



Preseason Snow Sports Conditioning

A simple pre-season conditioning program can make the transition from hiking and biking to skiing and snowboarding quicker, safer and decrease that dreaded delayed onset muscle soreness. Athletes vary in their abilities and overall condition, so here are a few beginning and advanced exercises to prepare all snow enthusiasts for the winter season. Of course, a proper warm-up and stretching routine should be performed immediately before these exercises.

BALL SQUATS (Figure 1) Leaning against ball, squat down until thighs are just above parallel to floor. Hold for 30-60 seconds. Repeat 10-15 times.

BALANCE STEP UP (Figure 2) Balancing on one leg, squat down until your knee is bent approximately 45°, try to keep your knee up over your 2nd toe. Start with 3 sets of 10 and increase as tolerated.

AGILITY/ENDURANCE OCTAGON (Figure 3) – Stand with both feet at center. Jump as quickly as possible to position #1, then back to center, then to position #2 – Repeat until you have completed all 8 positions. Make sure to keep hips centered as feet reach all positions. Start with 3 cycles and increase as tolerated.

STAIR TWISTS (Figure 4) Start at bottom of stairs with feet angled 45° away from stair. Jump up to next step with both feet angled 45° toward stairs. Repeat as quickly as you can until reaching top of stairs or until fatigued. It is necessary to have a 2nd person spotting you if you would like to descend the stairs in the same manner. Begin with 3 sets and increase as tolerated.

PLYOMETRICS (Figure 5) Start with involved leg up on step of approximately 12"-18". Jump with involved leg as high and far as possible, making sure to absorb the impact of landing slowly on same leg. Repeat 5-10 times, then switch legs. Perform 2-5 sets each leg.

LUNGES Start with feet level in standing position, keeping back straight stride forward with one leg, returning to start position, repeat with other leg. Do not bend knee past toes during exercise. Repeat 20-30 times on each leg.

HEEL RAISES Standing with feet together, slowly raise your heels off ground. Repeat 3 sets of 10 and increase as tolerated.

TOE RAISES Standing with feet together, slowly raise toes off ground. Repeat 3 sets of 10 and increase as tolerated.

Cardiovascular/aerobic exercise should also be a part of your program. Your local health club offers elliptical trainers, swimming pools, stationary bikes, treadmills and Nordic simulators. Preseason snow sport conditioning programs should consist of proper stretching, aerobic exercise, strengthening and agility training focusing on stability and control. Good luck and see you on the mountain.

By: Tony Rocklin PT, DPT, COMT, Director of Therapeutic Associates Downtown Portland



Figure 1



Figure 2



Figure 3

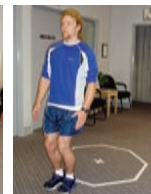


Figure 4



Figure 5

