



PRE-SKIING WARM-UP CONSIDERATIONS

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CAR RIDE TO THE MOUNTAIN

Try to avoid sitting in a car seat too long without moving. Car seats can suck you into the crease and cause a lot of compression of hips, pelvis and spine.

- Sit butt bones on folded towel so weight is on bottom vs. back of legs.
- Make sure car seat is in fairly vertical position.
 - You should be able to easily pull your upper back off the seat.
- Make sure to move around by turning, side bending and pressing feet into floor regularly during the ride.
- Lean forward at times and press with your hands or fists into the dashboard, the seat in front or the steering wheel.
 - Try pushing more on one side than the other then switch sides.
- Sit more forward on seat and squeeze knees into two fists and then slide or shift the hip/thigh back twice as many times to the left as the right.
 - Keep your back slightly rounded.
- Seated marching while keeping weight forward/off the back of the seat.

BOOTS OFF EXERCISES

System reboot--Sitting at the front edge of a chair, feet flat on ground with your knees right over your toes. Inhale through your nose and exhale through your mouth as you slowly reach down between your legs towards your toes. Gently press your knees against your arms as you slide down, pause in a fully exhaled state, slowly slide back up as you re-inhale. Toes should lightly grip the ground and maintain equal weight between both feet. Repeat 5-10 times.

Hip shifting--Place both fists side-by-side between your thighs down by your knees. Squeeze together and shift one side of your pelvis backwards while keeping your back slightly rounded and maintaining the squeeze. Perform 10 times on both sides with extra focus on the more restricted side.

Sit to stand--Sit on the front edge of a chair with feet comfortable distance apart, knees right over your toes and arms out in front in pole position. Stand from a seated position as smoothly as possible then lower the same way. 5-10 reps. Next repeat the same with one foot stagger-stanced behind the other with both feet flat and perform in the hip shifted position. Repeat 5-10 times on each side with focus on the more restricted side.

Ski turn squats--Standing facing a table, turn feet 45 degrees but keep upper body square to the table. Squat down while reaching arms forward evenly keeping your shoulders square to your fall line. Keep equal weight between heels and toes, have toes gripped into floor and focus on having downhill ski turning in while uphill ski turns out.

BOOTS ON EXERCISES

Skiers / Squats--Place feet ski distance apart with arms out in front in pole position. Grip toes into boots, press shins into tongue of boot and squat down slowly while keeping good weight distribution. Perform the same while rotating your legs a little at an angle to one side then the other.

Telemarkers / Lunge--Stand with your feet in lunge position, equal weight between front and back feet, with your arms out in front of you. Grip front toes in particular while pushing shin into tongue of boot and lunge down while reaching forward with arms.

Knee to elbow presses--Stand comfortably and bring one knee up towards your opposite elbow and then press into each other while maintaining good balance, exhaling while you press. Perform the same on the opposite side trying to have a smooth a transition as possible between steps.

Stair climbing--Go up and down a flight of stairs—preferably backwards—while trying to keep your feet flat as much as able. When ascending, place whole foot flat on step and try to lift your body up with that leg as best as able, alternating sides. When descending, try to keep your heel down as long as able to slowly move through/shift back your pelvis to lower at the same time as getting a stretch into the back of the hip.

IN THE LIFT LINE

Place hands on top of poles and press down lightly while lifting alternate legs in a semi-tucked position.

Place hands on top of poles and press down lightly while shifting weight side-to-side from edge to edge with whatever pelvis movement you can.

ON THE CHAIRLIFT

Try to avoid sitting against the back of the seat the whole ride up. Sit up so your low back is against the seat but your upper back is off with equal weight on both hips and lean your arms on the safety bar.

In this same position, lift your arms just a little off the bar with a slight reach, your weight a little forward (ski-ready position) and then slide your thighs forward and back.

Try to avoid having your skis hang in a pointed out position as much as able.