How to Prevent Skiing and Snowboarding Injuries

by Dr. Cary Motz

One of the most common injuries for skiers is an ACL tear, whereas snowboarders have a higher risk for upper extremity injuries as well as to the foot and ankle.

Injuries are most likely to occur on:

- the first day of skiing
- in the early morning when the skier is not warmed up
- in the late morning and late in the day when fatigue is a factor
- the end of the week when the cumulative effects of the vacation make the skier tired
- Hard packed snow conditions can lead to impact injuries due to high speeds of the skier and the hard landing surface

General Injury Prevention:

- Prepare for the season and get in shape
- Get your equipment checked at a certified shop
- Self-release your bindings each day you ski
- Warm up and stretch before skiing
- Don't ski while intoxicated
- Wear a helmet!
- Snowboarders: Wear wrist guards! Those who do have a 40% less chance of a wrist fracture