

Safety Site

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Recreational Safety takes Responsibility and Control

The Importance of Ski Conditioning

Whenever we begin a new activity without stretching, without strengthening, without any activity preparation, we run the risk of musculoskeletal injury-whether joint, muscle, or bone. Preparing for an upcoming ski season is important for many reasons. First, different activities or sports use muscles in different ways. Second, when we have not actively participated in a sport recently, say a seasonal sport like skiing, the body's systems need time to adapt to the sport again or for the first time. It can take about 3 weeks for the body to adapt to the new activity and/or exercise before it's ready for another challenge. Many injuries during winter season from sport participation could have easily been prevented if not diminished the severity of the injury. One of the most common and preventable injuries during this sport season is the Anterior Cruciate Ligament (ACL) tear in the knee. Preventative exercise programs are much more cost effective in the long run than surgical interventions. So why not prep and train your body to maintain your health? Sport Performance and injury prevention are concepts for all ages, all participants. Prevention exercise programs should be the norm, not fixing the injury.

Get in shape and enjoy the new ski season.

Information courtesy of ROC