



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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DECEMBER 2021



WHAT YOU SHOULD KNOW ABOUT *Skiing & Snowboarding* **INJURY PREVENTION**

INSIDE...

Have Your Best Ski Season
Yet With RPT

At-Home Exercise:
Hip Flexion | Bent
Knee

We Need Your
Help!



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WHAT YOU SHOULD KNOW ABOUT *Skiing & Snowboarding* INJURY PREVENTION



We're right in the thick of ski and snowboard season, and at Recovery Physical Therapy, we know this is an exciting time for many of our patients who love outdoor sports. Skiing and snowboarding are both great ways to get some serious exercise and enjoy the great outdoors – all while getting that adrenaline rush!

Recovery Physical Therapy wants to make sure our patients are safe while participating in their snowy sports and hobbies this season. Contact our clinic today to find out how you can stay as physically fit and safe as possible as you're gliding down that mountain!

Tips for staying safe and preventing injuries

1. Improve your balance and technique to prevent sore muscles.

High-level skiing and snowboarding require intense, heavy use of the foot and ankle. When it comes to improving your performance with your edging and balancing movements, you must be acutely aware that your foot and ankle are responsible for transferring your weight from the inside to the outside edge of the ski/snowboard and back.

This also includes sensing and adjusting your balance over the center of the skis or your snowboard. The efficiency of the foot and ankle as it tips from the big to little toe balances your "center of mass" (also known as your body weight) and decreases the stress put on your hip and thigh muscles.

This technique will improve the more you practice, but it is important to make sure that you are practicing the correct technique from the start or else your muscles may become overworked!

2. Wear properly fitting ski/snowboarding shoes.

Balance, alignment, and the ability to articulate the ankle in your boots has profound effects on your performance and endurance. How your ski/snowboard boots fit is directly responsible for fine edge engagement and balance.

You shouldn't wear ill-fitting shoes during your normal everyday activities, and the same is true when applied to sports. You must wear properly fitting boots when skiing and snowboarding if you want to decrease your risk of injury.

Even if the fit of your boot is only off by a small bit, it can change your performance by a lot! You may have to work harder to stay balanced and aligned, which can lead to overuse of the knee, hip, and trunk muscles. This can also lead to inefficient compensatory movements. If you are unsure about the correct fit of your ski or snowboard boots, our physical therapists at Recovery Physical Therapy would be happy to do an assessment for you.

3. Start your season off slow.

Whether you're a dedicated athlete or just starting out a new winter sport, it is always a good idea to start the season off slow and begin on a gentler terrain than is necessary. This means even if you're a pro-athlete, you should start off a slope smaller than you think you need and work your way up.

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

HAVE YOUR BEST SKI SEASON YET WITH RECOVERY PHYSICAL THERAPY

This will help warm up the muscles you will need to use for the entire ski/snowboard season and get you used to the sport again. It can also help avoid unnecessary muscle strains or other painful injuries.

4. If you're feeling tired, take a break.

Feeling tired or achy? Listen to your body's messages and take a break once you begin to feel fatigued – fighting through it can lead to unwanted injuries down the road.

A lack of muscle strength and physical conditioning may be a factor limiting your endurance and performance on the slopes.

Muscle fatigue in the thigh muscles (quadriceps) and buttocks muscles (gluteal) are common signs that it's time to call it a day. If your leg and hip muscles become overly tired, it can also lead to some common skiing and snowboarding injuries.

If you are looking to increase your endurance and improve your skiing or snowboarding performance, contact Recovery Physical Therapy to get started on an athletic performance plan.

Sustained an injury? Schedule an appointment with us!

If you've sustained an injury from skiing or snowboarding, rest assured that this setback doesn't have to keep you off the slopes for long.

Our skilled team of physical therapists at Recovery Physical Therapy can assess your injury and create a customized treatment plan that will have you back up on your feet and performing at your best in no time at all!

(917) 763-7825

HIT THE SLOPES WITH CONFIDENCE!

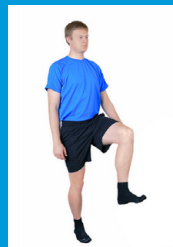


AT-HOME EXERCISE

Helps to build lower body strength

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.



Make sure to consult your PT before attempting new exercises you are unsure of doing.



Featured Technology:

HYPERVOLT MASSAGE GUN

At Recovery Physical Therapy, we utilize the Hyperice Hypervolt massage gun to help relax tight muscles, reduce inflammation, and minimize muscle soreness and tension for our patients.

Benefits Include:

- Relieves muscle soreness and stiffness
- Improves range of motion
- Promotes circulation
- Accelerates warmup and recovery



Learn more about how our Massage Therapy services can help you by calling us at (917) 763-7825.



NEW YEAR MEANS A NEW YOU!

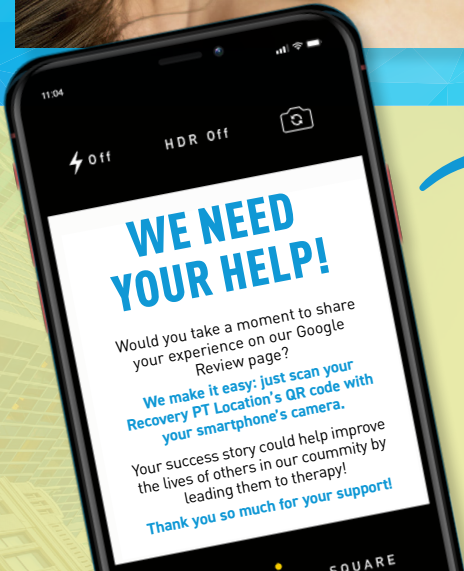
Let Recovery Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

The professionals at Recovery Physical Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.



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LARCHMONT



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UPPER EAST SIDE



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