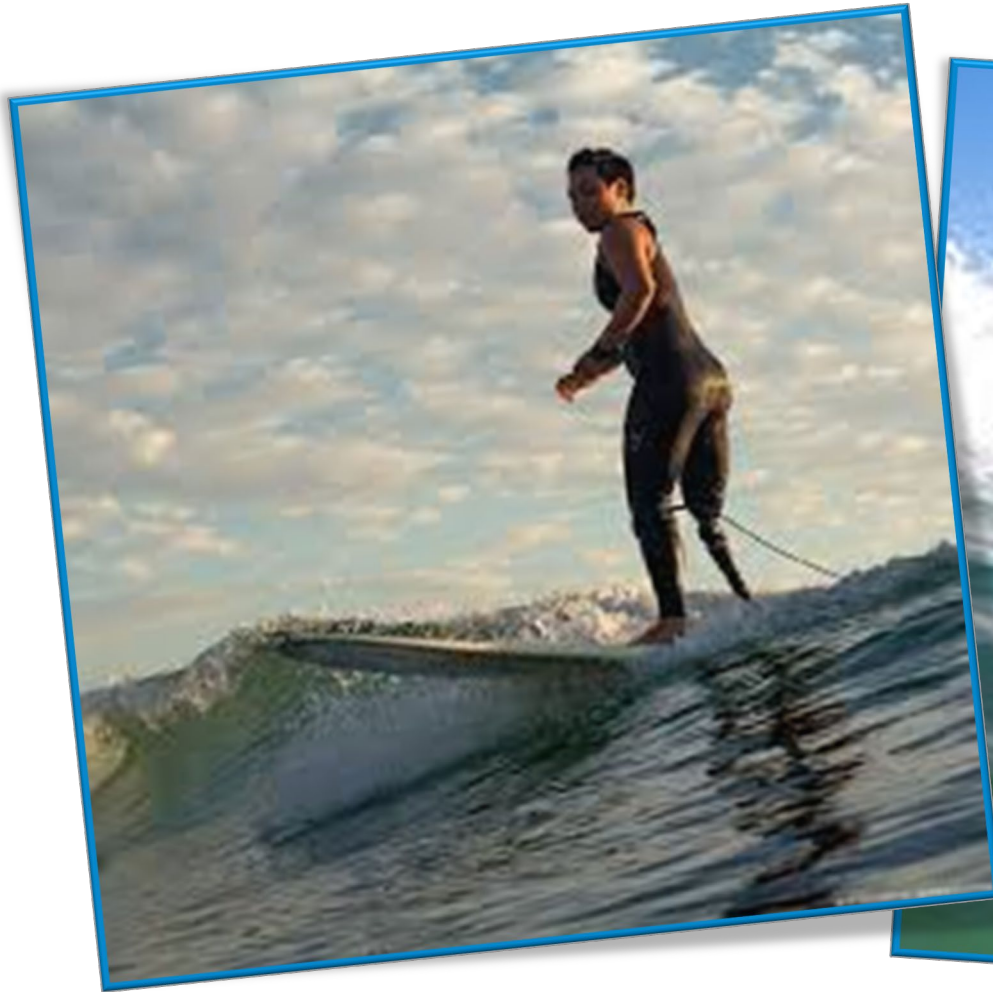
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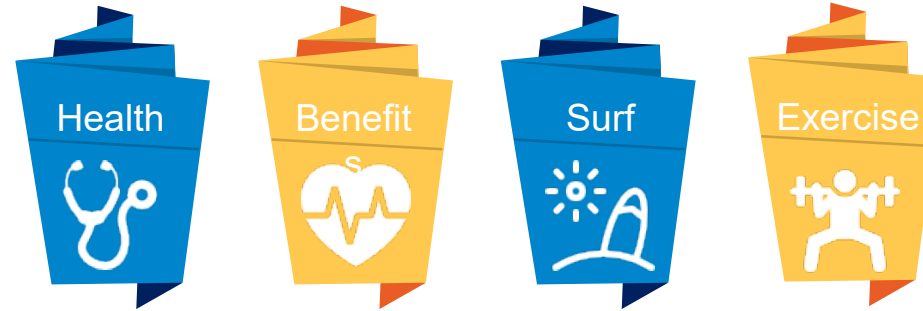


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Health Benefits



Information



There are many health benefits, both physically and mentally, that can be gained with surfing. It has great benefits for your body and fitness level, but it also helps you maintain a healthy mental state and a positive attitude towards life. Additionally, you are enjoying the outdoors, the beach, meeting new people or having fun with your friends. It's an exciting, fun and challenging sport that will add value to your life.

Cardiovascular and heart health

Surfing is a great cardiovascular exercise, using mostly upper body muscles to do the paddling work, and leg muscles to guide the board once you're up and riding. Since surfing involves more time paddling, it provides an intense upper body and core workout. Paddling out against the waves requires a lot of effort.

Mental health

Physical exercise, especially something as fun as surfing, helps to offset the negative effects of stress.

