

## WINTER HEALTH AND SPORT, THE VADEMECUM TO PREVENT AND CURE FREQUENT ACCIDENTS ON SNOW

*Pay attention to weather conditions, train to improve physical condition and equip yourself with the right equipment. These are some of the advice provided by the experts to avoid unpleasant injuries related to winter sports, that affect more than 30 thousand Italians each year. Among the recommendations, there is also that of relying on new laser technologies such as Theal Therapy, useful to guarantee faster healings.*

Practicing sports all year round is very useful for improving mental and physical well-being, but it is precisely during the winter months that **the risk of injury increases, due to a lack of athletic preparation and inexperience in the field.**

This is shown by a survey conducted by the **Italian Institute of Health**, according to which in 2017 there were **30 thousand people** who suffered accidents on the snow, of which **25 thousand** required **first aid** and about **1100** required **hospitalizations**. A negative trend that involved both professional athletes and celebrities: from **Arnold Schwarzenegger**, who broke his thighbone on skis, to **Angela Merkel** who fractured her pelvis, up to the Italian skier **Sofia Goggia**, who broke the peroneal malleolus during training, and finally the US champion **Lindsay Vohn**, just retired from competitions due to repeated injuries. **But what are the recommendations to avoid such injuries and treat them better in order to have a fast recovery? Prevention starts at home with a proper diet, a training period and the purchase of safe sports equipment.** Once you hit the ski run, it is essential to observe the **weather conditions**, make some stretching and stay hydrated. Finally, in case of injuries, to reduce recovery time, experts recommend the **use of laser therapy.**

**Theal Therapy**, the Mectronic's made in Italy laser therapy, was born precisely for this reason and, exploiting the perfect mix of different wavelengths, it adapts the treatment according to the physiological parameters such as age, pain, phototype and type of tissue. *"Practicing winter sports without first undergoing **proper training** makes **the risk of injury** more frequent. My direct experience teaches me that those who practice alpine skiing tend to be more the victim of **fractures in the lower limbs**, primarily in the **knee**, and in **lesions of the ligaments**, such as the **crusader**. Snowboarders suffer more often from **upper limb injuries**, such as **shoulder dislocation** and **wrist fracture** – explains **Andrea Panzeri**, Medical Director at the **Galeazzi Orthopedic Institute in Milan** – *This is why the aid of **Theal Therapy**, which I have used many times in my clinic, becomes a valid ally in the treatment of these injuries thanks to its **laser technology that maximizes therapeutic effects and reduces recovery times**, especially in cases of acute and chronic pathologies. My advice is always to follow a proper athletic training and wear appropriate sports equipment, especially for those who are not sports professionals but decided to ski for hobby "**

**But what are the most frequent accidents on the snow?** According to data from **the Italian Institute of Health**, those who practice **alpine skiing** tend to be more the victim of **lower limb injuries (53.4%)**, while those in the **upper limbs** are rarer (**16.3%**); the area of **face** is finally involved in the **13.4%** of cases. People who juggle on snow with a snowboard, however, are more likely to report a lesion in the **upper limbs (44.5%)**, while the **lower limbs** are affected in a more reduced way (**23%**). **Women** are the most affected by the **distortions (43%)**, while among men the different types of lesions seem to be more distributed: the **wounds** affect the **12% of males** and the 5.2% of females, **dislocation** affect the **11.2 % of men** and the **4% of women**.

Here is the **vademecum** made by experts to **prevent and treat injuries** related to winter sports:

**1) FOLLOW A CORRECT FOOD REGIME**

Observing a healthy diet allows you to better face winter sports that require a large amount of energy.

**2) BE EQUIPPED WITH SAFE AND SUITABLE EQUIPMENT**

Use certified instruments of the correct size, such as skis, boots and helmets, is essential to avoid injuries to the upper and lower limbs.

**3) STAY HYDRATED BEFORE AND DURING SPORTS ACTIVITIES**

Drinking lots of water before tackling winter sports can restore the body's water balance.

**4) OBSERVE THE RULES OF THE SKI SLOPE**

Respecting the regulations and following the advice of expert instructors is very important: the most common injuries concern in fact neophytes who are dedicated to winter sports as a hobby.

**5) PAY ATTENTION TO THE ATMOSPHERIC CONDITIONS**

Pay attention to the sudden changes in the weather, the risk of avalanches and severe temperature drops before getting on the ski slope.

**6) DO NOT FORGET TO MAKE STRETCHING**

Performing exercises that can warm up and stretch the muscles allows you to avoid sprains and pulled muscles.

**7) PHYSICAL TRAINING**

To avoid unpleasant injuries it is essential to carry out a training period in the months prior to the winter season, improving your mental and physical wellbeing.

**8) IN CASE OF ACCIDENT, USE LASER THERAPY**

The use of Theal Therapy laser has proved extremely useful in the more quickly treatment and recovery of acute-chronic pathologies.