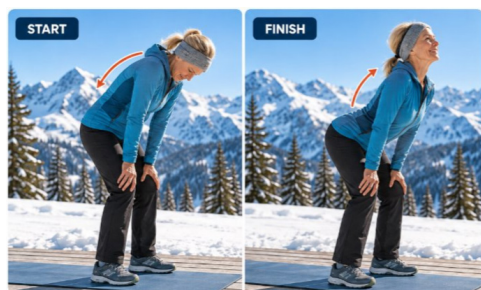
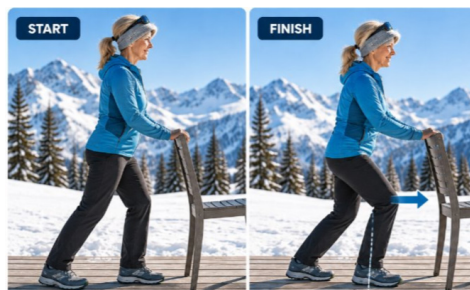


Daily Routine for Skiers

What to do before you hit the slopes:



Standing Cat-Cow
8x



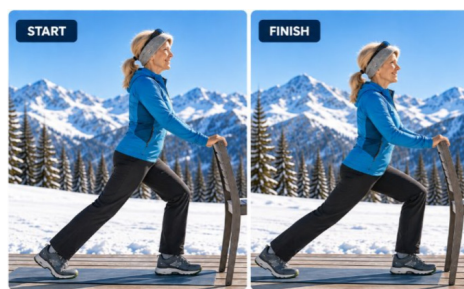
Supported Ankle Rocks
10x each side



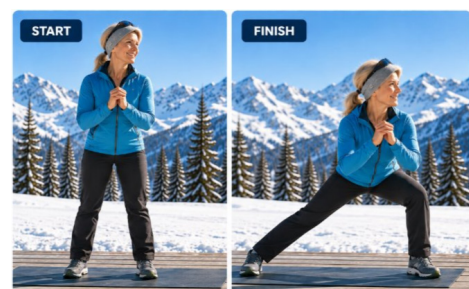
Half Squat to Stand
8 - 10x



Supported Chair Pose
20-30 second hold, x2



Low Lunge
30 second hold each side



Side Lunge
8-10x each side



Calf Raise
12-15x, twice



Single Leg Balance
20-30 second hold each side

Cool Down and Breathe

What to do after your last run:



Ready to hit the slopes all season?

Contact us today:

Kessler Rehabilitation Center - Ramsey
500 N Franklin Tpke Ste 100
Ramsey, NJ 07446
201.760.2180