

A blue-tinted photograph of a smiling woman wearing a winter hat, positioned on the left side of the page. In the background, a range of snow-capped mountains stretches across the horizon.

Get Fit for Ski

In order to enjoy your skiing holiday to the optimum, you should ensure that you and your party are physically prepared for the slopes. Starting a fitness programme at least eight weeks in advance of your holiday will increase your fitness level so that you can enjoy the snow and fresh air to the maximum and it may also help to prevent injuries.

Here are a series of exercises developed by Dr. Craig McLean from Putney Chiropractic who understands the movements required to be able to ski and snowboard at your best. This list of exercises and advice on stretching techniques is by no means exhaustive, and as with other forms of exercise it is recommended that you seek professional medical advice prior to commencement.









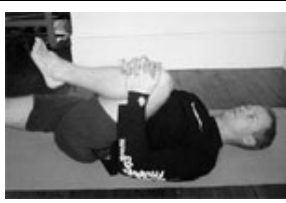

Stretches for flexibility and mobilisation

It is advisable to start these exercises following an 8-10 minute warm up.

Proper Stretching Technique

1. Perform balanced stretching. This means you should always stretch the muscles on both sides of your body evenly. Don't stretch one side more than the other side.
2. Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel slight tension or a pull on the muscle at the peak of the stretch.
3. Go slow! Always stretch slowly and evenly. Hold the stretch for about thirty seconds and release slowly as well.
4. Never bounce or jerk while stretching. This can cause injury as a muscle is pushed beyond its ability. All stretches should be smooth, and slow.
5. Don't forget to breathe. Flexibility exercises should be relaxing. Deep easy, even breathing is key to relaxation. Never hold your breath while you stretch.

For a full list of exercises to help you 'get fit for ski' please refer to the [Ski Club of Great Britain's website](#).

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|  <p>1. Calf Calf stretch requires you to keep your heel on the ground and your knee straight. Keep your back and leg in one straight line. Slowly bring your shin towards the top of your foot until you feel a stretch in the back of the calf.</p> |  <p>2. Soleus/Achilles Now from the calf stretching position, bend the knee and feel the stretch more towards the achilles tendon. Hold for 30 seconds on each side and repeat three times.</p> |
|  <p>3. Quadriceps Lying on your side, grasp the foot and pull the knee towards the buttock until a stretch is felt in the thigh.</p> <p>Remember to keep your thigh in line with your torso as there is a tendency to want to flex the hip slightly. Hold for 30 seconds each side and repeat three times</p> |  <p>Maintain full hip extension.</p> |
|  <p>4. Hamstrings Be careful to keep back straight in the hamstring stretch, lumbar spine flexion should not be used to compensate for tight hamstrings. Bend knee if you have to but preferably keep knee straight. Bring your chest and your thigh closer together until you feel a stretch in the back of the leg/knee.</p> |  <p>Bend opposite knee, do not reach for toes.</p> |
|  <p>5. Lower Back Lie on your back, bring one knee up towards your chest and attempt to rest it on the ground on the opposite side. Grasp that knee with the opposite hand and feel the stretch in the low back and buttock. Keep both shoulders on the ground outstretch the other arm and turn head to that side</p> |  <p>6. Lumbar Fascia This exercise is the only one where rocking is permitted.</p> |
|  <p>7. Hip/Buttock Grasp one knee and bring it towards your chest. If you don't feel the stretch then bring your knee towards the opposite shoulder.</p> |  <p>8. Lumbar Musculature The child's pose as seen in yoga.</p> |

With thanks to:

Putney Chiropractic
2b Weiss Road
Putney
London SW15 1DH
+44 (0) 20 8785 6144
www.putneychiropractic.co.uk

Ski Club of Great Britain
The White House
57-63 Church Road
Wimbledon
London, SW19 5SB
+44 (0)20 8410 2000
www.skiclub.co.uk

