

INJURY PREVENTION PROGRAMS:

CAN significantly reduce the risk of injury;

CAN be implemented by clinicians, coaches, parents and athletes;

SHOULD begin in the preseason (6 to 8 weeks prior) and continue through the regular season;

MUST include at least two sessions per week that last longer than 20 minutes to be effective.



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KNEE INJURY PREVENTION EXERCISES FOR SKIERS



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Better Stronger Motion

1. ON-HILL WARM UP

10 min total

- Run on the spot in your ski boots
- Holding onto your ski poles, complete:
 - Leg swings front, back and side to side
 - Double-leg Squats
 - Hamstring stretches with your ski tail in the snow
 - Hip & quadriceps stretches with your ski tip in the snow (as shown below)



2. AT HOME EXERCISES

A. STRENGTH

Start with 30 secs and build up to 1 min for each

- Double-leg squat
- Single-leg squat
- Forward Lunges
- Jump downs
- Crab or Monster Walk with band



B. CORE

Start with 20 secs and build up to 1 min for each

- Plank
- Side plank
- Bridge
- Glute bridge on a ball



C. Balance

Start with 30 secs and build up to 90 sec each

- Single-leg balance
- Bosu ball balance (or use a cushion or pillow). Start balancing with both legs and progress to single-leg
- Balance, Wobble or Bongo board – using your legs and core to balance and control motion

REMEMBER TO....

1. Keep Knees in Line with Toes

2. Knees neutral, Not turned in

3. Land Gently

Detailed descriptions and progressions for many of these exercises can be found in the Banff Sport Medicine Foundation Health Library: www.bsmfoundation.ca/healthlibrary

