

Ski Well, Ski Safe

Time to dust off your ski's and tune them up for some fun in the snow. Here's a few tips to help you have a healthier and happier ski season.

The most common ski injuries involve the knee, wrist, hand, lower back and neck. You can prevent most of these injuries by simple preparation. Skiing without proper conditioning before hand is an invitation to problems. A minimum of a 5 week program of stretching, aerobic exercise, and weight training will get you in shape for the slopes.

It's tough to do the splits going downhill at 60 mph if you're not limber. Stretch on a daily basis and before and after exercise. Concentrate on the thighs (front and back), calves, low back, chest, shoulders and wrists.

Skiers also need good aerobic capacity. At 12,000 feet above sea level, even trained athletes can have trouble breathing the thin, dry air. I recommend a minimum of 30 minutes, 4-5 times per week on building lung capacity (so you won't get out of breath) and raising your heart rate.

Skiing demands strong leg muscles. Weight training need only take 30 minutes, 2 to 3 days per week and should address all muscle groups emphasizing the legs. Squats are an excellent exercise for preventing knee injuries.

Happy skiing! Remember that I'm a Certified Chiropractic Sports Physician and always available to speak with you on Wednesday nights from 6:30-7:30pm at the weight room desk. Hopefully, we can talk before you need advice on an injury.

Yours in Health,

Dr. Rick

Dr. Rick Schlusel is a Chiropractor and Applied Kinesiologist providing preventive health care, treatment for pain and injuries, holistic health assessments and a variety of natural therapies. He can be reached at The Healing Place at 530-889-0388 or by email at rick@mydrnick.com