

Exercise plan:
Ski Fit

Patient:
A Skier

Date:
01st Nov 2017



1/2 Wall Squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/2 squat position. You can either go up or down, or hold the down position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

Sets: 2 | Repetitions: 10

Video: <http://youtu.be/vSrxia0hZiY>



Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Sets: 2 | Repetitions: 10

Video: http://youtu.be/fK_xUE3OKIE



Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

Sets: 2 | Repetitions: 10 | Both sides

Video: <http://youtu.be/cqDMYUaIXvw>



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Quadriceps Stretch 2

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

Sets: 1 | Repetitions: 3 daily | Time: 20-30 seconds | Both sides

Video: <http://youtu.be/BZwmTXwu2fk>



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Hamstring Stretch 9 Bent Knee

Lying down on your back. Bring your hip to 90 degrees, or further. Keep some bend in your knee, and then gently pull your leg towards you to feel a stretch behind your thigh (in the hamstring muscles).

Sets: 1 | Repetitions: 3 daily | Time: 20-30 seconds | Both sides

Video: <http://youtu.be/RxE4pN7CDs>



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Glute Stretch Supine 3

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you.

Sets: 1 | Repetitions: 3 daily | Time: 20 -30 seconds | Both sides

Video: <http://youtu.be/zpaExOK4S8M>



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Gastrocnemius Stretch

Stand facing a wall, with your feet together and your hands flat against the wall. Both your feet should be facing forwards and your back heels resting on the ground and your knees straight. You should feel a stretch to the leg at the back, in the calf muscles (known as the gastrocnemius).

Sets: 1 | Repetitions: 3 daily | Time: 20-30 seconds | Both sides

Video: <http://youtu.be/EFnLIHNBQQ>

Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise. Hold for 5 breath cycles

Sets: 1 | Repetitions: 1 | Time: 60 seconds

Video: <http://youtu.be/noeBz0JoW-4>



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Dear Ski , please stop any exercise that causes pain. If you have any questions with an exercise, just email us on clinicians@healthflex.co.uk. Good luck and keep with it!