

[< ALL POSTS](#)

Updated on November 4, 2025

# Keeping Your Bones Safe This Summer

Discover safe summer activities for joint health. Learn how to kayak, bike, and hike with less strain on your muscles and joints—brought to you by Summit Orthopaedics Idaho Falls.

General

 [Download Article PDF](#)

Summer incites activity like no other season. Doctors everywhere are overjoyed to see patients enjoying such active lifestyles, but with activity also comes concern for our muscles and joints. People tend to overexert when they're feeling energized, sometimes leading to serious injuries and strains on our bodies. Avoid more wear and tear by picking up some of these exhilarating, low to high impact activities.

## Kayaking

Familiarizing yourself with rigorous activities is a crucial component before adding extra stress to your body. Kayaking, in particular, accommodates low to high skill levels, including glassy lake floats to full white-water paddling. Know your skill level and the parts of the body most involved for intensive motions — your body will thank you for it.

If you already struggle with arthritic pain, pay attention to your shoulders and wrists while out on the water. Paddling is a constant necessity while kayaking, potentially resulting in repetitive motion injury for those most susceptible to wrist and shoulder pain. Take regular breaks, switch sides, adjust your grip, and stretch often.

## Biking

As with kayaking, biking welcomes skill levels of all kinds. Depending on the type of bike you have and what kind of riding you're considering, more or less strain can concentrate directly on your knees, ankles, wrists, and shoulders. Become accustomed to riding around the neighborhood or park, your body will inform you of any pain or added stress you may be feeling.

Research the type of riding you're considering for the optimal bike and accessories best suited for you. Refer to correct bike frame sizes for your height and weight range, then proceed to select accordingly. This will reduce any chances of added injuries while out on your ride.

## Hiking/Running

Beginning with light hiking or even jogging is a simple and effective way of testing the limits of your legs and endurance. For hikers and runners alike, purchasing the correct footwear can make or break your experience. Added pressure to the feet, ankles, knees, and hips are all common stress points to consider before selecting the right kind of gear. Consider padded liners or gel absorption pads to line any shoe to relieve the impact of every step.

Simply selecting the correct shoe size can ensure the arch of your foot is supported accurately and comfortably, reducing the possibility of foot injuries such as plantar fasciitis, Morton's neuroma, flat foot, and hammer toe. Consult an active footwear specialist near you for recommendations.



that best suit your activity and the contours of your feet.

With the long summer days ahead of you, make sure to get outside and take full advantage of what your body can handle. Don't overexert, start small, and work towards an active lifestyle to keep your body and mind in peak physical condition.

## Related FAQs



## Need more information?

Our team is ready to answer your specific questions and concerns

CALL US

## Related Posts



Updated: April 2, 2026

### New Year's Resolutions for a Healthier Body

Summit Orthopaedics in Idaho Falls shares five simple New Year's resolutions to strengthen your bones, protect your joints,



Updated: April 1, 2026

### 5 Low Impact Exercises To Help You Get Moving Again

Expert low impact exercise options for joint-safe fitness. Summit Orthopaedics



Updated: April 2, 2026

### Cortisone Injections & Their Benefits

Summit Orthopaedics Idaho Falls explains how cortisone injections reduce joint pain and inflammation. Learn their benefits,



General

Ankle

Knee

Spine

Offers tailored plans, aquatic therapy, and guided rehab.

General

option.

General

Spine

Ankle

Shoulder

