



SKIING INJURY & PREVENTION

Hundreds of alpine holidaymakers will be risking pain and injury as a result of poor preparation and over-ambitious actions, warn Chartered Physiotherapists. Unfortunately, an unlucky few will come away from their winter holiday with injuries and many more will suffer sore muscles and painful joints that too often go hand in hand with time on the snow. But as every physio knows, prevention is better than cure, and the best way to avoid injury is to prepare the body for what's to come.

It's wise to start preparing at least eight weeks ahead of your ski trip and focus on strength, stamina, flexibility and increasing general fitness before heading to the slopes. Cycling to work and running are excellent for cardiovascular fitness and steep hill walking is also very good for muscle strength.

Before heading out on the slopes warm up by walking and performing stretches. Start on easier runs first to acclimatise your muscles before tackling more vigorous challenges and don't over exert yourself!

Squats



Lunges



Hamstring Stretch



Calf Stretch



Try to ensure a correct skiing posture, do not allow your knees to drop in and try not to sit backwards too far which will put strain on your back and the knees. Skiing lessons are not just for beginners and can help you to correct your technique and avoid injuries. Ensure you have the correct equipment and that it is fitted properly. Head injuries are the most common cause for skiers to be admitted in to alpine hospitals during ski seasons and the risk of a catastrophic head injury is reduced by 60% in skiers/snowboarders when a helmet is worn. Stay hydrated with water and ensure a thorough stretching regime to prevent muscle soreness and joint stiffness.



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