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Paragon Orthopedic Center Grants Pass, Oregon



Save those knees: Stretch!

The recent snow tells us that winter is here! The people of Southern Oregon are heading outside for winter activities that include snow sports. There are plenty of reasons to stretch before you do any activity, but snow sports, like skiing, can really stress the knee ligaments. Ligament tears are the most frequently seen injuries at Paragon Orthopedics from skiing and snowboarding. The snow is not forgiving when your leg is stuck and it can act more like cement. You can't change nature, but you can be more prepared for the twisting, jumping, and jolting when you're out in it by stretching first. Here are key stretches as recommended by Dr. Bents and the Academy of Orthopedic Surgeons that can help before skiing, snowboarding, or any activity in the snow:

- Heel cord stretch
- Standing quadriceps stretch
- Supine hamstring stretch
- Half squats
- Hamstring curls
- Calf raises
- Leg extensions
- Straight leg raises
- Hip abduction
- Hip adduction
- Leg presses

The AAOS has a great web page with information about these stretches and pictures to help you understand how to do them correctly. This page is especially helpful because each stretch tells you where you should be feeling the stretch in your body. Doing a stretch the wrong way can cause injury, so this extra information can give you reassurance you are doing it correctly.

<https://orthoinfo.aaos.org/en/recovery/knee-conditioning-program/>

Happy New Year Southern Oregon

from Paragon Orthopedic Center in Grants Pass, Oregon