

# STRETCHING FOR DOWNHILL SKIING

*The “Super Six Rules” to Stretching Successfully:*  
1 • Warm up (Walk on the spot for 1 to 5 minutes) 2 • Hold each stretch one repetition for 30 seconds 3 • Do not bounce ( Hold in Comfortable position)  
4 • Be Gentle (No Pain) 5 • Breathe Deeply 6 • Stretch both sides equally



Side of Neck Stretch



Back of Shoulder Stretch



Tricep Stretch



Wrist Flexion Stretch



Wrist Extension Stretch



Bottom of Wrist Stretch



Top of Wrist Stretch



Closed Hand Stretch



Open Hand Stretch



Half-Kneeling Shin Stretch



Side of Buttock Stretch



Inner Thigh Stretch

**Most Common Injuries:** Knee pain and strain; hamstring strain; knee ligament tear; neck hyperextension; lower back strain; wrist sprain, finger sprain and fracture.



**Side of Leg Stretch**



**Thigh Stretch**



**Hip Flexor/Psoas Stretch**



**Outer Calf Stretch**



**Inside Calf Stretch**



**Standing Shin/Ankle Stretch**



**Lower Back/Buttock Stretch**



**Back Flexion Stretch**



**Back Extension Stretch**

**“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”**

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