

Overview: Exercise and Sport

Below we provide an overview where you can find many different sports listed. Due to popular demand we have now given recommendations of which sports could be suitable for people affected with EB. "Recommendations" are never to be understood as an endorsement! They should only make it clear what sports would be more feasible than others. We do not believe that every child or every adult with EB can or really wants to participate in that type of sport or exercise that is marked "limited" or as "recommended". We do however, encourage you to try a sport that is one way or another appropriate to your situation. Perseverance, courage, and sometimes a really good trainer can achieve a lot. Joy of exercise and sport with all the positive side effects are your reward.

As a general rule:

- Sports with soft, smooth and steady movements should be preferred.
- Sports with quick, short, choppy movements (fast "Stop and Go") are less suitable.
- You should generally stay away from extreme sports.
- Competitive sport is rarely possible, yet it is occasionally possible with milder forms of EB.
- Due to the risk of injury team sport is rarely possible.
- Even in sports "not recommended" - even if only occasionally - there can be exceptions.
- Start slowly and carefully, and then hold out for an extended period of time!
- Endurance and muscle strength can only be improved gradually.
- The balance between food intake and energy consumption must be taken into account, but exercises to maintain, improve or regain mobility can almost always be performed.

Legend: **X** recommended **X** restricted (see information supplied!) **X** discouraged

Sport/Exercise Advice/Tips	EBS gen intermed.	EBS loc	EBS gen severe	EBS others	DDEB	RDEB	JEB gen intermed.	JEB others	Kindler
Aerobics	X	X	X	X	X	X	X	X	X
<i>Exercise with music and dance elements (Zumba). Recommended, yet not all exercises are possible.</i>									
Alpine Skiing	X	X	X	X	X	X	X	X	X
<i>Limited, not very recommended, use very good ski boots, protective bandages for shins are useful, well-padded clothing (e.g. down). Flatter, gentle slopes preferred (lower risk of falling), avoid icy slopes.</i>									
American Football and other contact sports	X	X	X	X	X	X	X	X	X
<i>Not recommended due to the direct body contact and increased risk of injury.</i>									
Archery	X	X	X	X	X	X	X	X	X
<i>Risk of injury in the region of the bow-holding arm (bowstring snaps back ...), possible with full leather protection (gloves and arm), also holding the bow string using a glove.</i>									
Badminton	X	X	X	X	X	X	X	X	X
<i>Very suitable, preference should be given to soft ground (grass, sand).</i>									
Baseball	X	X	X	X	X	X	X	X	X
<i>Suitable in your own garden with softball hitting and throwing exercises, otherwise hardly possible.</i>									

Sport/Exercise Advice/Tips	EBS gen intermed.	EBS loc	EBS gen severe	EBS others	DDEB	RDEB	JEB gen intermed.	JEB others	Kindler
Basketball	X	X	X	X	X	X	X	X	X
<i>Throwing exercises quite possible (e.g. with street ball basket, mounted on the house wall or garage, or is placed in the garden), hardly recommendable as a team sport. Injuries occur often. Possible for individual cases with mild forms of EB.</i>									
Beach Volleyball	X	X	X	X	X	X	X	X	X
<i>Hardly suitable, large risk of injury to fingers and forearms by strong friction during impact and "digging", even a greater chance of injury by pike jumps and body contact despite soft ground.</i>									
Bicycling	X	X	X	X	X	X	X	X	X
<i>A softer cushion to reduce friction from the seat. Consider a tricycle in order to reduce risk of falling. Cycling gloves are recommended and should fit well! Home Trainer is a possible alternative.</i>									
Billiard/Snooker/etc.	X	X	X	X	X	X	X	X	X
<i>Very possible, especially with an assistive device for holding the queue. Many different game variations available!</i>									
Boxing	X	X	X	X	X	X	X	X	X
<i>Not recommended due to high risk of injury. Yet using a punching bag, punching exercises using good gloves is quite possible.</i>									
Candle Pin Bowling/Ninepin Bowling	X	X	X	X	X	X	X	X	X
<i>Only suitable if no problems exist on the fingers and the heavy ball can be held properly.</i>									
Canoeing/Kayaking	X	X	X	X	X	X	X	X	X
<i>Canoeing better than kayaking (for better stability), but both only in still water (lakes with little wind), not white water! Seating surface with soft mats or a cushion.</i>									

