



Welcome to our **Newsletter** designed to provide you with current information about physiotherapy and whats happening in our clinic.

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**Get Fit For The Snow**



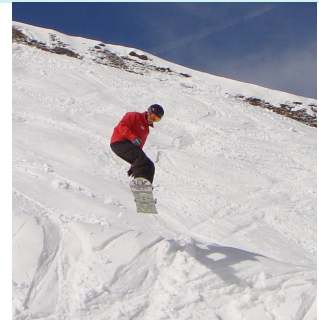
**So what does it take to ski all day - and have enough energy left to party into the night! .....**

**For skiing nuts and first-timers alike, a ski holiday is usually an unforgettable experience.**

The mountain air, the scenery, the thrill of speeding downhill on one or two planks - and that's just during the day!

But most of us are only able to afford the time and money for the odd trip to the mountains, so we need to make sure we can get the most out of the holiday.

So that means we need to be in our best condition when we hit the slopes.



**The heart and lungs is the engine that drives your body and will keep you going all day on the slopes at altitude.**

- Improve your cardiovascular system to improve your skiing stamina.
- Cycling, Running, Rowing or stepping can provide a good base
- A brisk walk, taking the stairs instead of the lift all help
- Improve aerobic fitness - train for a longer period of time at a manageable pace. But skiing/snowboarding is also an anaerobic sport - where you don't use oxygen for short, fast bursts.

On your way down you're often working harder than the amount of oxygen you can breathe in, before resting on a lift and doing it all over again.

So interval training - short bursts of exercise followed by a rest period and then repeated - can also help increase your all-round fitness.

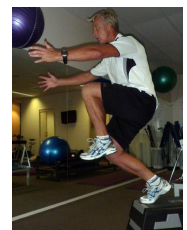
All of which will leave you with plenty of oomph to enjoy the après-ski activities your resort has to offer.



Winter Olympic Sports Physiotherapist Peter Hogg from our Noosa Sports & Spinal Physio Centre has designed a 6 week conditioning programme that can help prepare you for winter sports – either skiing or snowboarding. Preparation is essential so that you can make the most of your snow time and prevent injury. Ideally you should try and start at least six weeks before your holiday to have a noticeable difference.

**According to Peter there are 4 key benefits for getting fitter for the snow**

1. improved cardio fitness to last longer on the slopes
2. ski/snowboard specific muscle strength conditioning to reduce muscle soreness
3. improved foot speed co-ordination to improve reaction time
4. injury prevention



Canberra leaders in

Physiotherapy for Sports,

Back & Muscle Injuries...

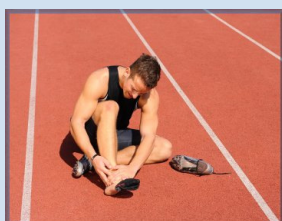
A snow fitness programme should be individually tailored to your fitness level and skill set...  
Our Physios at The Sports Medicine Centre can help...

**get fit before you go!**



sportsmedicinecentre.com.au

**Prevention treatment & rehabilitation of all sporting injuries...**



## News from The Sports Medicine Centre....

Ben Curtis has joined us at the Sports Medicine Centre as our newest physiotherapist.

Ben graduated from Charles Sturt University with a Bachelor of Physiotherapy and First Class Honours.

He is a keen cyclist and has a special interest in cycling related injuries.

Ben is currently the physiotherapist for the Men's Premier League squad at the Tuggeranong United Football Club.

Alexia Missen has been appointed as the Physiotherapist to the ACT Netball Under 17 and 19 representative teams.

Alexia is currently working with the squads during the National Championships in Launceston.

## How can Physio Maximise your Time on the Slopes & Minimise Injury?

### Building Winter Strength to make you a stronger, fitter, more powerful and better skier or snowboarder...

Every skier is familiar with burning thighs after a long run, or aching muscles the next day. To help you ski harder for longer, and to pack a punch into your boarding, you need to build your winter specific muscles.

By improving your muscular strength and endurance in key muscle groups such as your butt, quads, hammies and calves you will help improve your technique and ensure your days are not cut short due to fatigue.

Functional, balance and coordination exercises to simulate the physical requirements of skiing and boarding are also important to prepare your body for powerful but controlled repeated movements.

Don't forget **"The Core"** – the key to stabilising your body during movement and providing protection for your spine – for the dynamic demands and agility required in boarding and skiing.

The core is a key area, especially for beginners or snowboarders who fall over a lot and use this muscle group to get back up.



### Flexibility, balance and coordination all help to prevent injuries...

In the event of having to perform a sudden manoeuvre, a greater range of movement will decrease the likelihood of you pulling or straining a muscle.

It will also ensure that your style is not compromised since hip and spine flexibility is vital for good technique.

Good flexibility in your soleus muscle is also essential for both boarders and skiers.

It also helps to prevent soreness and stiffness during your holiday.

Skiing or boarding technique needs to be learnt but you'll improve much quicker if you have good balance and coordination.

In essence, skiing and boarding is an all over body workout and no matter what your level, it is important to work on all the elements that combine to make you 'ski fit'....and help keep you strong, safe and in control on the mountain.



### Staying Hydrated on the Ski Hill: Improve Performance and Endurance...

Caffeine. Beer. No water. Resort skiers and riders are notorious for becoming dehydrated on the slopes. But dehydration can affect performance.

Altitude and cold suppress thirst and also cause an increased loss of body fluids via respiration. After just 2.5 hours of skiing/riding without taking in fluids, you will likely be irreversibly dehydrated for the remainder of the day. So how much should you drink while skiing? Latest studies recommend 450 – 500mls of fluid, either water or sports drinks, per hour. Sports drinks help you to retain fluids so are better than water alone.

### Stay Safe on the Snow:

Warm up and down properly – spend a few minutes gently stretching your hamstrings, thigh muscles, hips and calves before and after going on the slopes. Hold each stretch gently for 30 seconds- It shouldn't hurt.

Don't be tempted to skip professional instruction - injuries are more common in beginners and bad habits learnt early on are difficult to resolve later

Have your own equipment checked regularly or use a reputable equipment hire company. Wear adequate clothing, preferably in layers. Don't forget good quality sunglasses, goggles and sunscreen

Recognise when you need a rest – most injuries occur on that last run before lunch or at the end of the day when tiredness sets in.

Hard though it is, try and avoid being persuaded to attempt slopes or speeds beyond the level of your ability.

Never ski or board off-piste alone.

**See [www.ski-injury.com](http://www.ski-injury.com) for more safety on the slopes!**

Whether you're about to go skiing or boarding for the first time, or whether you're already a dab hand on the mountains, one thing is sure – being fit for the slopes is key to getting the most out of your holiday.

By preparing yourself physically you will help enhance both your stamina and your safety on the slopes in terms of injury prevention and fitness related health risks.

Call The Sports Medicine Centre today on 6247 7033 or 6293 3413 to organise an appointment with one of our Physios to ensure you're **"Fit for the Slopes"**