



Welcome!

Welcome to the first issue of our newsletter. We will publish a newsletter 4 times per year with a wide range of useful information including common injuries, injury management, staff profiles, specific exercises for varying sports and other interesting information.

As winter has quickly come upon us we will look at winter sports in this issue. This month's editor will be Josh McKim (Physio)

Staff Profile

Study

Bachelor Applied Science (Exercise and Sport Science) and Doctor of Physiotherapy



Other

APSI Qualified Ski Instructor - Experience teaching in Aus, USA and Canada

A keen skier and snowboarder, with a detailed knowledge of skiing biomechanics and has a passion for assisting people enjoy the slopes just as much as he does.

Common Injuries at the Snow Skiing

Knee Injuries

Meniscus (cartilage)

Your Meniscus is a piece of cartilage that functions as shock absorber, reduces friction and aides in nutrition and lubrication of the joint. The meniscus is commonly injured in snow sports following a twisting action, usually from the ski or snowboard getting caught or twisted underneath the person.

ACL

The ACL (Anterior Cruciate Ligament) one of 4 ligaments that provide stability to the knee joint.

Its role is to stop your Tibia (Shin bone) from shifting anteriorly (forward) on your Femur (thigh bone). In skiing it is commonly torn when you fall with your ski tips are pointing together and your hips end up below your knees. It is less likely torn in snowboarding but can occur, one way this can occur is when landing a jump and your quads are unable to control the force for the landing.

Delayed onset of Muscle Soreness (DOMS)

Muscle contract in 2 directions: concentric (shortening direction) and Eccentric (controlling the muscle lengthening). DOMS is common in snow sports due to the constant eccentric contraction of the quadriceps muscle. It usually occurs 24-48hours post exercise.

Before you go:

For muscles to work more efficiently you need to train them how you want to use them. So preparing for the snow with some quad strengthening in the eccentric direction is important. This can be performed by performing Squats, Wall Squats, Lunges and step ups. Remember that correct technique is important, as incorrect technique can cause knee, hip and back pain.

Management while you are at the snow:

- A good warm-up before you begin - probably the most commonly forgotten thing when on a family holiday down at the snow!
- A cool down at the end of the day - that doesn't mean having a cool beverage or the long trudge through the perisher car park to the car.
- Hydrotherapy or a spa or even a Massage!

I hope you have found some of this information useful. If you have any other questions please don't hesitate to come and see one of our team and I hope you have a great winter enjoying the fresh snow whether its here or in New Zealand!