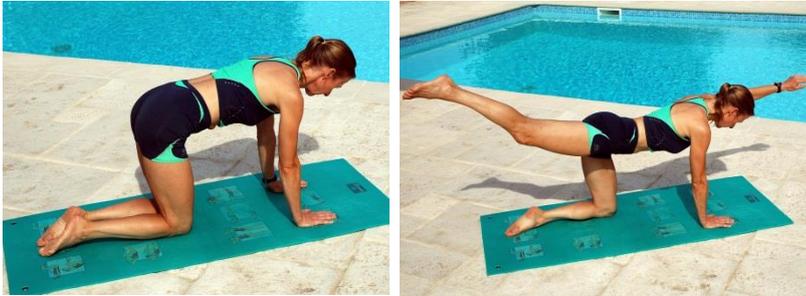


PREPARATION FOR SKIING 1.

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Unless otherwise instructed, hold the end position of each exercise for a count of 3 and start with 6 repetitions of each exercise (each side of the body where appropriate), repeated twice with a brief rest in between sets. Build up to 3 sets of 10 repetitions.

1. 'Bird Dog'. This is a yoga pose which activates the back extensors, gluteals and hamstrings. Move steadily into position and aim to ultimately hold for 40 seconds, once on each side.



2. Piriformis. The piriformis is a key external hip rotator that contributes to stability of the hip and sacroiliac joint.



3. Gluteus maximus and hamstrings. The gluteus maximus is not just for sitting on it's essential for hip extension and propelling you forwards. The hamstrings form part of the mechanism for 'locking' the sacroiliac joint against shear forces.



4. Adductors and abdominals. The leg adductors (inner thigh) are connected via fascia through the hip flexors and lower back muscles and on up to the neck. The abdominals form a 'corset' to protect the lower back. Note the foot position. Hold for a count of 6, 3 times each side. The position on the right is a tougher variation to build up to.



5. Swiss ball alphabet bridge. Maintain your body in a straight line from feet to shoulders whilst you trace the letters of the alphabet with the ball. This exercise is excellent for building core body strength, meaning the postural muscles which protect your spine.



6. 4-point balance. Engage your core by drawing your belly button towards your spine. This is a good exercise for both core stability and overall proprioception (your body's neural feedback system for information on where your body parts are relative to each other).



7. Swiss ball abdominal curls. The abdominal muscles are essential for maintaining spinal stability against the forces created by any movement of the body. Make sure you fix your hip position and do not allow the ball to roll as you curl up.



8. Swiss ball rotation squats. Pull your knees up towards alternate elbows to improve upper and lower body separation – core stability enabling the upper and lower body to work independently – essential for good skiing.



9. Twisting lunge. A yoga pose that's ideal for stretching the hip flexors and quadriceps at the same time as challenging your core. Build up to holding for 40 seconds each side.



10. Root lock. Strengthens your pelvic floor, which forms the bottom of the compression cylinder comprising the diaphragm and abdominals that is your core. Hold for 40 seconds.



11. Hip roll stretch. This exercise stretches out the gluteals, quadratus lumborum and the spiral myofascial line. It's a good way of releasing a tense lower back and ilio-sacral joint. Keep your shoulders in contact with the floor. Hold for 30 seconds and repeat 3 times on each side. The variations B & C can be added in sequence, but must follow on in the order below as they progressively deepen the stretch.

A.



B.



C.

