

# SKI CLINIC

Over the coming weeks and months the pilgrimage to Alpine resorts for skiing and snowboarding begins. It is because skiing is a seasonal activity which requires sport specific fitness that even fit individuals off season can struggle on the slopes with their ski fitness during the season. This places these enthusiasts at an increased risk of injury. With a little forward planning and some targeted fitness work you can reduce your chances of injury as well as improve your performance and enjoyment on the slopes.

## INJURY ON THE SLOPES

Skiing and boarding being high speed, downhill sports lend themselves to a multiple of risks factors when it comes to injury. But one of the single biggest risk factors is fatigue. The majority of skiers go from moderate activity and non sport specific exercise to seven hour days on the slopes at high altitude where atmospheric oxygen content is lower and perceived exertion higher. Once an individual becomes fatigued, their skill level decreases and they are more likely to lose control and suffer injury.

## SKI-FIT

Ski-fitness is an essential component of reducing your risk of injury and having an enjoyable ski experience and should entail all the following components:

- **Aerobic exercise** to help to help reduce fatigue at high altitude and combat the effects of long hours on the slopes
- **Core strengthening** to improve the strength around your hips, pelvis and trunk allowing you to transfer power between your lower limbs and trunk and allow you to maintain balance and control on the slopes. For best results these exercises should be sport specific replicating as closely as possible the movements and skills evolved in skiing and boarding.
- **Lower limb flexibility and strength** to improve your skiing/boarding mechanics and decrease the stress through your joints and muscles. Similar to core strengthening, exercises for your lower limbs should be sport specific, replicating the movements involved in boarding and skiing.

## What is different about our SKI-CLINIC?



At **JUMP Physio** we offer physiotherapy check-ups that will screen for potential problems and offer you advice to allow you to make the most of the slopes. Our experienced physiotherapist will check your alignment and balance looking for weaknesses/restrictions in your ankles/knees/ hips and lower back. Specific exercises tailored to you will be recommended and provided to get you in shape for the slopes. Your session

will last for 1 hour cost (£40.) To make a booking email [info@jumpphysio.com](mailto:info@jumpphysio.com)

## PILATES CLASS

If you are looking for ways to improve your core strength before skiing why not try some Pilates classes at **JUMP Physio**. Our Pilates instructors run small structured supervised sessions during the week and at the weekend. Pilates is a great way to improve your core strength and flexibility. We recommend a minimum of 6 classes before you go. Pilates classes costs between £8 and £10. An introductory 1:1 session is required before attending a class. To make a booking e-mail [pilates@jumpphysio.com](mailto:pilates@jumpphysio.com)

## SKI-FITNESS CIRCUIT TRAINING



**JUMP Physio** in association with **Pro-Balance Gym** offer a **SKI-FIT circuit class** run weekly at the Pro-Balance Gym. These classes are specifically designed to improve core strength, aerobic fitness and flexibility for the slopes using a range of skiing and snow-boarding specific drills. To book a class or to find out more contact [info@probalancehealth.co.uk](mailto:info@probalancehealth.co.uk)

For more information about the services we provide at **JUMP Physio**:  
[www.jumpphysio.com](http://www.jumpphysio.com)  
or email [info@jumpphysio.com](mailto:info@jumpphysio.com)  
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