



## Winter '09 - '10

### The ski season is well and truly here!

As some of you can testify, skiing with an injury or picking up a ski injury can be frustrating.

Each year we see a number of very similar skiing injuries. The more serious injuries are usually around the knee and ankle, as well as some back and upper limb injuries. We believe that best way to prevent injury is by having strong, flexible muscles and joints, which resist strain and injury. With this in mind, we have come up with a basic programme to help you avoid injury on the slopes.

These exercises can all be done at home, however if you are a regular at a gym, we can easily help you adapt them to suit your exercise routine.



Click on the button below to view and/or download Paul White's specially designed exercise programme.

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## How to Work Better

### Setting up your Workstation

How you set up your chair, desk and desktop items can make the difference between a healthy posture and one that will lead to muscular discomfort and pain.



### Be active!

Enforced static posture is bad. With office related musculoskeletal disorders on the increase, it is now widely appreciated that movement has to be introduced into the office scenario.

Click on the button below to view and/or download our guide to how to work better.

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### RSI

Repetitive strain injury (RSI) is a syndrome that affects muscles, tendons or nerves in the hands, arms and upper back. These injuries are caused by repetitive movement of a particular part of the body and are frequently found in computer users.



Click on the button below to view and/or download Martine Cooper's guide to RSI.

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