Sport/Exercise Advice/Tips	EBS gen intermed.	EBS loc	EBS gen severe	EBS others	DDEB	RDEB	JEB gen intermed.	JEB others	Kindler
Climbing	X	X	X	X	X	X	X	X	X
<i>It can be possible in individual cases in mild forms of EB.</i>									
Croquet	X	X	X	X	X	X	X	X	X
<i>Very suitable.</i>									
Cross Country Skiing	X	X	X	X	X	X	X	X	X
<i>If you can hold the poles it can be possible for some of you who are affected. Good, rather soft shoes are needed. Protective bandage on the front of the shin for extra protection. Avoid icy trails. Give flat terrain a preference.</i>									
Dancing	X	X	X	X	X	X	X	X	X
<i>Many variations are suitable for the preservation of motion, but the "gentler" forms are preferable. Preferred are expressive dance forms like, belly dancing and hip-hop.</i>									
Darts	X	X	X	X	X	X	X	X	X
<i>It is quite possible, if the darts can be held.</i>									
Fencing	X	X	X	X	X	X	X	X	X
<i>Only suitable in some cases, if equipment can be worn (safety jacket, fencing mask, etc.).</i>									
Field Hockey	X	X	X	X	X	X	X	X	X
<i>Hitting exercises possible in your own garden. Otherwise hardly suitable.</i>									

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Fishing	X	X	X	X	X	X	X	X	X
<i>Very suitable, with the restriction that wearing rubber boots may possibly cause problems.</i>									
Frisbee	X	X	X	X	X	X	X	X	X
<i>Well suited if a soft Frisbee is used.</i>									
Golf	X	X	X	X	X	X	X	X	X
<i>A suitable sport yet long walking and standing is required, quite a bit of force to hit the ball successfully is also needed.</i>									
Gymnastics	X	X	X	X	X	X	X	X	X
<i>Very well suited, allows adaptation of training on daily condition, for many different exercises.</i>									
Gymnastics (e.g. high bar, pommel horse, rings...)	X	X	X	X	X	X	X	X	X
<i>Hardly possible because of the friction that arises on the hands during exercises on most of the equipment.</i>									
Handball	X	X	X	X	X	X	X	X	X

Sport/Exercise Advice/Tips	EBS gen intermed.	EBS loc	EBS gen severe	EBS others	DDEB	RDEB	JEB gen intermed.	JEB others	Kindler
<i>Not recommended due to high risk of injury.</i>									
Hiking/Climbing	X	X	X	X	X	X	X	X	X
<i>It is quite possible for many, when their feet can be burdened. Route and difficulty depends on overall condition of the person and daily situation.</i>									
Horseback Riding	X	X	X	X	X	X	X	X	X
<i>Possible, although not in all styles. Select a quiet reliable horse, ride with a slow and even pace, leather riding boots preferred (decreased sweating), protective dressings on your legs, riding breeches with excellent cushioning, possibly soft pad on the saddle.</i>									
Ice Hockey	X	X	X	X	X	X	X	X	X
<i>Difficult, hardly recommended. Injuries occur often. Possible in individual cases in very mild forms of EB.</i>									
Ice Skating	X	X	X	X	X	X	X	X	X
<i>Restricted, suitable shoes can be worn with protective dressings, in any case as a beginner only with the safety of two escorts who can hold on to you or an ice Learning Support (Penguin figure or milk crate).</i>									
Inline Skating	X	X	X	X	X	X	X	X	X
<i>Restricted, suitable bandages should be used with skates, high risk of falling as a beginner.</i>									

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Jogging	X	X	X	X	X	X	X	X	X
<i>Suitable, when it is safe for the condition of the feet/soles. Route and difficulty depends on overall condition and daily situation. Good running shoes are especially important.</i>									
Karate und other Martial Arts (Judo, Taekwondo, Jiu-Jitsu etc.)	X	X	X	X	X	X	X	X	X
<i>Not suitable, because of close physical contact and risk of injury.</i>									
Karate Kata Training	X	X	X	X	X	X	X	X	X
<i>Kata (=form) training would be possible with a really good coach, because it does have body contact, but completely unsuitable as Martial Arts (partner fight or Kumite).</i>									
Miniature Golf	X	X	X	X	X	X	X	X	X
<i>Very suitable.</i>									
Nordic Walking	X	X	X	X	X	X	X	X	X
<i>Very suitable if the poles can be held properly and is allowed from the condition of the feet/soles. Route and difficulty depends on your overall condition and constitution daily situation. Gloves are important.</i>									
Orienteering	X	X	X	X	X	X	X	X	X

