

SPORTCENTER

Speech • Physical • Occupational • Rehabilitation • Training

THE PERSONAL TOUCH - DECEMBER 2008 / JANUARY 2009

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US Telemark Ski Team Member Gets Ready For Upcoming Season

Ski season is finally here and everyone is hoping for a season that is better than the last. That holds true for local US Telemark Ski team member Kelsey Schmid-Sommer.

Kelsey was born in Newport Beach, California and started skiing at age 3 in New Hampshire. By age 8 she started alpine ski racing and competed through high school.

Competitive ski racing took a temporary hiatus when she transferred to U of M in 1995, but this is when she learned to telemark ski. Within a few years of moving to Whitefish and watching other US telemark team members who live here, she decided to get back into ski racing. This time however, she would be wearing her telemark skis.

In 2005, she started racing in the local telemark race league. And now she is the 2006, 2007 and 2008 U.S. National Telemark Champion and was ranked 5th overall in the world for the 2008 World Cup Telemark season.

“My goals for the upcoming season are to be in great shape for ski racing, have fun, and bring home a World Cup Telemark medal from Europe” says Kelsey.

When asked why she was starting to train in September for a season that begins in mid-December Kelsey said, “I am looking to improve upon my overall fitness. I want to build a stronger upper body and core but I also want to do that slowly and listen to how my body is reacting. Last year I



added weight to my workouts too fast and was much more sore than I have been this year”

Since September, Kelsey has been working out with Mike Carey, ATC, LAT. “After speaking with Kelsey about the problems she had last year we made a game plan to get her strong and ready but at a slower pace to help prevent injury.”

Initially, Kelsey started working out 2 days per week to start increasing her strength and then in October Mike added 2 additional days of ski conditioning to her regimen. “The ski conditioning is very important for her preparation, especially since she wasn’t going to be able to get on snow until Thanksgiving week and her first race is the second week of December.” Starting in November, a day of plyometric training was started to help improve her explosive power in the jumps and turns that are part of Telemark ski racing. “With plyometric training it’s important that the individual has the strength and endurance

Continued page 2



Scott Ruta



Mike Carey

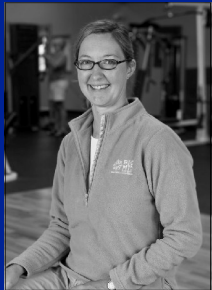


Ben Kingan

Are you having an ache or pain that is interfering with your life? Whitefish Therapy is offering a free orthopedic screening clinic on the first and third Thursday each month between the hours of 4 - 6 PM. No physician referral is needed to take advantage of this free service. Call us at 862-9378 to schedule your appointment.



Brooke White



Gloria Nelson



Stacy Upton



Laurel Grady



Faith Corpron

Stretch of the Month: Standing Quadriceps Stretch

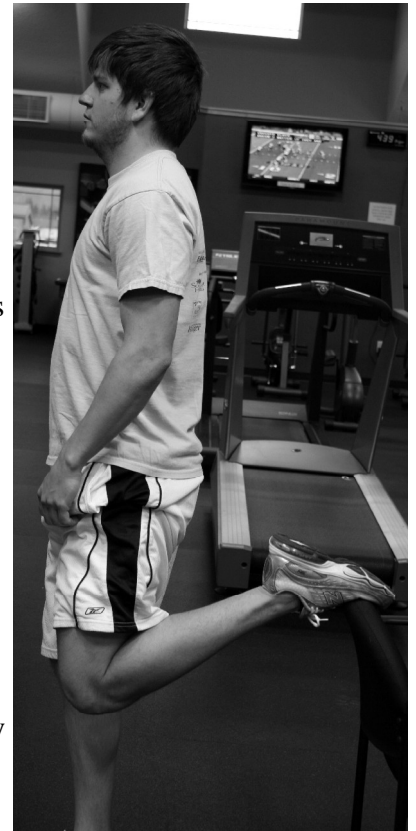
The mountain is finally open and you've made your first few runs. Problem is; your knees have begun to ache especially under the knee cap. What is a person to do aside from putting Mike's ski conditioning class on the calendar for next year?

Might we suggest our stretch of the month?

The standing Quad stretch is a good way to help relieve this new found or possibly recurring pain.

This stretch can be done anywhere you can find something about waist high that you can put your foot up onto.

Start by facing away from a table, bench or chair. While balancing yourself, put one of your feet up on the object of choice. If high enough you should already feel a stretch on the front of your thigh. If not or to get an even better stretch, squat down onto your stance leg while standing up straight and not bending over at the waist. And if that wasn't good enough, start with your stance leg further away from the table. This will bring your hip flexors into the stretch and add to the quality of this stretch.



Telemark continued:

to perform the exercise properly. If not, you are wasting your time and effort as well as setting yourself up for injury," says Mike.

