

Ealing Physiotherapy Newsletter



Keeping You Active

November 2014

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020 8847 1887

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Contact physios directly if you have any questions or any concerns

[email Christina](#)

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[email Bryan](#)

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Aviva
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WPA



A warm welcome to our November newsletter.

As we approach the winter and skiing holidays, it is important to start conditioning the body to avoid injuries on the slopes. Going to the gym alone is not enough to get you ski-fit. Following our physio team's advice, for sports specific exercises, could really help you prepare for the slopes; even better would be to have a prehab programme tailored to your own specific needs.

Please also read our recommended exercises for office workers. These could really help with desk related muscle aches and strains.

If you feel that our advice helps you, we would appreciate it if you could follow and [Like us on Facebook](#). Thank you!

Best regards

Christina Carlsen
Director, Ealing Physio

Get ski fit!

Enthusiastic Skiers will prepare well at the start of winter to prevent any injuries during the ski season. However, they should train differently from runners or heavy weight lifters as the activity of skiing involves different joint mechanics. Whether you are doing green runs, black mogul or off-piste skiing, the ability to control your knee position is essential in preventing injuries.

Three exercises for skiers:

Crab/monster walk exercise - Crab walking is a great exercise as it puts you into the exact position you will be when skiing.

First tie a theraband around your knee. Then come down into a $\frac{1}{4}$ squat. Rotate both your knee outwards so that they are in line with your ankles. Keep the knees in this position, side step while maintaining as much tension on the band as possible. Ensure you do not stand up straight as

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you side step. Perform 25 steps in one direction before returning to your start point. Repeat three times.



Ealing physio - monster walk exercise

The squat exercise

This simple but demanding exercise can be done with no equipment and works the buttocks, thighs and lower back muscles.



Ealing Physio - Squat exercise

- Stand with your feet slightly wider than your hips. Your toes should be pointed slightly outward - about 5 to 20 degrees outward. Perform your squat by leaning forwards at the hip joint, not the spine. The spine should stay in its neutral position.
- Ensure the kneecaps stay in line with the hips and second toe. Return to the start position pressing through the heels to activate the inside quadriceps and buttock muscles. Begin with 3 sets of 15 repetitions.

Plyometric box jumps

Box jumps are important plyometric exercises that help you with getting the required force as you are going downhill. They help with the explosive power needed to control landing and work on a number of different muscle groups.



Ealing Physio - plyo box

jumps

The technique is described below.

1. Start by standing in an athletic position with feet shoulder width apart. Make sure you are standing at a comfortable distance away from the box.
2. Drop into a partial squat to generate the power, then push your hips, swing your arms to propel yourself up onto the box.
3. Land on the box quietly, as if someone were sleeping nearby.

Box jumps should never be rushed. Practice makes perfect so take your time to master this technique.

The squat and box jump exercises will help to strengthen the quadriceps, hamstrings and gluteus maximus, however knee control come from the gluteus medius. Gluteus medius is the strongest hip abductor and external rotator. This means it is the best muscle at rotating your knee out and preventing ACL and meniscus injuries.

For advice or to book your prehab session, please call 020 8847 1887 or come to visit us - we will be happy to chat with you!

Carl Cachia & Lois Da Costa
Senior Physiotherapists

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Are you at a desk all day?

As we sit for a prolonged period of time, our muscles tend to tighten and thus some basic stretches are important to improve the flexibility of these muscles. [Here are the top 3 exercises.](#)

1. The chin tuck
2. The shoulder squeeze
3. Gentle neck stretches

Always consult your physiotherapist if you are in pain. We identify the root cause, treat you and can build a rehabilitation programme to help you in your recovery.

Carl Cachia
Senior Physiotherapist

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