



PREPARATION VITAL TO REDUCE SKI INJURIES



If you suffer a knee injury when skiing, there are remedies to ensure effective rehabilitation, advises physiotherapist *Jane Connolly* HPC CSP

forwards into the calf or by trying to stop a fall by standing up putting all the weight on the outside ski and twisting the arms and trunk towards the mountain.

The result is that the ligament is strained, partially torn, or fully ruptured, often in association with other structures within the knee-joint.

At the time of injury you might hear a loud pop and develop intense pain in the knee which makes walking or weight-bearing very difficult.

You may get swelling within a few hours because of bleeding within the joint, making it difficult to straighten the knee. In some instances, after physiotherapy treatment you can ski without an ACL. If you ski once a year, a rehabilitation programme

including strength, proprioception and balance exercises and a knee brace may be an option.

However if you're more active and your knee 'buckles' giving way regularly and there is a lack of strength then this instability can lead to arthritic issues and more permanent pain.

One option is reconstruction. It's nearly always a day case using keyhole techniques, often grafting a small part of the hamstring to take the place of the ligament.

Although the rehab period will be around six to nine months, the success rate of the ACL reconstruction is very high. If you do have an ACL reconstruction, working with your physiotherapist throughout rehabilitation is essential to ensure your knee is as strong as possible and thus

less susceptible to re-injury.

Preparation is essential to reduce risks. Skiing uses specific muscles and weak, tired muscles give less protection to the joints making them more injury prone. Ideally you should start a specific conditioning programme at least six weeks before you go involving aerobic training, such as walking or biking, so you can ski a full day.

Strengthening and plyometric exercises help build power, strength, speed and balance in your core and legs which along with agility drills will minimise the risk of injury. At Whalley Physiotherapy we tailor and manage specific exercise programmes so you can make the most of your skiing holiday. ■

- Physiotherapy assessment
- Relief from musculoskeletal problems
- Sports injuries • Rehabilitation



Why Whalley Physiotherapy?

The Whalley Physiotherapy Clinic boasts a wide range of treatments designed to improve the quality of life and personal performance of our clients, whether providing relief from musculoskeletal problems or enhancing fitness for sports activities.

Preventative physiotherapy – Regular visits to an expert physiotherapist will enable you to avoid unnecessary aches and pains. It makes sense to start off from a pain-free/injury-free status or get professional advice to ensure you don't exacerbate any existing injuries or acquire new ones due to inappropriate exercising.

Victory House, The Sidings,
Whalley, Lancashire BB7 9SE.
01254 823183
whalleyphysiotherapy.co.uk
info@whalleyphysiotherapy.co.uk