



WEBINAR WORKBOOK

RAISING THE BAR THIS SKI AND RIDE SEASON

**DISCOVER 7 STEPS
TO EASE
STIFF/ACHEY
KNEES, PREVENT
INJURIES, AND
PREPARE BETTER
FOR WINTER**

Presented By:

Dr. Leslie Desrosiers,
PT, OCS, CSCS



By doing the right exercises, the right way, you can actually reduce injuries by _____%!
And nobody is really talking about this!

The body can _____!
It just needs the right environment to do so.

STEP #1: UNDERSTANDING HOW INJURIES HAPPEN

List a couple of injuries that can be Sudden / Acute / Traumatic:

List of couple of injuries that can be Gradual / Chronic / Progressive:

Muscle Imbalance and _____ are significant contributors to injury.

STEP #2: UNDERSTANDING HOW INJURIES HAPPEN

_____ % of skiing injuries involve the knees. And half of those involve sprained ligaments!

STEP #3: OVERLAPPING STRATEGIES APPROACH

List a few things you can do in each category to reduce your risk of injury:

Physical Preparedness (What can you do weeks / months prior to ski season?):

Daily Routines (What can you do EACH day?):

Actions in the Moment (What choices can you make in the moment to avoid injury?):

STEP #4: THE RIGHT EXERCISES (THE RIGHT WAY)

Your _____ and _____ are of the most important areas to strengthen for protecting your knees.

A "good" exercise can be _____ if it is not performed correctly.

STEP #5: CHOOSE SPORT-SPECIFIC EXERCISES

What are some activities you can do during the following phases of the year to better prepare your body for a long life in snowsports?

Off-Season:

Pre-Season:

Mid-Season:

STEP #6: KEEP IT SIMPLE AND PROGRESS GRADUALLY

Common mistakes include:

- 1) Over- _____ it
- 2) Not _____
- 3) Progressing too _____

STEP #7: THE TRICKLE-DOWN EFFECT OF "ACL PREVENTION"

Which is true about sustaining an ACL injury (check all that apply):

- An ACL injury is typically season-ending
- Surgery is usually required
- It takes about one year to rehab before returning to sport
- The risk of a RE-injury is very high. About 1 in 4 will have a second (or third) ACL injury within 2 years
- The likelihood of developing osteoarthritis is very high

Benefits of "ACL injury prevention" exercises include (check all that apply):

- Reduced risk of non-contact ACL injury
- Reduced risk of other knee and lower extremity injuries
- Improved Performance and Skills

