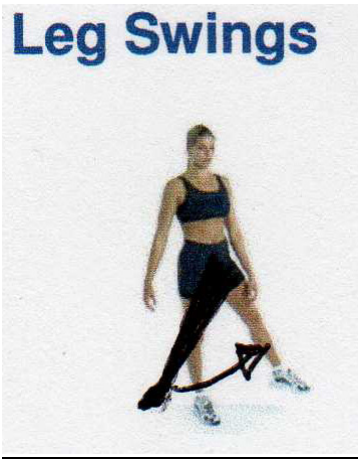


## Pre-ski Exercises

- It is best to start your pre-ski exercises 4-6 weeks before you go skiing and to do them 3 x a week.
- Aim to gradually build the number of exercises (rep's) you do in each set as your muscles strengthen (eg. 10>20 rep's).
- Discontinue any exercises on the advice of your therapist or doctor.
- Always gently warm up the muscles before skiing/exercise and stretch the muscles you use after skiing/exercise.

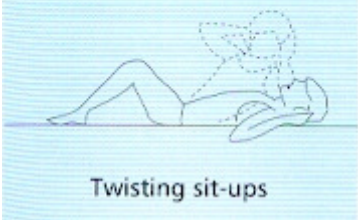
**Teeth cleaning:** Each time you clean your teeth; stand half the time on one leg and half the time on the other. Tense your abdomen pulling your belly button back into your spine and try to keep balanced with a still pelvis. *Improves balance, co-ordination & improves core stability.*

### Leg Swings

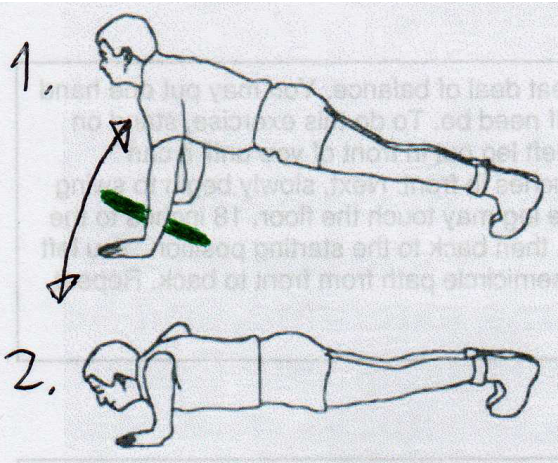


**Leg Swings:** Use a chair/table to hold with your opposing hand if you need help to balance! Stand on your right leg. Keeping your torso upright slowly swing your left leg out to your (left) side. Slowly bring it back in front of you then cross it in front of your right leg (as shown) as far as possible (keeping hips forward). Repeat until fatigued then change legs. Start doing 8-12 and build to 20-30. Do 2 sets per leg, 3x a week.

### Strengthening exercise



**Twisting Sit Up's:** Lie on your back with your knee's up, feet soles on the ground and hands behind your head. Sit up and twist your torso bringing your right elbow to your left knee. Repeat on the other side. Start doing 10-15 and build to 25-30. Do 2 sets, 3x a week. After a week or two try lifting the opposing knee to touch each elbow for a harder exercise.



**Hand Walking Press Up's :** Roll up a towel and place it to your left side as shown. Get into the press up position as shown in picture 1. Walk your left hand over the towel, followed by your right. Then walk both hands back to the right of the towel. Start doing 8-12 and build to 20-30. Do 3 sets 3x a week. After one or two weeks try doing a press up on each side for a harder exercise.

## Windmill Hops



**Windmill Hops:** Place a rolled towel on the ground. Start standing on your right foot with your left hand reaching towards the ground (towel to the left of your foot/hand). Jump over the towel onto your left foot and reach your right hand towards the ground. Start doing 25-35 and build to 60. Do 4 sets, 3x a week. At first don't touch the ground but build to it as your knees strengthen.



**Pretend Mogul Dips:** Place a rolled towel on the ground to your left. Jump sideways over the towel to the right hand side (as shown) keeping your feet close together. Jump back again. Start doing 25-35 and build to 60. After a week or two try bending the knee to 'dip' on each side. Do 4 sets 3x a week.

## Wall Slide



**Wall Slide:** Start with your back against the wall and your feet a foot or so from the wall. Slowly slide down the wall until your knees/hips are at right angles. Hold this until fatigued (10-20 sec's building to 40). Slowly straighten legs sliding back up the wall. Repeat 6-10 times.