

SKI FIT ASSESSMENTS

Take action NOW to ensure injuries don't ruin your season!

Old Injuries, aches and pains got you worried about this ski and snowboard season? Are you ready for the extreme demands of skiing and boarding Fernie's legendary powder? Don't let injuries side-line you this season, make the most of it with a Ski Fit Assessment by a physiotherapist at Fernie Physiotherapy.



Based on the latest in knee injury prevention and rehabilitation research, we'll use a battery of functional fitness, core strength and flexibility tests to assess your muscle balance, strength and 'motor control', giving you a clear picture of your fitness, or risk factors for injury on the slopes.

Fernie



Physiotherapy

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