

GET READY TO SNOW SKI NOW!

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Most won't think about getting the body in shape for skiing until the snow blows and many wish they had done some training while their legs are screaming taking that first run. Conditioning for your recreational sport is just as important as training for your competitive sport or work duties.

If you are a skier, then you likely already know about doing **WALL SITS**. Start with your feet on the floor approximately one foot length or more from the wall. Lean your back into the wall and stand tall. Slide down the wall to keep the thighs parallel to the floor (knees at 90 degrees) and hold as long as you can for three sets. When you first try this it may be impossible to hold the position for more than a second or two. In that case, slide up the wall so the knees are not bent as much and gradually work toward the 90 degree hold. Start with three sets of 10 seconds and increase your time gradually. Do this daily to four times per week for three months and you will be delighted with the results. That first run will be a breeze!

Another great exercise is one we call **FLAMINGO**. Be sure you stretch your hamstrings, the muscle on the back of the thigh first. Take your shoes off.

- Stand on one foot with your knee slightly bent and balance
- Extend the opposite leg behind you keeping that knee straight
- Keeping your back in line with your extended leg, slowly reach both hands toward or to the floor
- Touch the floor lightly then rise keeping your trunk in line with your leg
- Repeat 5 times in a row then start the balancing on the other foot and repeat 5 times in a row
- Gradually increase to three sets of 10-15 repetitions and do this daily to four times per week

Your quadriceps (the muscle on the front of the thigh) and your hamstrings (the muscle on the back of your thigh) will thank you!

These two exercises are amongst those required to prevent injuries associated with skiing. We offer a **complete ski conditioning program in addition to ski injury rehabilitation.**

In general, **consult us at the first sign of symptoms. When pain or physical limitations are left untreated, severe pain and significant inability to use your body as desired can occur. Early intervention speeds recovery and saves time and money.**

All you need to do is call 585-396-1400 and make an appointment.

When you have your initial evaluation session with us a review of your medical history, surgeries, medications and a thorough physical examination will be performed of the back, hips, knees, ankles and feet. A series of specialized movement tests will be provided to help pinpoint the precise source of your pain. We can identify if there is an alignment issue, fracture, ligament or cartilage injury, tendonitis, bursitis, impingement, a pinched nerve, a tear or muscle imbalance causing dysfunction. In some cases

the results of the tests might indicate the need for a referral to an orthopedist or for imaging tests to further identify the problem and appropriate course of treatment.

The physical examination helps us develop a **personalized treatment plan** for the physical therapy office setting and for at home. Your treatment plan will include Pain/Primal Reflex Release Techniques (PRRT) and other manual therapies to reduce your pain. For most, pain is reduced at least 50 percent at the end of the first session. The manual therapies will also help restore joint and muscle balance. Kinesiotaping, McConnell taping or bracing may be indicated. Modalities such as biofeedback, ice, heat, iontophoresis, ultrasound and electrical stimulation may be used to help manage pain while pain free movement is restored with therapeutic exercise, functional training and postural correction. As always, our focus is on getting your pain and difficult function under control as you learn self-care and home exercise techniques to reach your goals.

If you are interested in a complete ski conditioning program then contact us at (585) 396-1400.

You can also email us at Zoe@lakecountrypt.com or Robert @lakecountrypt.com.

For more information about Lake Country Physical Therapy and SportsCare, PC, visit us at www.lakecountrypt.com.