



HealthPartners®

Have you ever suffered from pain or a nagging injury that limited your ability to cross country ski? Perhaps you have been experiencing ankle or shoulder pain that makes skiing less enjoyable.

### **Injuries are Common for Skiers**

Just like any sport, cross country skiers experience injuries and overuse conditions that affect their skiing training and performance. Knee, shoulder, low back, and ankle pain are just some of the common areas of injury that we treat at Park Nicollet's Physical Therapy Skiing Program.

### **Our Park Nicollet Skiing Program**

Park Nicollet has developed a new sports program specifically designed to treat injured cross country and downhill skiers. A team of physical therapists with extensive skiing experience and expertise created this rehabilitation program to help get skiers back to skiing, with better performance and less risk of re-injury. Whether you are a recreational skier or training for a big race, many would benefit from being evaluated and treated by one of our experienced physical therapists in this program.

### **What to Expect**

We will evaluate your new or chronic injury and the movement patterns specific to skiing that may be affected by this. You will be given skiing-specific exercises and go through a series of evidence-based tests to measure your safety for returning to skiing, as well as your risk of re-injury.

### **When's the best time?**

We treat skiers throughout the year, both in-season and off-season. It is ideal to treat any issues prior to the ski season in order to prevent injury or pain and give you the best ski season.

### **How do I schedule?**

Talk to your doctor about getting an order for Physical Therapy, specifically for our Park Nicollet skiing program. Then call our Park Nicollet Call Center at 952-993-5900 to schedule. You don't have to continue to ski in pain! Make an appointment with Park Nicollet today!