



## SNOWSHOE TRAINING PROGRAM

Snowshoeing is a fun activity that you can usually begin safely two weeks post-op for arthroscopies but closer to four weeks for ACL's and 2 months for TKR's. No matter when you start, stay on relatively flat terrain for about 2 months before trekking gentle slopes and hills.

- Snowshoeing is a great winter activity for aerobic conditioning, strength training and enhancing balance and coordination. Plus, it gets you outside breathing some fresh air.
- During the first few months' post-op, stick to the trails you know. This is not the time for a backcountry adventure.
- Use ski poles to assist balance and to provide a smooth gait.
- You should have a normal gait on dry ground, no swelling, and excellent range of motion before snowshoe training.
- Your initial flat terrain experience should be no longer than 20 minutes.
- Do not carry a heavy backpack, but bring along some water or energy drink.
- Increase your exercise time gradually.
- Plan on stopping every 10 minutes for a drink and a stretch.

### LEVEL A:

<b>PURPOSE</b>	Light endurance, strength, balance & coordination.	
<b>PROTOCOL</b>	<b>Activity</b> Flat terrain	<b>Time</b> 20 min.
<b>COMMENTS</b>	<ul style="list-style-type: none"><li>• Use ski poles.</li><li>• Bring water for you and the dog.</li><li>• Stretch well after the workout.</li></ul>	

**LEVEL B:**

<b>PURPOSE</b>	Light to moderate endurance & fresh air	
<b>PROTOCOL</b>	<b>Activity</b> Flat terrain	<b>Time</b> 30-50 min.
<b>COMMENTS</b>	<ul style="list-style-type: none"><li>• Keep using ski poles.</li><li>• Don't let the dog step on the back of your snowshoes!</li><li>• Remember to cool down and stretch.</li></ul>	

**LEVEL C:**

<b>PURPOSE</b>	Aerobic training when Level B is too easy
<b>PROTOCOL</b>	Interesting terrain, but still free of significant obstacles such as roots, logs, etc...  TOTAL: 60-90 minutes
<b>COMMENTS</b>	<ul style="list-style-type: none"><li>• Poles can be optional</li><li>• Feel good co-contractions of your thigh muscles, especially when going up and down hills</li><li>• Have fun! How great is it to breathe some cold air?</li></ul>