CREEKSIDE CHIROPRACTIC
Better Health - Better Posture

THE SALT LAKE CITY HIKER & SKIER'S GUIDE TO PREVENTING BACK INJURIES

Stay on the Trails. Stay on the Slopes. Stay Pain-Free.



Introduction

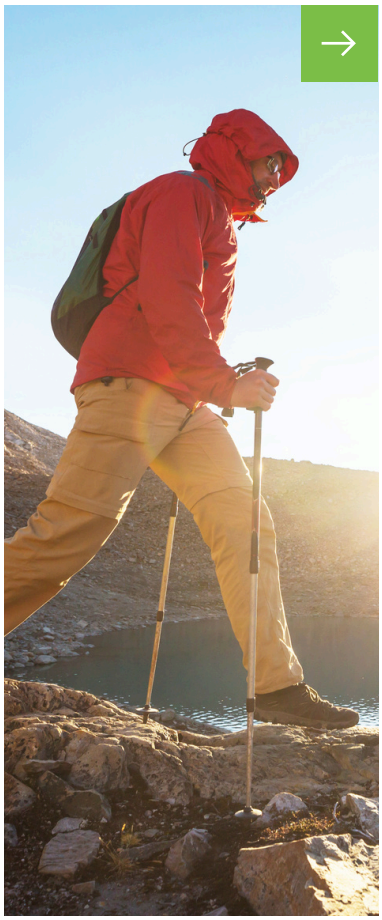


Utah's trails and slopes offer incredible adventures, but they also place significant stress on your body. Many outdoor athletes develop injuries gradually without realizing it until pain starts affecting their performance.

- Most back injuries develop from repetitive stress, not one major fall
- Poor mobility and muscle imbalances increase injury risk
- Stiffness after activity is often an early warning sign
- Simple stretches and recovery habits can help prevent problems
- Identifying issues early can keep you active and injury-free longer

This guide will show you practical ways to protect your body and stay on the mountain, trail, or bike all season long.

Why Outdoor Athletes Develop Back Pain



01 Tight Hips

When your hips lose mobility, your lower back compensates for movement it wasn't designed to perform. Over time, this creates increased stress on the spine and surrounding muscles.

02 Weak Core Stability

Your core acts as your body's natural support system. Weakness in these muscles forces your back to absorb more impact during hiking, skiing, and everyday activities.



Common Risk Factors for Hikers & Skiers

Why these issues matter

Most injuries don't happen from a single fall. They develop from repetitive movements, poor recovery, and hidden mobility restrictions that worsen over time.

Top Risk Factors

- Limited ankle mobility
- Poor posture during work hours
- Carrying heavy backpacks improperly
- Tight hip flexors
- Weak glutes and core muscles
- Inadequate warm-ups before activity

Addressing these factors before pain starts can dramatically reduce your risk of injury.

Your 5-Minute Daily Mobility Routine



Cat-Cow Stretch

Purpose: Improve spinal mobility.

1. Start on hands and knees.
2. Round your back toward the ceiling.
3. Slowly arch your back downward.

Repeat 10 times.

Benefits:

- Reduces stiffness
- Improves spinal movement
- Prepares the body for activity

Child's Pose

Purpose: Decompress the Lower Back

1. Kneel on the floor.
2. Sit back onto your heels.
3. Reach your arms forward.
4. Hold 30 seconds.

Benefits:

- Reduces lower back tension
- Relieves tightness after hiking



Figure Four Stretch



Purpose: Reduce tension in the glutes and piriformis.

1. Lie on your back.
2. Cross one ankle over the opposite knee.
3. Pull the supporting leg toward your chest.
4. Hold 30 seconds.

Benefits:

- Helps prevent sciatica symptoms
- Improves hip mobility

Hip Flexor Stretch



Purpose: Improve Hip Mobility

1. Step into a lunge position.
2. Keep your chest upright.
3. Gently push your hips forward.
4. Hold 30 seconds each side.

Benefits:

- Reduces pressure on the lower back
- Improves stride efficiency

Bird Dog Exercise

Purpose: Improve Hip Mobility

1. Begin on hands and knees.
2. Extend one arm and opposite leg.
3. Hold for 3 seconds.
4. Alternate sides.

- 10 repititions each side

Benefits:

- Improves spinal stability
- Reduces injury risk





Before You Hit The Trails or Slopes:



→ Warm Up First

Spend 5 minutes preparing your body before activity.

→ Check Your Equipment

Proper footwear and well-fitted gear matter.

→ Stay Hydrated

Dehydration contributes to muscle fatigue and tightness.

→ Listen To Pain Signals

Don't ignore recurring aches or stiffness.

→ Prioritize Recovery

Recovery is where performance improvements happen.

→ Schedule Preventative Care

Address small issues before they become bigger problems.

The Truth About Injury Prevention

Stretching Helps

But stretching alone doesn't identify the root cause of recurring pain.

Strength Training Helps

But strengthening the wrong areas can sometimes reinforce bad movement patterns.

The Missing Piece

Many hikers and skiers don't know which joints are restricted, which muscles are overcompensating, or where movement breakdowns are occurring.



Why Outdoor Athletes Choose Creekside Chiropractic

Movement Assessment

Identify mobility restrictions and movement imbalances.

Chiropractic Care

Restore proper joint motion and improve function.

Personalized Plan

Receive guidance tailored to your activity level and goals.

Injury Prevention

Stay active and enjoy Utah's outdoor lifestyle with confidence.





Ready For Your Next Adventure?

Your New Patient Visit Includes:

- ✓ Doctor Consultation
- ✓ Comprehensive Examination
- ✓ Range of Motion Analysis
- ✓ Necessary Digital Spine X-Rays
- ✓ Doctor's Report of Findings
- ✓ Personalized Treatment Recommendations

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