British Chiropractic Association

Stay safe this ski season with helpful advice from The British Chiropractic Association

With the skiing season upon us, make sure you can enjoy the skiing and the après ski by following advice from the British Chiropractic Association (BCA).

The 'danger time' for skiers is 4pm on the 3rd day of the holiday – this is when injury is most likely to occur. After three days of skiing, using unaccustomed muscles, skiers have become confident but are physically tired and capability isn't necessarily matched to confidence.
Performance, ability and safety can be vitally improved by following a few simple tips.

Pre-Ski fitness tips:

- Jump around - Rebounding using a mini trampoline is the latest craze and works all those 'skiing' muscles.
- It's a balancing act - balance is the most important single factor in skiing. Use a rocker board to improve balance and build up ankle muscles. Rocking heel to toe is good for boarders, while left to right is best for two-ski skiers, for a thorough ankle work-out.
- Don't just sit there - Squats, sit ups and cycling are also good forms of exercise to tease the right muscles.
- Roll with it – roller-blading is perfect practice.
- Check it out - Most skiers find turning one way easier than the other. Poor technique might not be the problem - muscle and joint alignment could be. Visit a chiropractor to sort out any misalignments and improve performance.

Out on the slopes:

- Hot and cold - Warm up before strenuous skiing. Start off gently, rather than heading for the black runs; round each day off with a stretch.
- Have a break - Take plenty of breaks. Overexertion will ruin your holiday. Moderate lengths of skiing time and listen to your body; pain is a warning sign, don't ignore it.
- Liquid lunch - drink plenty of water and isotonic drinks to avoid dehydration and avoid off alcohol, tea and coffee.
- Wrap up - make sure clothing is warm and adequate for the cold weather. Don't forget to take a hat and gloves.
- Put the boot in - no matter how many lessons are taken, skiers won't improve without the right boots and this is where most skiers put their first foot wrong. Skiers often choose on comfort alone – don't make this mistake. Get a moulded foot bed from the ski shop first; this improves fit, comfort and ski control. Opt for a shop with a wide range of boots, so you are spoilt for choice.

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- What a bind – if you are prone to going knock-kneed or are bowlegged – look out for lateral alignment. Wedges expertly placed under the binding can make a huge difference.
- Carry on - always be careful when carrying skis/boards. Leave them standing up so you don't have to bend to pick them up. Carry them over your shoulder, swapping sides regularly.
- Ice is nice - With an acute injury – use ice rather than heat.
- Tread carefully – a large number of people become injured by slipping on ice at the ski resort, not just whilst on the slopes. Shoes with a deep treaded sole, and strap on studs for ski boots, will help keep you upright.

Just one joint or muscle out of line can be a disaster when you are travelling at 40 miles per hour on two skis or a board. Weaknesses, such as misalignment, can affect all skiers/boarders from beginners to racers. By aligning the body perfectly, you will expend less effort and have more fun using gravity as a tool, not an obstacle, with joints and muscles all pulling their own weight.

All it takes is a bit of care, attention and common sense to avoid injury.

Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.
The information here is guidance and you should consult a BCA chiropractor or other healthcare professional for further specific advice if you are experiencing pain, have an existing injury or other medical condition.

For more information or to find a BCA chiropractor in your area:
The British Chiropractic Association
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Website: ***www.chiropractic-uk.co.uk***

Like medical practitioners and dentists, all chiropractors are registered by law. Members of the British Chiropractic Association (BCA) are registered with the UK regulator, the General Chiropractic Council and the association only accepts members who have graduated from an internationally recognised college of chiropractic education after a minimum of four years full-time training. The BCA promotes high standards of conduct, practice, education and training.

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