

## ESSENTIAL GEAR

### Why Every Skier Should Ski in Opedix

*part 3 in a series*

#### Fatigue and Injury

Every skier accepts the risk of injuring themselves each and every time they click into their bindings. The good news is equipment and gear is constantly improving making it safer as the years go by. One thing most everyone agrees upon is you're more likely to fall prey to injury when you're fatigued. There's a reason "third day, after 3:00pm, above 3000 meters" is an injury mantra so often repeated. The truth is any time you're less than 100%, your risk of injury goes up, while the "enjoyment" factor goes down.

#### 3rd Day... AFTER 3:00pm ABOVE 3000 METERS...

Studies have concluded skiers experience less fatigue skiing in Opedix tights. "We've known this for several years now" says Kim Gustafson, Opedix Founder who is also a PSIA certified alpine ski instructor. "What we didn't know is exactly why this rather incredible benefit was happening."

The Human Dynamics Laboratory at the University of Denver engaged in a yearlong study to find out why, and the results were enlightening. Without getting too technical, the study identified a 17% reduction in quadriceps muscle activation, yet skiers performance improved technically. "Those are facts" says Dr. Seifert, a Ph.D. at Montana State University who specializes in ski related

research. "Less activation may explain why skiers have self-reported less quad fatigue, and less overall fatigue with Opedix." When questioned why less quadriceps activation didn't adversely affect the skiers performance, he went on to explain, "We're pretty sure some of the workload was taken on by the gluteal muscle group, which is a real benefit as more muscle groups are sharing the workload."

#### "LESS QUAD FATIGUE WITH OPEDIX"

These findings were so compelling that NSAA (National Ski Areas Association) is endorsing a multi-year study focused on ski resort employees (involving ski instructors) with a projected outcome of reducing knee injury rates, which are costly for both the employee and the resort. According to Dave Byrd, Director of Risk Management & Regulatory Affairs at NSAA, "The evidence presented by the University of Denver research team was very compelling, and we're always looking for ways to improve skier safety both with employees and guests. In addition to employee training, determining whether injury risk can be reduced by wearing Opedix tights or other biomechanical solutions has wide implications, and would be great news to the entire ski industry."