

Hit the Slopes Prepared and Injury Free

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Snowboarding preparation

requires optimizing balance, core strength, endurance, and flexibility. The better your pre-season routine, the more you will enjoy your trips to the slopes while also minimizing your risk of injury. Just as you tune your gear, you should tune your body. Some helpful tips include:

- Plan on preparing for a month (3–4 times a week for 4 weeks) before strapping on your snowboard.
- Make sure your equipment is clean, properly fitted and in good working order.
- Make sure you have all the necessary equipment to participate safely: helmet, goggles, and gloves (for beginners strongly consider wrist guards too).
- Make sure boots fit well and bindings are in good working condition.
- Make sure you have clothing appropriate for the temperature and conditions.
- Stay hydrated during the day by taking frequent breaks or carrying water with you.

Some sample workouts which can help increase core strength and stamina for snowboarding preparation are noted in the table. Doing this preparation cannot guarantee safety or fun, but it certainly will help, and may get you more fit in the process. Enjoy the snow!

Workout Examples

Consider doing your workouts in this order: warm-up for 5 minutes with an easy jog or jump rope for bit to mix it up, then perform the following exercises:

BALANCE EXERCISES

Basic

- Single leg balance 30 seconds at a time.
- Single leg balance with eyes closed 30 seconds at a time.
- Single leg toe-raises 20 times each side.
- Single leg mini-squat — stand on one leg, and bend knee 20–30 degrees; repeat 10 times each leg (combines balance and core strengthening).

Intermediate to Advanced

- Do similar exercises as basic but on a balance ball or other balance device.
- Single foot balance and bend forward to touch toes 10 times each side
- Balance on one leg and swing other leg forward and back. 10 times, then side to side ten times, then switch legs.
- Jump and balance with single foot landing 10 times each side.

CORE STRENGTH

Basic

- Crunches / pushups / hang on to a pull-up bar in a chin-up position.

Intermediate to Advanced

- Burpees — from standing drop down to pushup and then jump to standing; repeat 10 to 20 times.
- Hang on pull-up bar; bring knees up to elbows; repeat 10 times.
- Box jumps — jump from floor to step or box; repeat 10 times (can substitute 10 hops for distance).
- Squats or lunges; 10 of either.

ENDURANCE

20+ minute exercise with heart rate goal of 70–75% of Max Heart Rate (pick one or more from these suggestions or substitute your own favorite).

- Swim
- Stationary bike
- Rowing machine
- Stairs
- Jog
- Elliptical



For more information on preventing ski and snowboarding injuries visit <http://www.stopsportsinjuries.org/skiing-and-snowboarding-injury-prevention.aspx>.