



Physical Therapy and Your Health

Brought to you by **Capital Physical Therapy**

Warm Ups and Stretching Exercises For Alpine Skiing

Its that time of year! Time to hit the slopes. Let's face it, most of us gear up and ride the lift to the top of the mountain without stretching or warming up. These simple exercises will help you improve performance as well as reduce the risk of injury.



Standing Hip Flexor Stretch

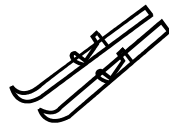
Take a step forward with the left leg while keeping the right leg turned in and brought across midline (to the left). Bend both knees slightly and reach your hands overhead...you may already feel a stretch at the top of the right thigh. To enhance the stretch rotate your torso to the left until a stretch is felt. Repeat with right leg forward and left leg back.

Skier's Lunge Stretch

Take a wide stance, bend the right leg and straighten the left leg shifting your body weight to the right side. Keep your back straight and head up. You should feel the stretch on the inner left thigh. Repeat for right side.

Trunk Rotation Stretch

Lying on your back with the left arm extended out to the side perpendicular to your body. Use your right hand to pull the left knee across your body and keep the left shoulder in contact with the ground. Repeat on the other side.



Calf Stretching

Stand and face a wall and put both hands on the wall at shoulder level. Place your right leg behind you and keep the knee straight...bend the left knee and lean your body forward while keeping both heels on the ground. Repeat on the other side.

Bonus stretch: Perform the same stretch but bend the rear knee slightly instead of keeping it fully straightened.

More enhanced stretching: In both stretches noted above the stretch can be enhanced by rotating your hips and torso slowly from one side to the other while stretching.

Quadriceps Stretching

Stand with your back facing a chair or bench (something around waist height) and have a wall within arm's reach to help you maintain your balance.

Place your left foot on the chair and bend the right knee while leaning your trunk backwards at the same time. The stretch should be felt in the front of the left thigh. Repeat on the other side.

More enhanced stretching: Rotate your trunk slowly from one side to the other to target the different quadriceps muscles more specifically.



Hamstrings Stretching

Place your left leg flat on a table with the right leg overhanging to the side. Bend forward at the hips while keeping your back straight. Reach both arms up aiming to a point high on the wall in front of you. The stretch is felt in the back of the thigh.

Repeat on the right leg.

More enhanced stretching: 1. Place the left leg as above but move it to the right side to cross midline. Lean straight forward as described above and feel the stretch more on the outer hamstrings. 2. Place the left leg on the table but move it to the left side. Lean straight forward as above and feel the stretch more at the inner hamstrings.

Forward lunge walking

Take a long step forward and bend both knees into a lunge position (do not allow back knee to touch the ground), continue walking forward repeating this for at least 10 steps.

Crossover lunge walking

Lunge to the side bending one knee and shifting your body weight over this leg (the lunge leg). Rise up to a neutral position and cross the opposite leg in front of the lunge leg. Repeat x 10 steps in each direction.

Elbow to Knee lunge walking

As you lunge forward with the right leg, drop your left elbow down to the inside of the right knee (semi-tuck position)...repeat with the left leg and right elbow. Repeat for at least 2 sets of 10 steps.

NOTE: Stretches should all be performed slowly and should not cause pain. Minimum stretch time is 10 seconds...for optimal benefit, hold each stretch 30 seconds and repeat 3 to 5 times on each side.

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