Kelsey added that, "In working with Mike, I don't have to worry because he is there to correct me if he sees something wrong. Since I began working out with Mike, I have noticed major improvements. I have more energy and am not as sore as I was last year. My upper body and core are stronger and I have noticed this strength in my everyday life."

In-season conditioning is also going to be an important factor in her success for the upcoming season.

Mike has been giving Kelsey tips on how to make the most of her surroundings while on the road. "As a season wears on, athletes tend to lose some of the strength gains made

in the pre-season. Many athletes believe that while they are competing, they are able to maintain their strength and endurance, which isn't true. You still have to be lifting and performing cardio exercises for maintenance. And that can be hard to do in a hotel room" says Mike. Kelsey added, "Mike has shown me that simple exercises when done correctly can reveal great results."

So as this season gets underway and Kelsey starts making her run at the top of the world rankings, she is feeling like she is better prepared than last year. Only time will tell if this extra preparation will be the edge she needs to add some World Cup hardware to her already impressive collection.

If you would like to learn more on how Mike can help to improve your athletic performance or the rehab services provided by Flathead Performance Training, give him a call at 862-8250.

The care here goes far beyond the injury. They care about the person and will listen to the secondary problems that can occur during the recovery period. The generosity of Scott, Stacy and Mikes' time and use of the clinic goes beyond medical norms. -Janice Richards, Whitefish

Exercise of the Month: Straight Leg Raise

This editions selected exercise is also one that can help to relieve the ache you may be feeling under your kneecap now that your back to hitting the slopes, both figuratively and literally.

The straight leg raise is one that can strengthen the muscles that help to track your kneecap properly.

This exercise is done in two ways with only a slight variation between them.

Start by lying down on the floor or bed and bend one knee up so that your foot is flat on the surface you are lying on. Next, with your toes on the extended leg pointing up, contract (tighten) your quad (upper thigh) and lift your leg up to the level of your opposite knee while keeping it straight and hold it for 5 seconds. Do not let your knee bend. Return to the starting position and then back up without relaxing your leg. Alternate 3 sets of 10 - 15 repetitions on each leg 2 times per day.

The next part of this exercise is done in a similar way. The only variation is, that instead of having your toes pointed up, they will be turned out at an approximate 45° angle.

If performing a combination of these exercises and the stretch of the edition 2 times per day for the next 2 weeks do not alleviate your symptoms, then give Whitefish Therapy a call at 862-9378 to schedule a free orthopedic consult.



Above: Toes pointed up

Left: Toes turned out



The Elusive First Gets Bagged!

Schnide is defined in the urban dictionary as a scoreless, hitless or winless streak. It usually is used more as a sports reference, but in this case it is being used for hunting.

The month of November was a good one for hunting this year.

Scott was able to get his Elk this season with his bow. A first for him in 8 years.

SPORT Center receptionist, Amber Guffin was able to get her first buck over Thanksgiving weekend.

Ben, Mike and ex-patient Scott Countryman were guided by Scott Ruta down in Lima where they all got their first Elk. This was also the first true test (and what a test it was) for Countryman's new ACL and the rehab abilities of Ben and Mike. All passed with flying colors.

And finally, Mikes' daughter Shaniya got her first Elk as well, and unfortunately for Mike, she got hers 25 years sooner giving her bragging rights.

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Come celebrate the Winter Season with us
in a Tropical Paradise...
At the Whitefish Chamber's
Gone Fishin' -
5 TO 7 PM
JANUARY 15TH, 2009
AT SPORT Center
DRINKS AND HORS D'OURVES
DOOR PRIZES

Inside this edition: Getting ready to ski! and tips to stay on the slopes

State of the Website Address

As the New Year creeps up on us, so does the launch of our new web site. There have been many meetings, round table discussions, clinic hall meetings and even some name calling, and the vote is finally in and the main and secondary page designs have been approved.

We are currently putting together the content information for the very patient design team at SnowDog Web Development. We have been working with SnowDog to develop a site that will not only be user friendly, but also have exercise tips, sport specific injury tips, video demonstrations of our featured exercise and stretch of the season, and be able to take a tour of the facility.

There will be information on all of the services that are provided here at SPORT Center. You will also be able to learn about each staff member that provides these services.

You will also be able to find a link to our newsletter on the site so that you can view current and past editions and

be able to sign up to receive it via e-mail rather than snail mail.

In addition to all of that, you will find an area for news on our upcoming clinics, classes, workshops and results of the Annual Whitefish Friends and Family Fun Run. You will also be able to download any of our client intake and race forms to fill out at home. And for even more convenience, you will be able to fill out and submit these forms through the site and receive confirmation of their receipt.

Overheard In The Gym

The reason I exercise everyday is so that that when I die, people will look at me laying there and say, 'Well, she looks good doesn't she.'