



Self-Assessment for Skiing

Supine Trunk Rotation Test

- Lying on back with both knees bent, feet flat and arms out at shoulder height with palms pressed onto your lower ribs. Keeping legs and feet together, rotate legs to one side only as far as you can go keeping your ribs and sacrum on the floor. Compare to the opposite side.
 - Side of restriction _____

Seated Hip and Pelvis Shifting

- Seated at front edge of chair, two fists side-by-side between knees, back rounded, press against fists with knees and slide one thigh back and make a note of mobility and control. Compare to the opposite side
 - Side of restriction _____

Sit-To-Stand Test

- Sit on the front edge of a chair with your feet flat, knees bent and right over your toes and your back a little rounded. Place your right foot about 6" farther back than your left, slide your right thigh back ("shift" it back), hold this while standing up. Perform 3 times. Repeat the same thing on the left side. Compare sides in terms of ease of getting up.
 - Side of restriction _____

Standing Ankle Mobility

- Standing facing a wall with two fingers on the wall for support. Testing foot flat, pointed straight ahead and knee in line with second toe. Bend knee towards the wall until it contacts the wall and keep moving foot into a position on the floor where the knee can bend and touch the wall without the heel coming off the ground. Mark the spot with tape and compare side to side.
 - Measurement in cm from wall / L _____ R _____

Inline Lunge Test

- Standing with feet in large stance position, both feet flat and in a straight line. Place one hand behind your head and the other behind your low back. Lunge forward onto the front foot keeping the front foot flat and your back angled in ski position. Go back up to starting position. Perform 5x on each side.
 - Side of restriction (labeled by back foot) _____

Ski-Position Self-Assessment

Tests to determine dominant turning direction:

- 1) Stand facing a table, place your feet about 6-8" apart and pointing to the left at a 45 degree angle with your right foot a little back of the left. This is mimicking a turn to the left while skiing. Very lightly rest your hands on the tabletop with both hands and let slide forward as you evenly and slowly squat down. Try to avoid leaning back and hanging on with your hands. Keep your weight evenly distributed between heels and toes and between both feet. Perform 5 times and make note of tightness, weakness or coordination on one side vs. the other. The side that does not feel as natural or strong is the side you should focus on. (Note that the back is slightly rounded allowing for forward reach as in skiing). For telemark skiers, keep the front foot flat and go up onto the toes of the back foot with good weight distribution.



- 2) Stand with your arms out in front in pole position. Jump forward a little and plant your feet at about 45 degree angles to the left with your right foot a little back of the left. Sink into your hips and feel what the movement feels like. Apply the same principles as above with foot width, weight distribution and trunk position. Perform the same onto the opposite side, back and forth and compare one side vs the other. (Note the square shoulders and even arm position). For telemark skiers, land with your front foot flat and your back foot on the toes with good even weight distribution.



- 3) Stand on two towels on a hardwood floor with your feet ski distance apart and your arms and body in ski position. Keeping your shoulders square “to your fall line”, rotate your legs in unison to one side, then to the other and compare side-to-side the ease of movement. Legs turning to the right easier suggests you are better at turning to the right and vice versa.

