

# Tips For Safe Skiing

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Although we are not exactly surrounded by a winter wonderland outside, it is the season to break out the skis and head for the slopes. According to the American Academy of Orthopedic Surgeons, more than 41,600 skiing-related injuries are treated in the emergency rooms to those under age 15 each year. Falls are the most obvious cause of injury. Other causes include collisions with objects and other skiers, incidents involving ski lifts, reckless skiing, and improper equipment. Research has shown the most common injuries to be sprains, followed by fractures, lacerations and dislocations. Changes in modern ski equipment has helped to decrease the rate of injury however, it is still up to you to take the necessary precautions. So, before you tackle that first run, take the time to read this and hopefully make this a safe ski season.

- ✚ Make sure boots and bindings have been set, adjusted, and maintained properly.
- ✚ Check each binding before skiing.
- ✚ Wear warm clothing. Clothing should be close fitting to avoid becoming entangled in lifts, tow ropes, or ski poles
- ✚ Ski with a partner and stay within sight of each other.
- ✚ Warm up with stretches before beginning any runs.
- ✚ Take a few slow practice runs on an easy slope to warm up.
- ✚ Watch your trail. Be on the look out for rocks, patches of ice, and other skiers.
- ✚ Stay on marked trails to avoid unsafe steep hillsides and avalanche areas.
- ✚ Stay in control. Ski within your own ability and respect the level of difficulty indicated by the trail and slope markers.
- ✚ Stay hydrated by drinking plenty of fluids. Dehydration affects your body's ability to regulate body heat and increases the risk of frostbite in cold weather.
- ✚ Listen to your body. Rest when you are tired. Don't force yourself to get that last run of the day in. Most injuries occur when skiers are tired at the end of the day.

If you have further questions or concerns contact your physician or local physical therapist.