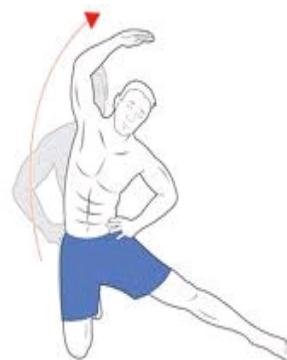
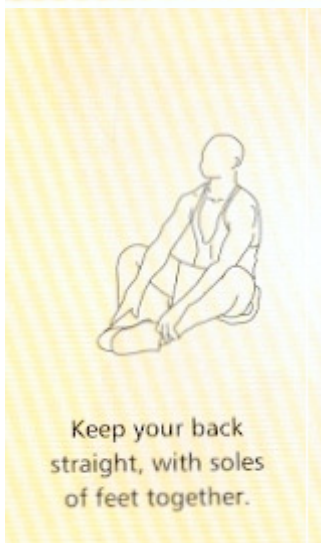
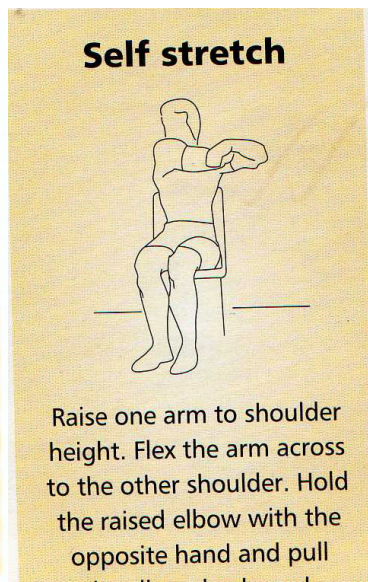
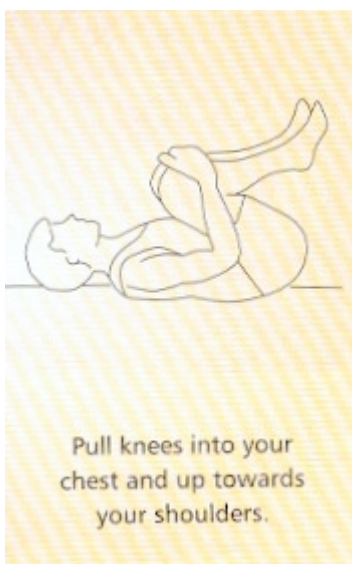


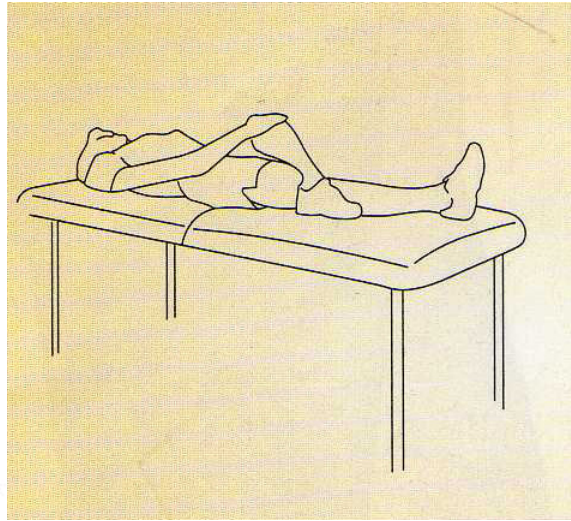
## After Ski Stretches

- Always stretch muscles used after skiing/exercise.
- Breathe out and relax as you stretch.
- Don't force the stretch; wait patiently until the muscle relaxes and lengthens (this takes longer than most people allow, 20-30 sec's).
- You can use MET/pnf stretching to improve stretches effectiveness. Lightly tense the muscle to be stretched for 7 seconds before breathing out, relaxing and stretching it. Using the opposing muscle (antagonist) to the one being stretched can also increase the stretch (eg. Using the quads to increase a hamstring stretch).

*After skiing you need to stretch the following muscles/groups: Quadriceps, hamstrings, adductors, abductors, glutes, lower back (erectors, Q.L.), calf, rotator cuff, triceps & obliques.*

### Recommended Stretches:





### HAMSTRING STRETCH (STANDING)

This stretches the hamstrings, erector spinae, and gluteal muscles.



**Position:** Stand with the knees slightly bent.

**Action:** Bend forward keeping the head up, and reach toward the toes. Straighten the legs, and hold this position for 10 to 15 seconds.



Pull right elbow to left with left hand. Side bending to left will increase stretch.

## **Soft tissue injury-do's and dont's**

The basic rule of thumb to remember if you injure a muscle/joint (strain or sprain) or put your back out is **PRICE!** Fractures require immediate treatment/advice from a doctor.

**P** rotect

**R** est

**I** ce

**C** ompression

**E** levation

**Protect:** Protect the injured tissue from undue stress which may disrupt the healing process or cause further injury. Ensure the mode of protection allows for swelling.

**Rest:** Rest the injured area to protect it and allow healing to begin. 'Hands on' treatment or rehab exercise is not indicated in the initial 'acute' phase of injury (this may last from 2-14 days depending on the severity of the injury).

**Ice:** Use crushed ice, a bag of frozen peas or a cold pack (make sure cold source is always wrapped in a tea towel). Apply for 15 mins every 4 hours until the swelling/heat begins to reduce. This reduces bleeding, painful inflammation and scar tissue formation (which the body tends to overdo). Anti-inflammatory (ibuprofen or diclofenac) may also be indicated (gel or tablets) or cooling creams/balms (containing arnica, hypericum, yarrow, menthol & chamomile)

**Compression:** A compression bandage or neoprene support will aid healing, offer support and reduce swelling. It is very important to make sure it allows for swelling and is not too tight though. You should not feel pins and needles or numbness around/below the bandage/support. If you do it may be too tight!

**Elevation:** The injured part cannot always be elevated but it's a good idea if you can (even for an hour or 2 per day). Ideally you want to have the injury above the heart to allow drainage of tissue fluid & limit bleeding.

**Remember DONT:**

Apply **HEAT** to the area, drink **ALCOHOL**, do **SPORT** involving the area, have **TREATMENT** (massage or manipulation).

e: [kclark@altonadvancedbodywork.co.uk](mailto:kclark@altonadvancedbodywork.co.uk)

w: [www.altonadvancedbodywork.co.uk](http://www.altonadvancedbodywork.co.uk)