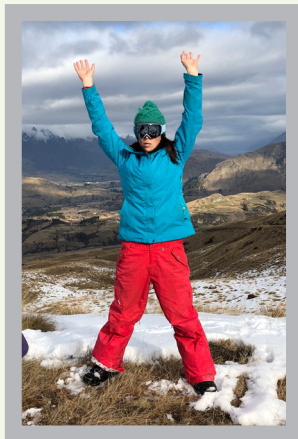
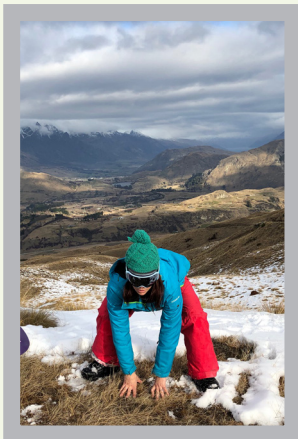


BACK *on* TRACK

PHYSIOTHERAPY

Snowboarder Warm Up

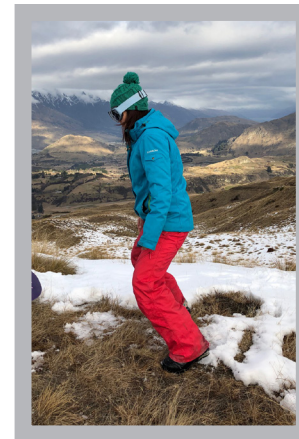
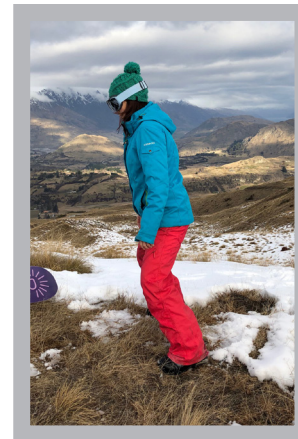


Squat and reach

In boarding stance, squat down and touch the ground by bending your knees

Then stretch arms up as you rise

Repeat 10 times



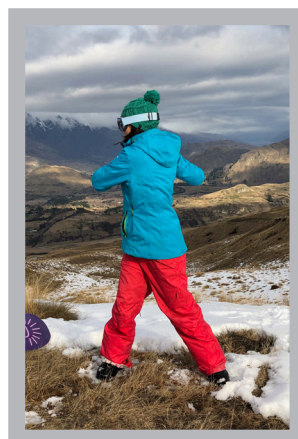
Calf raises

In boarding stance, bend into small squat

Staying here, lift heels up off ground

Return heel to ground, whilst keeping your balance throughout

Repeat 10 times

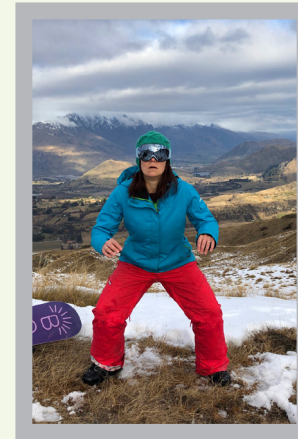


Rotations

In boarding stance, rotate trunk and head to the left, using your arms to propel you

Do the same to the right

Repeat 10 times



Star jumps

Standing in normal stance

Jump landing with legs in a snowboarding stance

Jump back to start position

Repeat 10 times

At Back on Track we can help with all injuries, strengthening and injury prevention programs.

Back on Track Physiotherapy

Queenstown | Frankton | Arrowtown

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