



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:

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

LEVEL B:

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

LEVEL C:

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