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<i>Suitable, when it is safe for the condition of the feet/soles. An exciting opportunity for others affected by EB who can run well. Route and difficulty depends on overall condition and daily situation. Good running shoes especially important.</i>									
Pilates	X	X	X	X	X	X	X	X	X
<i>Very well suited, but some exercises may not be possible.</i>									
Qigong	X	X	X	X	X	X	X	X	X
<i>Very suitable.</i>									
Rhythmic gymnastics	X	X	X	X	X	X	X	X	X
<i>Good, there are many different exercises which allow adaptation of the training, for the daily situation.</i>									
Rowing	X	X	X	X	X	X	X	X	X
<i>Possibilities differ due to the selected type of boat. Try different oars for rowing. Soft seat.</i>									
Sailing	X	X	X	X	X	X	X	X	X
<i>Possible depending on the selected type of boat. Keelboat sailing is more suitable than dinghy sailing. Wetsuit as protection over the dressings can be helpful. Light winds (up to 3 Beaufort) are preferred.</i>									

Sport/Exercise Advice/Tips	EBS gen intermed.	EBS loc	EBS gen severe	EBS others	DDEB	RDEB	JEB gen intermed.	JEB others	Kinder
Scuba Diving	X	X	X	X	X	X	X	X	X
<i>Very limited suitability, snorkeling is ok if oral mucosa and face are not affected by EB, actual scuba diving is only possible in individual cases.</i>									
Skateboard	X	X	X	X	X	X	X	X	X
<i>May be possible, with a good sense of balance, longboard preferred due to lower risk of falling, half pipe and tricks are not recommended</i>									
Sledding	X	X	X	X	X	X	X	X	X
<i>No bobsledding, „normal “sledding /Tobogganing is possible (on routes with less risk of falling).</i>									
Soccer	X	X	X	X	X	X	X	X	X
<i>Injuries occur often. Possible in individual cases on mild forms of EB.</i>									
Softball	X	X	X	X	X	X	X	X	X
<i>Very suitable.</i>									

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Swimming	X	X	X	X	X	X	X	X	X
<i>Highly recommended! Also possible in the lake and outdoor pools. Sea water is also good if the wounds permit and the salty water does not burn the skin. It's also ok to go in the water with your dressings; some individuals also apply Vaseline on the wounds before they go into the water, then the salt burns open areas less. As a flotation device your own foam strips are better than "normal" water wings. Do not forget sunscreen!</i>									
Table Tennis	X	X	X	X	X	X	X	X	X
<i>Very suitable. A special device for holding the racket may be useful.</i>									
Tai-Chi Chuan (also called Tai-Chi, or Chinese Shadow boxing)	X	X	X	X	X	X	X	X	X
<i>Very suitable.</i>									
Tennis	X	X	X	X	X	X	X	X	X
<i>Not very suitable, only in individual cases with very mild forms. A possible alternative would be soft tennis, which is played on a soft surface with a soft ball.</i>									
Track and Field Athletics (e.g. high jump, long jump, shot put, javelin...)	X	X	X	X	X	X	X	X	X
<i>So many different disciplines. Some individual disciplines are very limited; in individual cases it may be possible.</i>									

Sport/Exercise Advice/Tips	EBS gen intermed.	EBS loc	EBS gen severe	EBS others	DDEB	RDEB	JEB gen intermed.	JEB others	Kindler
Trampoline	X	X	X	X	X	X	X	X	X
<i>Recommended, risk of injury can be reduced by using a stable trampoline with safety net and springs covered with mats. Initially you can use any small trampoline where assistance can be given by holding hands.</i>									
Vaulting	X	X	X	X	X	X	X	X	X
<i>Suitable only in the special education variation not in the race version, only in therapeutic Vaulting.</i>									
Volleyball	X	X	X	X	X	X	X	X	X
<i>Not very suitable, likely risk of injury to fingers and forearms by vigorous friction in charge and "digging" movements, an even greater risk for injury by pike jumps and body contact despite soft ground.</i>									
Walking	X	X	X	X	X	X	X	X	X
<i>Very suitable when it is safe for the condition of feet/soles. Route and difficulty depends on overall condition and daily situation.</i>									
Water Aerobics	X	X	X	X	X	X	X	X	X
<i>Recommended, but build up slowly, as muscles and joints must be slowly accustomed to the burden.</i>									
Water Polo	X	X	X	X	X	X	X	X	X

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<i>Suitable, if not played as a team sport, but of course you can play ball in the water.</i>									
Wrestling	X	X	X	X	X	X	X	X	X
<i>Not suitable, because of close physical contact, excessive friction and risk of injury.</i>									
Yoga	X	X	X	X	X	X	X	X	X
<i>Very suitable, however, not all exercises are possible and long training is required. Look for a good teacher.</i>									