



## Preparing for Winter Snowshoe Fun

With a forecast for lots of snow in the mountains this season, it's time to strap on the snowshoes and play. Snowshoeing can be an excellent activity for individuals of all physical abilities and fitness levels. Whatever your level, you will want to have a good dynamic stretch and warm-up routine before heading out. This will help you to prevent injury and make the day more enjoyable.

As with any new or seasonal activity, advance conditioning and exercise can also ensure an injury-free outing. If you need ideas for an exercise program or are suffering with musculoskeletal pain that prevents you from being more active, a visit to your local physical therapist may be just the thing to help you get moving. You can visit our website at <http://www.therapeuticassociates.com/locations/> to find a physical therapist near you.

**Side Trunk Stretch (Fig 1-2):** Holding poles shoulder width apart, raise them above your head with a wide leg stance and side bend your trunk to each side. Repeat 20 times each way.

**Torso Rotation Stretch (Fig 3-4):** Hold poles behind your back by hooking them in the bend of your elbows. Slowly and gracefully rotate shoulders and trunk left and right. Repeat 20 times each way.

**Standing Knee Lifts/Marching (Fig 5):** Stand with poles planted on each side. Lift each snowshoe/knee up to hip level as if marching. Repeat 20 times each leg.

**Standing Lunge (Fig 6):** Standing with both poles planted to the side. Step one snowshoe out in front of you the length of the shoe. Then drop the back knee to the snow as you bend the front knee, and let your back heel lift off the snow onto your toes as you lower yourself. Keep your front knee in line with the ankle and do not let it move over your foot. Repeat 20 times then switch legs and repeat.



Fig 1

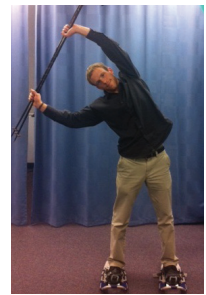


Fig 2



Fig 3

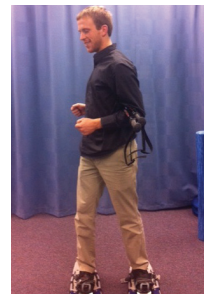


Fig 4



Fig 5

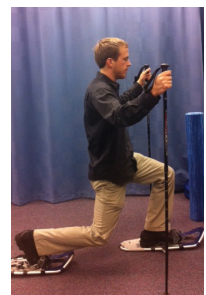


Fig 6

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