

Ski and Snow boarding

Reach your potential!



It's that time of year again when we can't wait to strap on those skis or snowboards and hit the slopes. Forget about bad technique or wrong equipment, more than anything, its bad preparation and neglecting those skiing muscles over the past year that will limit and expose us to injury.

A pre-ski screening from one of our chartered physiotherapists will help you to:

- Overcome weakness and ski/board with greater efficiency
- Experience fewer aches and pains after a day on the slopes
- Wake up muscles so they respond more efficiently.

A pre-season screening involves assessing specific muscles for strength and flexibility alongside assessing balance and core stability, four essential elements that will ensure your success on the slopes this year. After our initial assessment an individualised programme will be created with subsequent follow ups to progress your management.



Richmond Physiotherapy
getting you active

For further information

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10% OFF YOUR FIRST ASSESSMENT WHEN QUOTING THIS AD