



Ascent Physical Therapy
Work Better. Play Better. Be Better.

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WARM UP BEFORE GOING UP!

In order to be prepared to go out on the slopes, make sure the key muscle groups are loose and ready to go! These few tips will help to prevent injury all season long!



Static Stretches: Are stretches done while the body is at rest. The hamstrings, hip flexors and quadriceps muscles have a big responsibility to get you down the mountain safely. Making sure each group is properly stretched before using them prevents muscle pulls or tears. Hold each stretch for 15-20 seconds on each leg and repeat 2-3 times for best results.



Dynamic Warm Up: Is a form of warm up that utilizes the momentum from the body to get the blood flowing, warming up the muscles to prepare for activity. Trunk rotations, one leg lateral hopping, alternating lunges and two leg lateral hopping helps to get the lower extremities and trunk ready for skiing and snowboarding related movements. Perform each exercise for 15-20 seconds 2-3 times prior to hitting the slopes.



*The staff at Ascent Physical
Therapy wishes you a Merry
Christmas and a Happy New Year!*

FREE 30 MINUTE MASSAGE

Refer a Friend Program!

Upon your referral of a newly registered patient, you are entitled to a free 30-minute massage.



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Upcoming Free Laser Clinics!

December 27 4-7 pm

January 31 4-7 pm

Call (970) 949-9966 to book an appointment!

CORE STABILITY

Adding core stability exercises to your fitness routine could make great improvements to your skiing and boarding this winter. Before we tell you about the benefits let's talk about core stability. If you think this means doing sit ups, and a lot of them, you would be mistaken. This really only strengthens the rectus abdominus or the 'six pack' muscles and yes, doing these may do wonders for how you look in a swimsuit, but nothing for how you perform on the snow!

Core stability is the ability to control the position and motion of the trunk over the pelvis and leg to allow optimum production, transfer and control of body forces during activity. Core exercises involve stabilizing your spine while pulling, pushing, twisting or moving your limbs. Some good examples are the plank, side plank, bird-dog and cross-body movements on resistance machines. Using good form throughout each exercise is essential, as poor form could lead to injury.

The benefits of core stability exercises are:

Injury Prevention: Without good core stability it's like shooting a canon from a canoe. You need to turn that canoe into a concrete platform, so you can transfer power to the arms and legs, and reduce your risk of injury. An unstable platform results in other muscles groups compensating for the lack of stability, which can lead to muscle imbalance. With a stable platform, muscles work more efficiently and more power is produced. Core strength is essential for skiing and snowboarding and vital on those deep powder days!!

Rehabilitation: Core stability is a vital component of rehabilitation. An inefficient core results in the body's inability to respond to demands. This can result in repetitive microtrauma, faulty biomechanics and injury. It is therefore important to address this with core stability exercises.

Improving Sports Performance: The difference between having the edge in your chosen sport will time and time again come down to your ability to maintain the most efficient functioning of your core muscles, hence it has been coined the powerhouse of the athlete.

