

SEAPORT ORTHOPAEDIC ASSOCIATES

...BECAUSE YOU HAVE A CHOICE

Ski and Snowboarding Injury Prevention*

- Don't be tempted to skip professional instruction - injuries are common in beginners and bad habits learned early on are difficult to resolve later.
- Have your own equipment checked regularly
- Don't be tempted to overstate your level of skill - longer skis are more difficult to turn and bindings set too high for your ability are more likely to cause injury. Boots should fit snugly without your ankle moving around inside. If your skis, board, boots or bindings don't feel right, don't be afraid to go back to the hire shop. Staff at hire facilities should take time to fit your equipment properly - if they don't ask you any questions about your height/weight/ability then seriously consider going somewhere else to hire your gear - even if it is a bit more expensive and a bit of a hassle. Whatever you do, don't borrow kit off your friends. This increases your risk of injury by a massive 800%!
- Warm up and down properly - spend a few minutes gently stretching your hamstrings, thigh muscles, hips and calves before and after going on the slopes. Hold each stretch gently for 30 seconds. It shouldn't hurt!
- Recognize when you need a rest - most injuries occur after lunchtime when tiredness sets in.
- Hard though it is, try and avoid being persuaded to attempt slopes or speeds beyond the level of your ability. You are more likely to be injured if you try and keep up with more experienced friends
- Wear adequate clothing, preferably in layers. Don't forget good quality sunglasses, goggles and sunscreen.
- Consider wearing a protective helmet. While some consider them "unfashionable" there is nothing cool about sustaining a head injury.
- Never ski or board off-piste alone. Be aware of the prevailing avalanche risk and, if in doubt, consult a local guide or the ski patrol before setting out. Carry all the appropriate gear including an avalanche transceiver and know how to use it.
- Never attempt to ski or board down a closed piste. Not only do you run the risk of serious injury, but you could be prosecuted and be held liable for the costs of any rescue. Ski patrollers are not killjoys - pistes are only closed for good reason, even if those reasons are not immediately apparent to you.



You have a choice to

- **Have the best medical care possible**
- **See the correct specialist**
- **Be an educated patient**
- **Receive the best treatment available**

Ski and snowboard season is here, and you have the choice to avoid injury. Whatever you do...

DON'T PANIC!



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