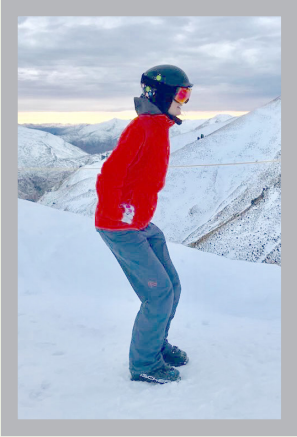


BACK *on* TRACK

PHYSIOTHERAPY

Skier Warm Up

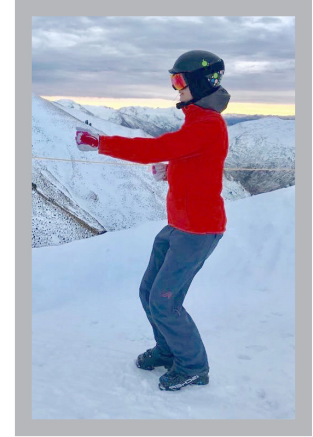
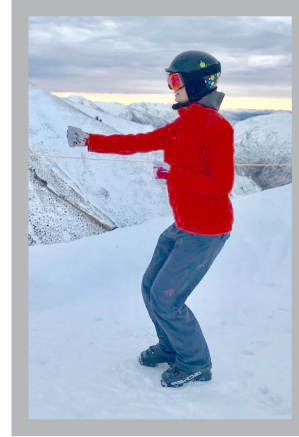


Squats

In standing with tailbone tucked

Squat down and up whilst keeping knees in line with toes and back straight

Repeat 20 times

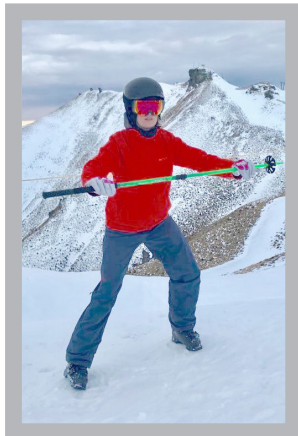
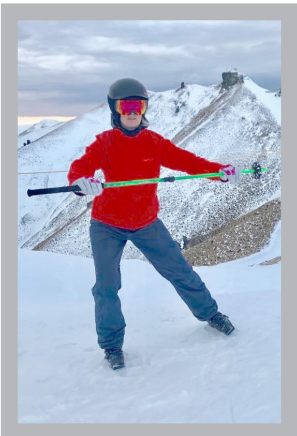


Archer stretch

Raise arms up out in front

Rotate through the chest by drawing one arm back, like pulling a bow and arrow, keep facing forward

Repeat 10 times each side



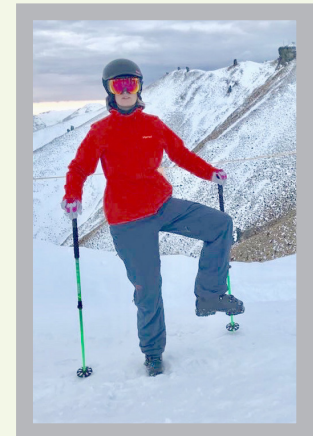
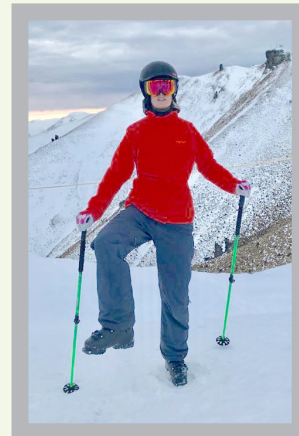
Side Lunges

Wide stance holding ski pole out in front

Lunge sideways to the right keeping knee over boot, straightening left leg

Keep upright through upper body

Repeat 10 times each side



Hip rotations

Bend knee up to chest and rotate out

Put foot down

Repeat 10 times each side

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

Back on Track Physiotherapy

Queenstown | Frankton | Arrowtown

ph. (03) 442 6616 for an appointment www.backontrackphysio.co.nz Find us on Facebook