

## THE BOOK

Surfing & Health is a must for surfers and all health professionals related to this fantastic sport.

Offering a fundamental and complete A-to-Z guide covering all major aspects of surfers' health, it offers expert medical advice on acute and chronic surfing injuries, including treatment, rehabilitation and preventative strategies based on Pilates core training exercises.

This book includes topics on travelers' disease, hypothermia, skin cancer prevention, shark attacks and other marine animal accidents, women's surfing, and in-depth information on physical training, nutrition advice, and psychological strategies to improve concentration and performance. The book also includes a first aid chapter for beach assessment and intervention.

## THE AUTHOR

Joel Steinman is a specialized sports medicine doctor with extensive experience in acupuncture and manual medicine. He has been a passionate surfer for years and has worked with athletes for over 25 years in this field.

He is the director and professor of Pilates and Functional Rehabilitation at the Tao Pilates Institute of Sports Medicine in Brazil and has been the Medical Director of the Brazilian Surfing Confederation and Professional Surfing Competitions in Brazil (WCT).



ISBN 978-1-84126-263-5



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SURFING and HEALTH

Joel Steinman MD

# SURFING and HEALTH

Joel Steinman MD



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EXPERT  
MEDICAL  
ADVICE

TREATMENT OF INJURIES  
NUTRITION FOR SURFERS

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SPORT

# Surfing & Health



British Library Cataloguing in Publication Data  
A catalogue record for this book is available from the British Library

Surfing & Health  
Maidenhead: Meyer & Meyer Sport (UK) Ltd., 2009  
ISBN 978-1-84126-608-4

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Aachen, Adelaide, Auckland, Budapest, Cape Town, Graz, Indianapolis,  
Maidenhead, Olten (CH), Singapore, Toronto



Member of the World  
Sport Publishers' Association (WSPA)

[www.w-s-p-a.org](http://www.w-s-p-a.org)

ISBN: 978-1-84126-608-4

E-Mail: [info@m-m-sports.com](mailto:info@m-m-sports.com)

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# SURFING & HEALTH

Dr. Joel Steinman



Meyer & Meyer Sport



## Dedication

To God, for the creation.

To the memory of my father, Dr. Luiz Steinman, who introduced me, with wisdom, to the art of life and medicine.

To the love and affection of my mother, who helped me jump over my first waves.

To the love of my children, Rodrigo, Gabriel, Sam and Victor, and to my wife, Ana Cristina, who enlighten and teach me.

**Fabio Gouveia -**

**Fernando de Noronha Archipelago, Brazil**



A full-page background image of a surfer riding a wave. The surfer is shirtless, wearing yellow and black shorts, and is captured in a dynamic pose as he maneuvers through the barrel of a blue wave. The water is splashing around him, creating a sense of motion and energy.

## Acknowledgements

**To my surfing patients,  
who honor me by trusting me with their health.**

I thank the following for their support:

Mormaii

Association of Professional Surfers – ASP

Association of Professional Surfers – South America

International Surfing Association – ISA

Pan American Surfing Association – PASA

Brazilian Confederation of Surf – CBS

The Santa Catarina Surf Federation – Fecasurf

Joaquina Surfing Association – ASJ

Tao Pilates Institute of Sports Medicine  
– [www.taopilates.com.br](http://www.taopilates.com.br)

Photo: James Thisted





Praia das Pitangueiras  
(1971)

Neco  
Carbone

Carbone

Dr. Joel  
Steinman



## About the Author

### Dr. Joel Steinman

Dr. Steinman earned his medical degree from the Santa Casa College of Medical Sciences of São Paulo, Brazil in 1982. He comes from a family of doctors and has been surfing for more than 30 years.

Convinced of the beneficial effects that surfing has on health and for spirit, the author has exercised the art of medicine and surfed in various places and countries, such as Hawaii, Indonesia, Australia, Fiji, Portugal, Spain, Israel, France, Panama, Mexico, Peru, to name a few.

Dr. Steinman conducted extensive postgraduate studies in Sports Medicine in Australia, studied acupuncture in China and Spine Manipulation-Chiropraxy in Brazil. His medical degree is in pediatrics. Inspired by several fellow members of the SURFERS'S MEDICAL ASSOCIATION, Dr. Mark Renneker, Dr. Geoff Both, Dr. Simon Leslie, Prof. Brian Lowdon (in memoriam) for a number of years, he has written a medical column for Brazil's leading surf magazines, such as the former Magazine *Inside* and then Magazine *Fluir*. He is the doctor for the Santa Catarina Surf Federation and the Brazilian Confederation of Surfing and has been the Medical officer for the Brazilian World Surfing Contest (WCT) in Brazil since 2002.

He is the author of various articles about sports medicine, nutrition and meditation, and published a pioneer study on sports injuries and accidents in Brazil.

A practitioner of Pilates, qigong, yoga and natural medicine, Dr. Steinman has participated in various courses and programs concerning holistic and preventive health in various communities, including Grajagan in Indonesia and Tavarua in Fiji.

He is a member of the Surfer's Medical Association, the Brazilian Society of Sports Medicine, the Brazilian Society of Rehabilitation Medicine and the Brazilian Medical Society of Acupuncture. Dr. Steinman lives with his family in Florianópolis, on the island of Santa Catarina, where he surfs and directs the TAO PILATES Institute of Sports Medicine that offers top a quality medical and health team for "sportspeople." TAO PILATES Institute offers quality courses and workshops in Brazil and Europe for health professionals on Pilates for Medical Rehabilitation and Training, Spinal Manipulation and Meditation.

**Neco Padaratz**

Fernando de Noronha Archipelago, Brazil



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# SURFING & HEALTH

## INTRODUCTION

**S**urfers have been blazing the trail of adventure in true pioneering spirit for nearly 100 years. Ever since legendary Hawaiian waterman Duke Kahanamoku gifted surfing to the world, generation after generation has spread the seeds of surfing to every coastline on the planet. It is well documented that surfers are the modern-day Marco Polos, mapping uncharted waters, discovering exotic new breaks, interacting with ancient cultures and developing a lifestyle that is the envy of the free world.

On these expeditions of discovery, surfers have had to adapt to changing environments and develop a code of risk management that has been handed on to the next traveller through word of mouth and story. Trekking into the unknown is a time-honored rite of passage for any true surfer; the very essence of the surfing lifestyle requires a spirit of nomadic adventure. It has been more a case of trial and error that we step bravely into unknown lands and, at times, horror stories emerge from surfers in far-off lands completely unprepared to deal with reef cuts, infections, tropical disease, fin lacerations, waterborne illness, broken bones, debilitating injury, malnutrition and encounters with marine creatures.

In time-honored fashion, surfers refined travelling first aid kits and gleaned health tips and the means to avoiding tropical disease through information handed down generationally by their fellow travelling surfers. However, surfers have been crying out for a comprehensive journal that covers the entire gamut of health issues in surfing, from A to Z.

It is with great pleasure that I present *Surfing & Health* by Joel Steinman. For many years, Joel has compiled information and techniques from both his personal travels and experiences, as well as from a research of best practices in many areas of health and from all corners of the world. From all that living data, Joel has created what is no less than an encyclopedia of health, all related to surfing and with the objective of not only being educational but to promote a state of health and well-being as one enjoys the surfing experience.

*Surfing & Health* is a wonderful contribution by a truly inspirational surfer.

**Wayne Rabbit Bartholomew**

1978 World Surfing Champion

President ASP International