



## Q&A WITH ROB MADDEN AND JAMES VICKERS



### JAMES VICKERS

#### WHAT IS THE MOST COMMON SKI INJURY YOU SEE?

Due to the torque produced by the ski and the boot the knee is extremely vulnerable to injury. Knee injuries account for around 30-50% and 25% of all injuries in recreational and elite skiers respectively. Up to 90% of elite skiers have experience at least one serious knee injury in their career. An ACL rupture is perhaps the most serious and these are reported in around 50% of elite skiers.

#### DO YOU HAVE ANY ADVICE FOR THE ACL INJURED SKIER?

If you rupture your ACL whilst abroad and it is not a medical emergency my advice would be to wait until you're in the UK until you discuss surgery. In my opinion this will greatly benefit your post-surgical care. Also if possible do some research on your surgeon as an ACL reconstruction is a highly skilled operation. With regards to the rehabilitation process it is best if this is guided by set criteria rather than by time alone. Unfortunately re-injury rates are unacceptably high in the research. I believe that a purely time based rehabilitation program is a significant factor in this. These programs often fail to address the underlying risk factors that are associated with ACL injury.

#### WHAT CAN BE DONE TO HELP PREVENT ACL RUPTURES IN SKIING?

This is a very short answer to an extensive question. Understanding the mechanism of ACL injury in skiers can help prevent injury. The ACL injury is more often injured if you are skiing with your weight back, therefore ski technique is extremely important. To compliment technique, adequate physical conditioning is essential. Skiing can be a very physically demanding requiring high power outputs and considerable endurance. Making sure you are fit for skiing is therefore an essential injury prevention strategy. Key muscle groups are the hamstrings, the gluteal muscles, the adductors and the gastrocnemius. However addressing the entire kinetic chain and the cardiovascular system is also important. On a slightly different note your ski equipment should always be correctly set up too. Essentially the more force required to release your bindings the higher the torque at the knee.

#### WHAT'S THE BEST EVENT YOU'VE WORKED AT?

Working at the big World Cup events like Kitzbuhel are amazing however the Vancouver Winter Olympics in 2010 has to be up there.

## TESTIMONIALS

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### JAMES VICKERS

#### CHEMMY ALCOTT

##### *Triple Olympian*

"James helped massively in my preparations for the Vancouver Winter Olympics, as he was an integral member of the team. He organized and implemented rehab and fitness sessions alike. This optimized my recovery from injury and improved my performance on the race hill."

#### DAVE RYDING

##### *CURRENT EUROPA CUP SLALOM CHAMPION (2012-13)*

##### *Olympian*

"James, a great guy to work with, he has positively contributed to all aspects of my training on and off the hill. Thanks for keeping me injury free!"

#### NOEL BAXTER

##### *CURRENT COACH OF THE SPANISH NATIONAL SKI TEAM*

##### *Former GB Slalom Skier & two time Olympian*

"As a veteran of 6 knee surgeries (2 ACL reconstructions) I worked with James as part of my return to snow from my ACL reconstruction in 2012. What set James apart from previous physios I have worked with is his motivation to push me to my limit and beyond with calculated progressions. At times I really didn't believe I could do some of the workouts, but I built up a huge trust in James as a professional, he helped me return to 100% physically, technically and mentally. I still use some of his routines and workouts for my athletes in my current role as coach of the Spanish national team. "

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### ROB MADDEN

#### JENNY JONES

##### *GREAT BRITAIN FEMALE NUMBER 1 SNOWBOARDER*

##### *Previous XGames gold Medalist and Sochi Medalist*

"Rob is an excellent snowsport specific physio who has helped me out on and off and was very useful prior to the European XGames 2012."

#### MARK MCMORRIS

##### *CANADIAN TEAM AND PRO SNOWBOARDER*

##### *Triple Aspen XGames Gold Medalist*

"Rob has been a crucial part of my success and I really appreciate his involvement in my snowboarding career"