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Health Benefits

Vitamin D

The vitamin D you get from being out in the sun is essential for strong bones, as it regulates the amount of calcium and phosphorus in the blood. Vitamin D also helps regulate the growth of skin cells and is said to be the feel-good vitamin, helping with depression and mood.

02

Workout

Surfing is a whole-body workout. It strengthens the core, legs, shoulders, arms and develops your body through the constant movement from paddling and riding the waves. Based on an activity calculator on HealthStatus.com, an 80kg person surfing for 30 to 60 minutes can burn as many as 130 to 260 calories.

04

Better sleep

Numerous studies show that regular exercise, including surfing, increases the positive benefits that sleep brings. Sleep is essential because it allows time for your muscles to repair themselves and, let's face it; there's nothing quite like the wonderful feeling of waking in the morning feeling refreshed.

01

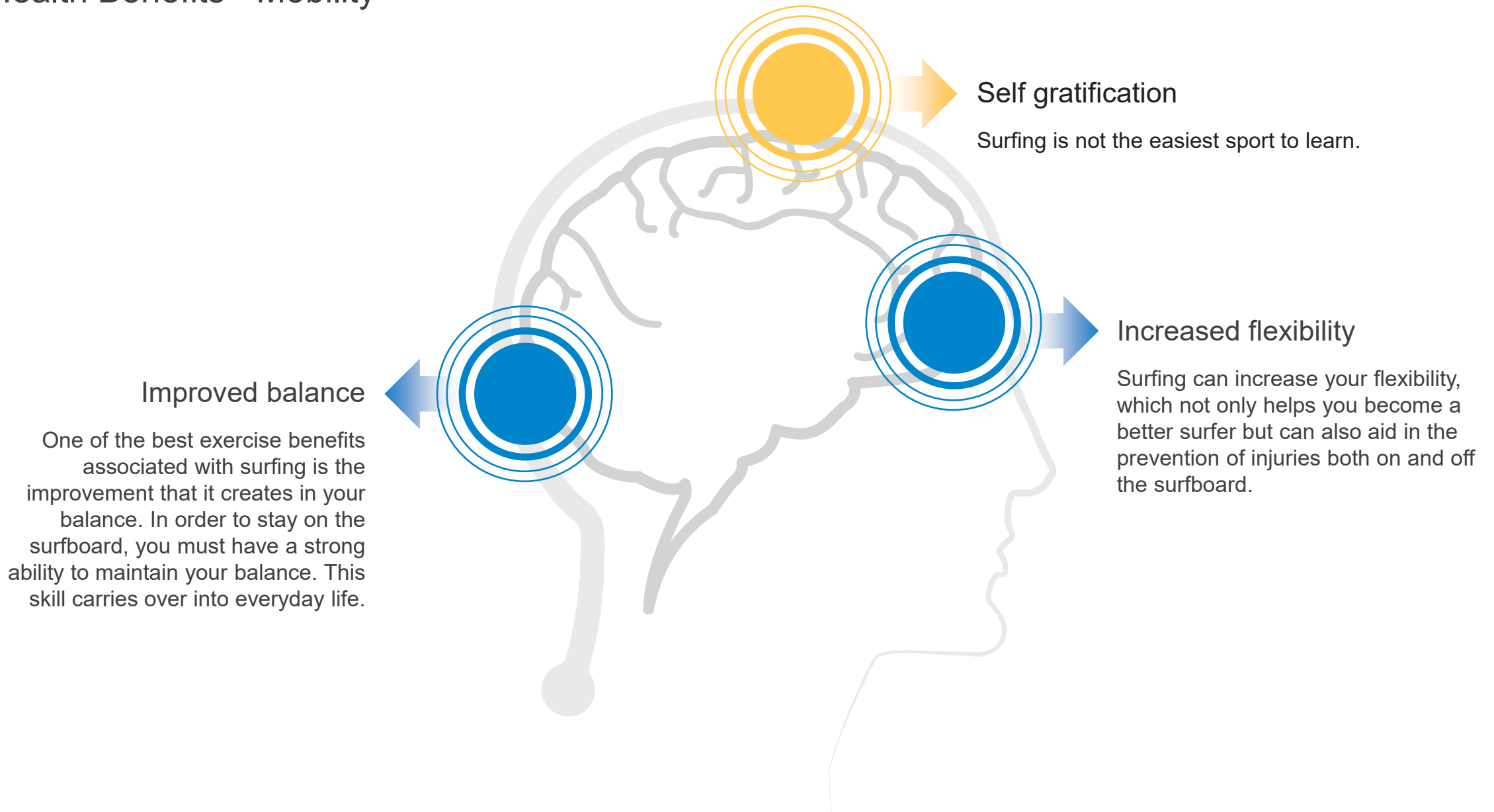
03

Muscle strengthening

Paddling strengthens your back and shoulder muscles. You can get toned legs and build a strong core by surfing due to the balance required once you're up on the board.

