

Skiing following a concussion

Skiing, even when recreational, carries a high risk of head injury. As such, the return to sport pathway should be followed.

As with other sports, it is important for there to be a gradual return to activity building up fitness and then engaging in lower risk ski activities prior to a full return to skiing.

The below lays out our recommendations for a sensible preparation for skiing following a concussion.

Time since injury (Earliest day)

Can start even when still symptomatic but exercise should not significantly worsen symptoms.

8 Days Onwards

Activity: Preparing to Ski Exercises

- Low level with a focus on fitness.
- Static cycling, ski erg, ski simulator machine.
- Light resistance or body weight training
- Squats, lateral lunges, Rear foot elevated split squats (RFE's),
- Step ups, core strengthening, balance and proprioceptive work.

R2P Medical Assessment to assess fitness to start a Gradual Return to Sport

Only if symptom free at rest for the preceding 14 days.

15 Days Onwards

Activity: Gradual Return to Skiing

- Gentle skiing on flat, easy, pisted terrain.
- No jumping or jarring movements, no off piste.
- Building up to Skiing on moderate pisted terrain within your own ability towards the end of the week.

If race training: As above but with introduction of on-hill drills and easy gate training (stubbies, no hitting of the gates) towards the end of the week.

R2P Medical Assessment to assess fitness to return to unrestricted sport

Day 21

Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage. **Unrestricted skiing and race training.**