

FOOT FACTS



By Dr. Thomas F. Vail

Shreddin' the Gnar: Just Don't Injure Your Feet While Doing It!

Sage Kotsenburg, a 20 year old from Park City, Utah just won his first gold medal at the 2014 Sochi Winter Olympics in a slope style snowboarding event. After hearing him speak in an interview, we now know that if you are going to be a snowboarder, you have to learn the lingo too! Here are a few of the common terms used in the snowboarding community:

Shreddin' The Gnar – this means riding the terrain. Basically it's a really cool way to say, "We're going snowboarding."

Shreddin'/Ridin'/Cruisin' – all these words are interchangeable with one another. They all mean one thing – going down the hill.

Pow – this is short for powder. It's sometimes used instead of "gnar" when it has snowed a lot and you are going riding. For example, "We're goin' to shred the fresh pow."

Kicker/Booter – these are different names for jumps.

Hittin' – this is a term used for going off jumps, rails, boxes, or anything you do a trick off of.

Stomp – this term is used when you land a trick. For example you would say, "He just stomped that landing."

Once you learn the lingo, then you are ready to learn how to snowboard. Just keep in mind that ankle injuries account for almost 17 percent of snowboarding injuries. Almost 50 percent of the ankle injuries are fractures, which are usually easily diagnosed by x-rays. Standard snowboarding places a lot of pressure on your ankles and calves. A foot or ankle fracture can occur from a bad landing after a jump when excessive pressure and inversion is applied to the cluster of small bones in the foot and the ankle joint. To keep away from foot or ankle injuries, one must make sure the ankle does not move in the boot, which should fit snugly. Soft boots increase maneuvering capacity as well as risks of injury. Hard boots provide enhanced ankle support and are usually worn by racers. Hybrid boots are becoming very popular for the advantage of reducing the risks of injury while offering certain flexibility.

Here are some tips to help prevent unnecessary injuries so you can enjoy this fun and exciting sport throughout the winter season:

- Attend learning courses if you are a beginner.
- Warm up and warm down exercises are crucial.
- Keep an eye on other snowboarders and the terrain for holes, tree wells or rocks; injuries occur more often in natural environments than in terrain parks.
- Wear appropriate clothing, including goggles, sunglasses and sunscreen.
- Have all of your gear checked frequently by pro shops.
- Always wear a helmet.
- Use protective gear and equipment such as wrist guards, tailbone pads and knee pads.
- Know your limitations.



Now that you know some of the lingo and you have the correct equipment, go out there and have fun! However, if you do fall and hurt your foot or ankle, please visit your podiatrist as quickly as possible.



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www.vailfoot.com

JUST RELEASED
on Amazon!

Dr. Vail's new book the 'Weekend Doctor'. A reference guide to foot conditions and treatments as documented in The Courier newspaper from 2009 to 2013. This book organizes his articles into a convenient reference book that will help families understand their foot pain and the best treatments that are available.

