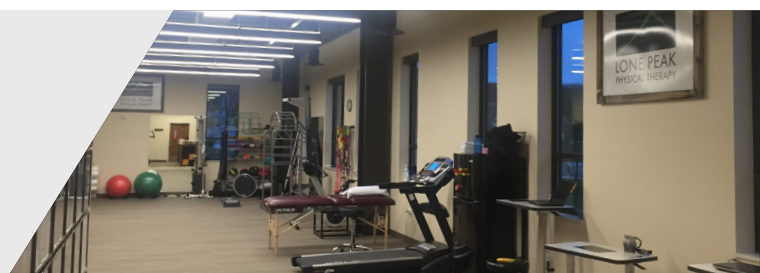


Lone Peak Physical Therapy

Focus on strength and mobility to gear up for ski season



Overhead deep squat: Squat as deep as you can, keeping good form. Your mid/upper back should be flat and you shouldn't have an excessive curve in your lower back. PHOTOS COURTESY OF LONE PEAK PHYSICAL THERAPY

Work-out Plan

Strength: Perform each exercise in succession for three rounds. Focus on controlling your movement. Rest as needed between rounds.

- 20 jump squats
- 20 jump lunges
- 20 split squats
- 20 alternating skater lunges
- 20 jump squats

If it's too easy add another round, decrease rest between exercises, or add weight.

Reduce the number or repetitions, take out a round, or change the jumping squats/lunges to the more traditional form if it's too difficult.

Mobility: Perform each movement for 20-25 repetitions.

- Hip mobilization 1 – Elevate one foot in front of you, keep your back leg straight, and lean your hips forward until a stretch is felt in your back leg hip.
- Hip mobilization 2 – Elevate one foot onto a stool that is adjacent to you. Make sure your legs are in a wide stance. Lean towards your up leg, creating a stretch/mobilization in the leg that is on the ground.
- Thoracic spine mobility – Place one foot onto a stool with your feet in a long stance. Take both arms and reach/rotate over your up leg.
- Deep squat – Get down into a deep squat position with your feet wide and your elbows inside your knees. Keep your heels on the ground and shift your weight from side to side.

Don't underestimate the importance of mobility! Efficient mobility is key to injury prevention.

Lone Peak Physical Therapy is located in the Big Sky Medical Center at 32 Market Place in Big Sky. Visit lonepeakpt.com or call (406) 995-7525 for more information.

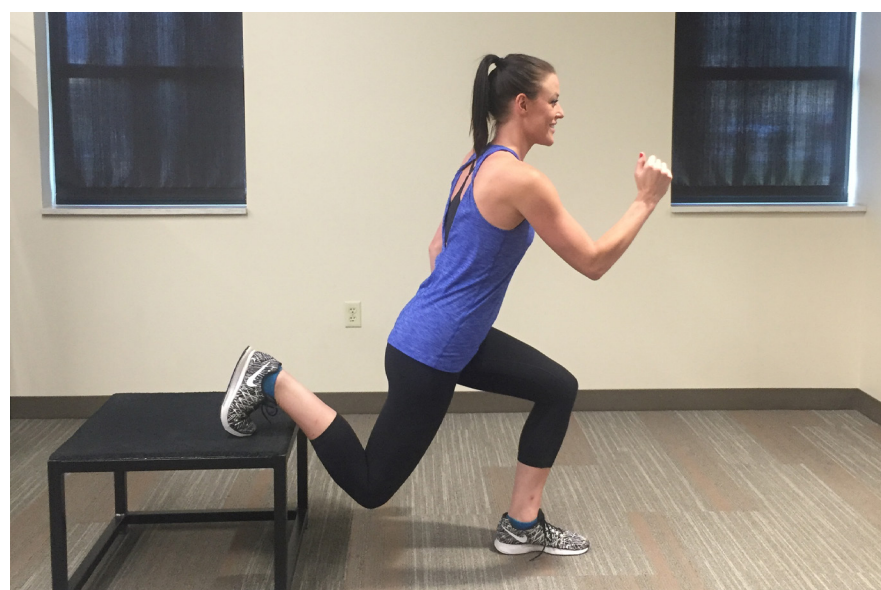
With summer winding down and the winter season right around the corner, now is the time to start thinking about preparing your body for the slopes and start addressing those injuries that may be lurking from last year. To get the most out of the upcoming winter, toss out those traditional exercises and start performing dynamic full body movements before the snow starts to fall. Your body will thank you.

Begin by assessing your baseline fitness level. We recommend four basic movements to get started: the overhead deep squat, the single leg squat, a deep anterior lunge, and a deep lateral lunge. If you feel asymmetrical, have difficulty, or have any pain or stiffness with these movements, it may suggest a mobility or stability deficit. Once you have identified your limitation, you can begin to address the issue at hand.

Another aspect that often gets overlooked with traditional winter season preparation is the type of exercise you are doing. Winter sports such as skiing and snowboarding require your body to perform continual eccentric muscle contractions—think shock absorption or loading your muscles. This is where many traditional exercises fail; they don't specifically mimic what you're body will be enduring on the mountain.

A tailored approach to what your body will be experiencing is more appropriate. Below is a routine that will improve your strength and mobility, and significantly reduce your risk of injury.

Start with your assessment: Perform 15 repetitions of each movement. Do you feel stiffness in your hips, knees, or back? Can't squat to, or below, parallel? Having troubles balancing with the single leg squat? All of these may be addressed with simple mobility and strength interventions.



Split squat: Elevate one leg behind you and place your front leg far enough ahead to create a 90-degree angle (or close to it). Perform a single-leg squat, pausing at the bottom. Return to the starting position and repeat.



Thoracic mobility: Place one foot on a stool with your feet in a long stance. Take both arms and reach/rotate over your up leg.