



Ski Package

The ski package has been designed by the physiotherapy team in order to help anyone who is planning on going skiing and wants to enjoy the experience to the maximum. Whether you would like a biomechanical assessment in order to make sure they have the correct movement and control to get the most out of their skis or if you are suffering from aches and pains or have previously injured yourself, the Bodymechanics team can guide you in the right way so that you can head away on your holiday in top condition.

Working alongside the fitness instructors, our expertise will guide you to complete the correct exercises in the correct way so that you can hit the slopes with confidence. We will help you to build muscle endurance and control, highlighting any limitations that could affect the way you ski or snowboard.

Why Do I Need a Ski Package?

In our experience, we have found that many people have difficulty executing turns in one direction compared to the other. This can be because of limited movement at the hip joint, through the thorax or asymmetrical weight bearing with preference to one side over the other. Our physiotherapy assessment will look at all of these factors and more, relating any problems to your skiing technique. Even if you don't currently have pains, our assessment will help with your technique. If you do currently have pains, it is even more important to contact us regarding the package in order that you receive guided, effective treatment and get to full fitness fast.

What Makes up the Package?

The basic Ski Package consists of a physiotherapy assessment to highlight any problems, a physiotherapy treatment to address any movement issues and a 1:1 personal training appointment to work on skiing technique, guided by the physiotherapy report. You can add optional extras to the package including an hour's sports massage to keep the muscles supple and ready for the slopes or more personal training sessions to really motivate yourself to get fit for the holiday ahead, or an extra physiotherapy treatment (please note that prices differ for non members).

How do you Access the Ski Package?

Simple, either speak to the guys behind the reception desk of the River Club and grab a form to fill in, phone the physiotherapists direct on 01932 253500 or email info@thebodymechanics.co.uk expressing your interest. We look forward to hearing from you!

BODYMECHANICS

PHYSIOTHERAPY



Skiing Fitness - Physiotherapy Assessment and Fitness Trainer 1-4 Week Course.

Good skiing relies on good technique. Good technique can only be achieved if your body is in top condition prior to heading out to the white stuff. If you want to have fun and ski all day every day in order to maximise your skiing experience, book in for our Skiing Fitness package. Including:

- Biomechanical physiotherapy assessment of posture and weight transfer related to skiing technique and balance, highlighting areas needed for development and a follow up treatment session.
- An introductory session with a personal trainer to generate a fitness plan to improve these highlighted problems and build strength and endurance, preparing you for the slopes.



You will have an option of 3 further PT training sessions, a sports massage session and another follow up physiotherapy assessment to chart your progress (see package details). Don't delay, contact us now and make the most of the snow!

Speak to the guys behind the reception desk who will be happy to help, alternatively call 0208 3377788 or speak to the Physios direct on 01932 25 3500 or by email: physio@thebodymechanics.co.uk. We're ready



to help! Package prices for members start from just £105 (£115 non members). Get ready to maximise your skiing this season.

Skiing Fitness, Physiotherapy Assessment and Fitness Trainer 1-4 Week Course Members.

Please complete the following to register interest:

Package	Cost	Please Tick
Package 1: Physiotherapy assessment + 1 x treatments + 1:1 personal training appointment	£105	
Package 2: Physiotherapy assessment and 1 x treatments + 4 x 1:1 personal training appointment	£210	
Package 3: Physiotherapy assessment + 1 x treatments + 1:1 personal training appointment + 1 hour sports massage	£145	
Package 4: Physiotherapy assessment + 2 x treatments + 4 x 1:1 personal training appointment + 1 hour sports massage	£285	

Name:.....

Address:.....

Telephone number:.....

Email:.....

Any Current Injuries:.....



Skiing Fitness, Physiotherapy Assessment and Fitness Trainer 1-4 Week Course Non Members.

Please complete the following to register interest:

Package	Cost	Please Tick
Package 1: Physiotherapy assessment + 1 x treatments + 1:1 personal training appointment	£115	
Package 2: Physiotherapy assessment + 1 x treatments + 4 x 1:1 personal training appointment	£230	
Package 3: Physiotherapy assessment + 1 x treatments + 1:1 personal training appointment + 1 hour sports massage	£155	
Package 4: Physiotherapy assessment + 2 x treatments + 4 x 1:1 personal training appointment + 1 hour sports massage	£305	

Name:.....

Address:.....

Telephone number:.....

Email:.....

Any Current Injuries:.....