“Snow” Much Fun: Get Ready For Skiing!

By Allison Gelvin, DPT

Does the recent snow on the mountain tops have you excited for the upcoming ski season? This is the time of year to start preparing for winter activities so that your body is ready to go when the mountain opens. Whether you spent the summer biking up mountains, paddle boarding on the reservoir, hiking 14ers, or sitting in the park watching your kids, it is important to get your muscles ready for the demands of skiing so that you can have a healthy, injury-free ski season. This is also a good time to address any nagging injuries you may have developed over the summer so that they do not prevent you from having a great winter. Here are a few simple exercises to help get your legs, hips, and core ready for that first day on the mountain. As always, please check with your physician before beginning any exercise program.

1) Hip bridges: Lift your hips to a comfortable height. Hold 10 seconds. 10 times

2) Opposite arm and leg lift: Lift your right leg and your left arm. Hold 2-3 sec. Repeat with the other side. 10-15 times 2 sets.

3) Squat: Try to sit back and barely touch the surface behind you and then stand back up. Repeat 10 times 2 sets.

4) Single leg stance: Balance on one leg for as long as possible. Switch sides. 3-5 times.

October is PT Month!

Let’s celebrate! Thank a PT for his/her help with your pain, balance and function. Or consider PT for that nagging pain or balance problem that is just not getting any better. Thanks for choosing Mountain View Therapy!
including medications, inner ear and visual problems, sensation, and blood pressure, to name a few.

Here are 3 tests you can try to test your own balance at home. http://www.pptandfitness.com/how-to-test-your-own-balance/. Make sure you are near a safe/stable object or have someone standing nearby to guard your balance. Please do not fall while testing your balance! If you have trouble with these tests, consider talking to your physician about following up with a PT evaluation.

- **1–legged standing balance test**: Stand on 1 leg without holding on. Normal balance is 1 minute, less than 30 seconds needs some work.

- **Timed Up and Go**: Place a chair against a wall and measure out 10 feet. Mark this spot. The test is how long it takes to get up out of the chair, walk 10 feet, walk back and sit down again. Longer than 14 seconds is a higher risk for falling.

- **5 time sit to stand**: Sit in a standard chair. Stand up completely and sit down with your buttocks touching the chair 5 times as fast as possible. People without balance problems can do this in less than 17 seconds.

“Keep your face always towards the sunshine—and shadows will fall behind you.” -Walt Whitman

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**Fall Apple Crisp**

**Directions**

1. Preheat oven to 350 degrees F (175 degree C).

2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.

3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.

4. Bake at 350 degrees F (175 degrees C) for about 45 minutes.

http://allrecipes.com/recipe/12409/apple-crisp-ii/

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**News and Tidbits:**

**Happy Birthday** to our staff with Fall birthdays: Xavier C, Laura L, Judy K, Scott B, Bridget L, Susan B, Allison G, Cate W, Natalie A, Jessica U, Leann L, Melissa M, Justin A, Kevin G, Megan M, and Jonathan G! Whew! That’s a long list!

**Congrats** to Erin (McMahon) and Chris Marcinek on their wedding August 5, 2016!