



FIT TO SKI

7 TIPS TO COMPLETE RECOVERY by Carl Petersen

NEED TO RECOVER FAST FOR YOUR NEXT DAY ON THE SLOPES? Start by respecting the warning signs your body is sending you. Skiing and training can cause micro-trauma to the body's tissues, which need to heal in order to increase the ability of muscle to meet new challenges. The healing process not only restores the muscle to its previous strength and endurance but also increases that strength and endurance. By following these guidelines, you can help optimize your recovery and stay fit to ski.

1. RE-HYDRATE

Drink plenty of water or clear fluid. Try clear juice or sports drinks cut with water. You'll know you're sufficiently re-hydrated when you have light-coloured or clear urine. Pre-hydration and immediate re-hydration are key since once you become de-hydrated it may take 24 hours to top up your tank, and that means 24 hours of potentially impaired training or skiing. Vancouver based nutritionist Dallas Parsons states that "Losing as little as two per cent of body weight through sweat can impair an athlete's ability to perform due to low blood volume."



Stretches can be both hold-relax or static with a minimum 30-40 second hold. The focus is on the hip flexors, quadriceps, hamstrings, calves and gluteals, including the piriformis.

2. RE-FUEL

Since glycogen stores take 24-48 hours to replenish, they must be replaced daily using slow and moderate carbohydrates. To aid in glycogen storage, water should be consumed along with this carbohydrate since each gram of glycogen is stored with approximately three grams of water. Try eating 50-70 grams of carbohydrates within 20-30 minutes of stopping exercise. You can get this by eating a small potato, 1/2 cup raisins, 1/2 cup cereal such as Raisin Bran and a cup of milk or a variety of sports drinks or bars if available.

3. RE-ALIGN

Sports like skiing are asymmetrical in nature and can torque the body's muscle and fascial (the three-dimensional tissue that surrounds the body's muscles, tendons, bones and nerves) systems, leading to an

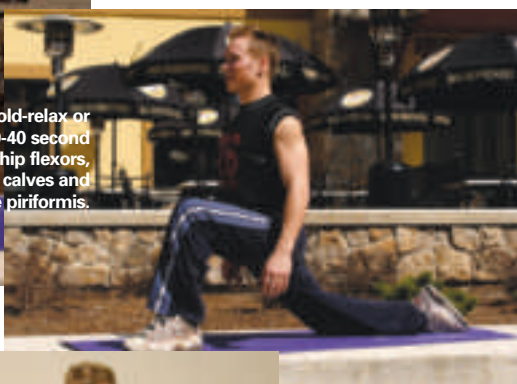
imbalance in length and strength. As well, the flexed posture of skiing further adds to this imbalance. Simple symmetrical stretches for the lower back and hips will help keep you aligned. However, if you're experiencing lower back, SI joint or hip tightness and discomfort, talk to a professional like a physical therapist to see if your pelvis is misaligned. He or she can give you some simple hold-relax exercises to remedy it.

4. RECOVERY WORKOUT

To help clear out lactic acid that builds up in the muscles during sport, try the following: cycle at 75-80 rpm with a heart rate of 100-115 beats per minute. Try 30-40 minutes of aerobic exercise followed by stretching or 2 x 15-20 minutes of exercise with light stretching in between.

5. RE-CONNECT YOUR CORE

The "core" is the three-dimensional corset made up of your lower abdominal, pelvic floor, diaphragm and lower back muscles. If you have any misalignment, lower back, hip or abdominal discomfort, the core can become dysfunctional. Normally it fires in pre-anticipation of any movement. With dysfunction, there's a timing delay. Doing core exercises helps re-connect the core to get it firing properly before your next activity. This will help maintain alignment and ensure you have a stable platform or base for the arms and legs during exercise.



6. RE-SET YOUR BALANCE

When joints are sore or fatigued, natural balance and protective reactions can be inhibited. Your body should be able to react to unexpected events as well as stay protected during repetitive motions. Re-set your balance with some drills using wobble boards, foam rolls, rolled towels or the equipment from Fitness Edge or Skiers Edge to help improve your posture and decrease your chance of injury.



7. RECOVERY MENU

Recovery techniques that are successfully used as rehab on the World Cup circuit include alternating stimulation with hot/cold water. This makes you feel perky and pepped up, and helps wash out waste products and metabolites as well as bring oxygen to fatigued muscles. Try alternating hot and cold shower water. Or use a sauna then cold plunge or cold shower at least one hour after training. ☒

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