Getting Ready for the Slopes

Prepare your body:
A dryland training and injury prevention program is ideal before hitting the slopes.

Rest:
If you are tired, rest. Injuries happen more commonly when skiers are fatigued.

Ensure you have proper equipment:
Make sure ski boots fit, are adjusted and ski length is appropriate for your height and skill level. Always wear a helmet. Wrist guards are a good idea when snowboarding.

Learn proper technique:
Take a skiing technique class with a professional before you hit the slopes.

For more information or to set up an appointment please contact:

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“Muscle fatigue is one of the biggest factors in skiing injuries, therefore, physical fitness is the foundation of skiing performance”

- US Ski & Snowboard Association

Base training and injury prevention for skiing (2008)

Be Prepared for Ski Season

Just as you prepare your gear, you should also prepare your body. Base training and injury prevention can be done in combination to prepare for skiing. Here are some important tips for base and injury prevention training during the summer months:

- **Cross training** – A form of aerobic training of low intensity work below your anaerobic threshold (the point where you get out of breath), and should last about 45 minutes.
- **Interval training** – A great way to improve stamina, strength and speed. Intervals can be performed with running or cycling primarily, and consist of short duration, high intensity bouts and longer duration, low intensity rests.
- **Strength training** – Should occur all year round and include eccentric, concentric and plyometric exercises. Examples include: squatting, stepping, lunging and planks.
- **Static and ballistic stretches** – These are important for keeping good range of motion and for the ability to get into tight positions as you make a turn. Lower extremity muscle stretching is of importance, including the hamstrings, quadriceps, calves, adductors and gluteal muscles.
- **Recovery sessions** – Extremely important to optimize the adaptation of your body and to get maximum benefit from your training.

Avoiding Injuries

Fatigue is one of the biggest factors in injury, and it is not uncommon for skiers to get injured late in the day as a result of muscle fatigue setting in. Fitness allows skiers to perform skills under extreme conditions for longer periods of time. Therefore, achieving a higher level of fitness is an obvious way to enhance your skiing.

About the Program

We are here to help you stay healthy and enjoy your ski season, and have developed a program to meet the needs of all skiers in preparation for the season. This sports-specific conditioning program will help you have the balance, strength and flexibility needed to avoid injury and the endurance to make the most of each and every ski day.

What are the benefits?

There are many benefits to exercise including:

- Reduced risk of injuries
- Improved anaerobic power and aerobic endurance
- Increased strength
- Superior power and speed