

ESSENTIAL GEAR

Why Every Skier Should Ski in Opedix

part 2 in a series

Ski with Less Quad Burn

Serious skiers know how important it is to get your quadriceps or “Quads” in shape for the season. This muscle group, located on the top of your thighs, works the hardest of all muscle groups during skiing. Every skier has experienced this force demand through a sensation of ‘quad burn’ which interrupts an otherwise great or even epic run. Regardless of what shape you’re in, if you ski hard and long enough, you’ll experience quad burn.

Opedix tights have been proven to reduce the sensation of quad fatigue. A study by the Human Dynamics Laboratory at Denver University conducted on skiers in real, on snow conditions found wearing Opedix tights reduced activation of the quads by an astounding 17% without a loss in performance.

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“The data speaks for itself” explains John Seifert, Ph.D. at Montana State University. “The quad’s workload was reduced, yet the subjects (who were all NCAA

collegiate racers) finished the race course in comparable or better time when they wore Opedix tights. The quads just don’t have to work as hard which translates into lower rates of fatigue.”

When asked how quadriceps workload can go down so dramatically without reducing performance, Michael Decker, Ph.D. explained: “Skiing performance with the Opedix tights promoted better engagement of the gluteal muscles. These muscles ‘kick-in’ more allowing the quadriceps muscles to ‘kick-in’ less, but this re-distribution maintains the total work load and preserves performance.”

“Opedix tights promoted better engagement of the gluteal muscles ”

Dr. Decker will be presenting these latest findings at the International Congress on Science and Skiing (ICSS) this December 2016 in St. Christoph a. Arlberg, Austria.

With less quad fatigue, enjoy your epics run even more, and ski longer into the day with more energy.