

Ski Injury Prevention Tips

- Use protective equipment such as a helmet.
- Understand ski equipment and ensure functionality and settings are appropriate before starting to ski, and throughout the day.
- Cant the ski boots to the skier's posture.
- Use the newest technology in bindings that release in each direction or with biofeedback.
- Use skis that have a milder side-cut without excess width.
- Be aware of potential risk factors, including skill level, skiing experience, and physical condition.
- Know the ski slope conditions, weather, terrain, and obstacles.
- Take ski lessons.
- Maintain appropriate speeds to avoid going out of control.
- Maintain awareness of surroundings, including avoiding obstructing vision or hearing.
- Avoid stopping where other skiers and riders might be skiing or landing to avoid collision.
- Avoid drug and alcohol use while skiing.
- "When you're down, stay down."
- Avoid pushing yourself too hard too quickly, especially if you're a beginner or returning to skiing after a long break. Gradually increase the intensity and difficulty of your skiing as your fitness and skill level improve.
- Pay attention to any signs of pain, discomfort, or fatigue. Don't ignore these signs; they can be early warnings of overuse injuries.
- Stay well-hydrated before and during skiing to prevent muscle cramps and reduce the risk of fatigue.
- Fuel your body with balanced nutrition to maintain energy levels throughout the day.
- Warm your muscles before hitting the slopes with light aerobic exercise to increase blood flow and body temperature.
- The chronic stress score and blood lactate could be used as an on-hill marker of metabolic stress to identify muscular fatigue that can lead to injuries.