

Physiotherapy for Figure Skaters

COQUITLAM SKATING CLUB



Skate

Physio

Sports and Physiotherapy Clinic

A variety of classes and group physiotherapy sessions are offered this season for skaters to participate in to enhance their training.

Classes:

Cool-down and recovery

Warm-up and activation

Core recruitment and engagement

Group Physiotherapy Sessions:

Injury rehabilitation and prevention

All sessions will include duotangs and handouts for skaters. Skaters are expected to bring a pen and yoga mat to classes/sessions.

Classes

THESE SESSIONS CAN NOT BE BILLED TO EXTENDED HEALTH

Cool-down and recovery

Skaters learn strategies on recovery after their training sessions. In this series, skaters will create a cool-down routine that is specific to them and their injury history.

Warm-up and activation

Skaters will learn the importance of warming-up. We will go through multiple components that make up a well rounded warm-up routine. By the end of these series, skaters will create an individualized warm-up routine that works for their body.

Core recruitment and engagement

In this class, we'll dive into the anatomy of what makes up the core and its role in figure skating. Skaters will learn various exercises to recruit the core. By the end of the series, we'll be applying core activation in skating specific movements.

Class Schedule and Fees

THESE SESSIONS CAN NOT BE BILLED TO EXTENDED HEALTH

Cool-down and recovery			
Time	Dates	Cost per session	Cost for Series
3:20-3:50pm	April 14, 21, 28, May 5, 12, 19, June 23	\$15	\$105
Warm-up and activation			
Time	Dates	Cost per session	Cost for Series
3:50-4:20pm	April 14, 21, 28, May 5, 12, 19, June 23	\$15	\$105
Core recruitment and engagement			
Time	Date	Cost per Session	Cost for Series
5:05-5:35pm	April 14, 21, 28, May 5, 12, 19, June 23	\$20	\$140

Group Physio

BILLABLE TO EXTENDED HEALTH

Skaters can be placed into group physiotherapy sessions after an initial assessment. At the 1:1 initial assessment, skaters can have an area assessed or be assessed for injury prevention.

These groups are no larger than 3 in each group and work towards the individualized goals set out in the initial assessment. Skaters will be provided with exercises at the end of the session to work on during the week. Each session builds on one another and include a variety of treatment approaches.

How does it work?

GROUP PHYSIOTHERAPY

Initial Assessment

Friday April 14
Monday April 17



45 minute Sessions

Friday April 21
Friday April 28
Friday May 5
Friday May 12



Re-assessment

Friday May 19

Schedule and Fees

GROUP PHYSIOTHERAPY

Initial Assessment		
Dates	Times Available	Cost
Friday April 14	4:20-5:05pm or 5:35-6:20pm	45 minute initial: \$130
Monday April 15	Various times between 3:30-6:30pm	
Group Sessions		
Time	Dates	Cost
4:20-5:05pm	April 21, 28, May 5, May 12, May 19	\$60 per skater for 45 minutes
5:35-6:20pm		



Ready to sign up?

SPACE IS LIMITED PER CLASS TO 8 SKATERS
SIGN UP ONLINE TO SECURE YOUR SPOT [HERE](#)

Question?

SEND YOUR QUESTIONS TO SKATEPHYSIO.KJ@GMAIL.COM