



The Team That Keeps You Playing

WINTER 2009

SKI SEASON

Snow is starting to pile up on the slopes early this season, so it's definitely not too soon to prepare for a great season of skiing and riding. We have found over the years that many skiers and riders do very little to get in shape over the first two or three weeks of the ski season. Like "weekend warriors," these recreational skiers condition solely by skiing. Unfortunately, this reduces their initial skiing performance and puts them at risk for injury because their bodies aren't conditioned to withstand the inevitable mishaps.

But there is hope. Often one can prevent, or at least decrease, the risk and severity of injury overall through conditioning, training and a bit of common sense. Conditioning is basically getting in shape for your sport. Do you and others in your family have your reflexes at a maximum, your power, endurance and strength at a maximum? If not one has to understand that, after months off the slopes, the body needs time and practice to readjust to the physical requirements of skiing and Riding.

Development of a strength and conditioning program for the specific challenges that skiing and riding present, is important if one wants to have a good winter season. A flexibility program should also be incorporated as well. It is important that we remember to stretch both before and after our skiing and riding endeavors. So many of us drive that super speedway we call I-70 for up to 3 hours on our way up to the mountains. When we get out of the car we rush to throw the gear on and hit the slopes for what we hope to be an epic day. So many times we forget to stretch and so many injuries can occur on just the walk to the chair lift line alone. Focus on a warm up routine and stretching program on the actual day to help prevent the possibility of injury. If you are unsure of where to begin on the development of this program contact us at Impact Sports Medicine and meet with a physical therapist so we can help tailor a strength, conditioning, and flexibility program to get your skis and board pointed in the right direction now for a great snow season.

SNOW SHOVELING

It happens every winter here in Colorado... snow falls, usually leaving piles of the stuff to clear from your sidewalks and driveway. Consider the following before you grab your shovel after a major snowfall.

The good news is that 15 minutes of snow shoveling counts as moderate physical activity according to the 1996 Surgeon General's Report on Physical Activity and Health. **The bad news** is that researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls.

- * Prevent dehydration: Drink lots of water.
- * Dress in layers. You can remove layers as needed.
- * Choose the correct shovel. Bigger isn't always better.
- * Warm-up before shoveling, and start slowly.
- * Use good body mechanics, and avoid twisting movements.
- * Most importantly — listen to your body. Stop if you feel pain!

