



TIPS FOR PREVENTING SKIING AND SNOWBOARDING INJURIES

COME ON! LEARN HOW YOUR
PHYSICAL THERAPY TREATMENT COULD
COST YOU ABSOLUTELY NOTHING!

See Inside

- *Exercise Essentials*
- *Patient Success Story*
- *Sudoku*



BPT
**NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY**
DETAILS INSIDE

TIPS FOR PREVENTING SKIING AND SNOWBOARDING INJURIES

We're right in the thick of ski and snowboard season, and at Breckenridge Physical Therapy, we know this is an exciting time for many of our patients who love outdoor sports. Skiing and snowboarding are both great ways to get some serious exercise and enjoy the great outdoors – all while getting that adrenaline rush!

Breckenridge Physical Therapy wants to make sure our patients are safe while participating in their snowy sports and hobbies this season. Contact our clinic today to find out how you can stay as physically fit and safe as possible as you're gliding down that mountain!

4 Tips for Staying Safe and Preventing Injuries

1. Improve Your Balance And Technique To Prevent Sore Muscles

High-level skiing and snowboarding require intense, heavy use of the foot and ankle. When it comes to improving your performance with your edging and balancing movements, you must be acutely aware that your foot and ankle are responsible for transferring your weight from the inside to the outside edge of the ski/snowboard and back.

This also includes sensing and adjusting your balance over the center of the skis or your snowboard. The efficiency of the foot and ankle as it tips from the big to little toe balances your "center of mass" (also known as your body weight) and decreases the stress put on your hip and thigh muscles.

This technique will improve the more you practice, but it is important to make sure that you are practicing the correct technique from the start or else your muscles may become overworked!

[Continued inside]

4 TIPS FOR STAYING SAFE AND PREVENTING INJURIES

[Continued from outside]

2. Wear Properly Fitting Ski/Snowboarding Shoes

Balance, alignment, and the ability to articulate the ankle in your boots have profound effects on your performance and endurance. How your ski/snowboard boots fit is directly responsible for fine edge engagement and balance.

You shouldn't wear ill-fitting shoes during your normal everyday activities, and the same is true when applied to sports. You must wear properly fitting boots when skiing and snowboarding if you want to decrease your risk of injury.

Even if the fit of your boot is only off by a small bit, it can change your performance by a lot! You may have to work harder to stay balanced and aligned, which can lead to overuse of the knee, hip, and trunk muscles. This can also lead to inefficient compensatory movements. If you are unsure about the correct fit of your ski or snowboard boots, our physical therapists at Breckenridge Physical Therapy would be happy to do an assessment for you.

3. Start Your Season Off Slow

Whether you're a dedicated athlete or just starting out a new winter sport, it is always a good idea to start the season off slow and begin on a gentler terrain than is necessary. This means even if you're a pro-athlete, you should start off a slope smaller than you think you need and work your way up.

This will help warm up the muscles you will need to use for the entire ski/snowboard season and get you used to the sport again. It can also help avoid unnecessary muscle strains or other painful injuries.

4. If You're Feeling Tired, Take A Break

Feeling tired or achy? Listen to your body's messages and take a break once you begin to feel fatigued – fighting through it can lead to unwanted injuries down the road.

A lack of muscle strength and physical conditioning may be a factor limiting your endurance and performance on the slopes.

Muscle fatigue in the thigh muscles (quadriceps) and buttocks muscles (gluteal) are common signs that it's time to call it a day. If your leg and hip muscles become overly tired, it can also lead to some common skiing and snowboarding injuries.

If you are looking to increase your endurance and improve your skiing or snowboarding performance, contact Breckenridge Physical Therapy to get started on an athletic performance plan.

If you've sustained an injury from skiing or snowboarding, rest assured that this setback doesn't have to keep you off the slopes for long.

Our skilled team of physical therapists at Breckenridge Physical Therapy can assess your injury and create a customized treatment plan that will have you back up on your feet and performing at your best in no time at all!

A Reminder To...

USE IT OR LOSE IT

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining in your out-of-pocket expenses. **This means the cost could be minimal or completely covered by your insurance plan.**

Let us help you get a head start going into 2023, before your deductible renews again! Go online or call today to schedule your appointment!

970.485.3421



Exercise Essentials

This exercise helps your quads, hamstrings, and glutes, and also helps your balance and mobility, and increases your strength for the slopes.

ISOMETRIC SQUAT HOLD

Start by standing up straight with your feet just outside shoulder-width. Dig your heels into the ground and keep your chest up and shoulder back. Brace your abdominals and lower your butt to where your knees are bent to 90-degrees. Simultaneously hold your arms straight out in front of you to counterbalance. Make sure your knees do not travel past the ends of your toes. Hold for 30 seconds.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

INCREASE YOUR PHYSICAL ACTIVITY

With These Helpful Tips



What are you doing right now, being still or something else? If you are not moving around, you may be suffering from a sedentary lifestyle. To improve your level of physical activity, see a physical therapist, and start following these tips today.

1. Do Your Own Housework. One of the best ways to improve physical activity begins in your own home. Do your own chores, regardless of whether they are indoors or outside. Of course, always be vigilant of your surroundings, especially possible dangers that may result in a fall.

2. Park Further Away From Store Entrances. Parking further away from entrances to stores or even the workplace means a person will need to take more steps to reach a destination. As a result, heart rate increases, and with continued activity, cardiovascular muscle tone improves. This is the same effect as walking on a treadmill in a physical therapist's office or engaging in any other exercise.

3. Dance With the Music. Yes, dancing when you hear music is exercise. It stimulates the body's cells, and with time, a person's endurance increases. Also, music while walking helps pass the time and encourages a person to continue. More notably, listening to music has been shown to help people with mental health problems, such as Parkinson's, control their movements and walk more, says the National Institutes of Health.

4. Consider Investing in a Standing Desk. Sitting for prolonged periods is associated with a dramatic increase in risk of premature death, reports the Mayo Clinic. Instead of sitting for too long, consider standing to perform work at the desk or computer.

Start applying these tips in your life now, and learn more about how you can improve your physical activity by scheduling a physical therapy appointment online today.

PATIENT SUCCESS STORIES

"I CAN SEE SIGNIFICANT IMPROVEMENTS IN MY MOVEMENTS."

"I have been working with Justin just a few weeks now and I can see significant improvements in my movements. His attention to detail along with his vast knowledge of how the body works enable his ability to make a personalized plan. Lucky to have him in the county." — **Mamta S.**

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE **BPT** PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active & healthy life

Call us at 970.485.3421 or visit breckenridgephysicaltherapy.com

Sudoku

					6		
	7		8			1	4
			7	1			5
8				9			7
3	4	1		7		2	6
6				2			1
	8			6	2		
5	6			3			9
		9					

1sudoku.com



WANT TO LEARN MORE ABOUT PREVENTING INJURIES?

COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

970.485.3421

BRECKENRIDGE



PHYSICAL THERAPY

106 North French St #250
Breckenridge, CO 80424

***Do You Know Anyone
That Needs Our Help?
Refer-A-Friend Today!***

*Call us to schedule an
appointment today!*

970.485.3421

F: 970.453.1960

breckenridgephysicaltherapy.com

**TIPS TO INCREASE YOUR
PHYSICAL ACTIVITY**

DETAILS INSIDE