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Health Benefits - Mobility



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Learning to read the ocean



The ocean environment is a relaxing place, but it can also be dangerous.



A rip is a strong current running out to sea. You need to know how to identify and avoid them.



You need to be able to identify the safe and dangerous spots. People getting caught in rips are the cause of most surf rescues.

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Where there is a rip, you will see:

01

Darker colours in the ocean
(indicating deep water)

02

Murky brownish water caused
by sand being stirred from the
bottom of the ocean

03

Smoother surface with much
smaller waves alongside
white water

04

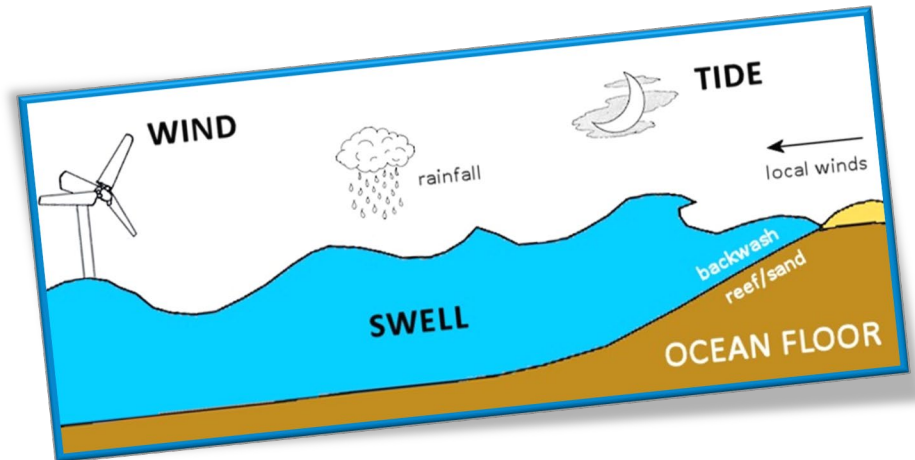
Waves breaking further out to
sea on both sides and debris
floating out to sea

05

Enjoy surfing but at the same
time, be aware of rips. They
can pull a weak or tired
swimmer out into deep water
and into trouble

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How waves are formed



Information

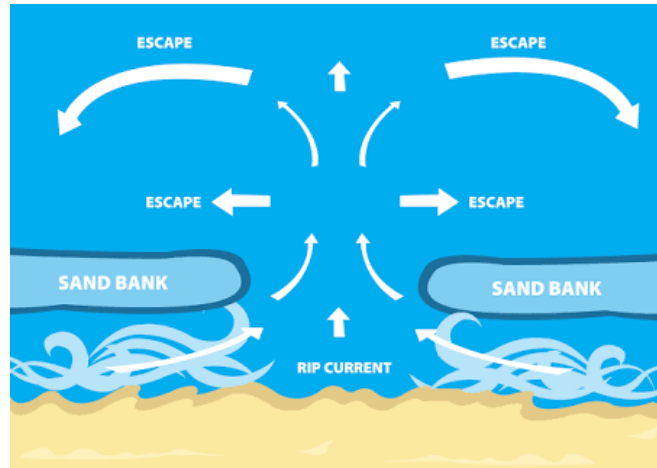


Waves are usually formed due to the wind currents i.e. High- and low-pressure systems. As the wind travels, it hits the ocean and forms crests and troughs.

Tides

Another form of movement that occurs in the ocean is the tide. Tides affect the way a wave forms and breaks. They are formed due to the gravitational forces of the earth, sun and the moon. As the earth revolves and whenever it gets closer to the sun or the moon, their forces create disturbances to the ocean disrupting the balanced water. Therefore, high tides are formed when the moon is closest to the earth. Picture the Moon dragging the tide along with it, and effectively the tide being one massive wave.

Surfers use rip currents to their advantage. A rip is a narrow channel of water that streams out from the beach through the wave zone and sometimes at an angle, back to sea.



Rips form because water rushing into shore must force a path or channel back out to sea.

Rips are channels of water about 10 to 20 metres wide. Their position can vary with the tide and wave conditions.

If you are caught in one, all you have to do is swim across, parallel to the shore or the horizon, until the pull diminishes, and you can swim back into the shore.

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Surfing etiquette

Although surfing tends to be a fairly free sport and a mostly recreational activity, there are certain rules based on common sense that are important to consider, including:

- If someone is already riding a wave, don't try to paddle around them. The person closest to the breaking wave has the right of way. Respect other riders' right of way.
- Share the surf and don't steal other riders' waves.
- When paddling back out to the line-up, paddle towards the inside of the breaking wave and go under or over the white water or right around the surf zone and out of the next wave rider's path of travel.
- Remember that surfboard riders cannot surf in between the flags on a patrolled beach.
- Don't take it out on other people if you're having a bad day.
- Respect other people, their gear and their belongings. This applies not only in the water but on the shore and in the car park.
- Always apologise and make sure that everyone is okay if you make a mistake and cause a collision.
- Surfing is meant to be fun, leave your attitude at home.



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Thank You

