

## ESSENTIAL GEAR

### Why Every Skier Should Ski in Opedix

*part 1 in a series*

#### Save Your Knees

Does anyone believe that skiing is good for your knees? The truth is knees take a pretty good pounding every time you go out. Not surprisingly, the damaging forces are cumulative over the years. The more active you are, the more prone you are to wearing out this vital joint which often starts with discomfort leading to progressive pain and osteoarthritis.

A team of scientists from the University of Denver were able to measure knee joint stresses (torque) on NCAA alpine skiers on the racing slopes of Ski & Snowboard Club Vail. When making a turn, it's not surprising that knee torque increases, especially on the outside or downhill knee. "The data shows torque levels rise dramatically, eventually peaking about midway through the turn" explains Michael Decker, Ph.D., one of the study's lead scientists. "Forces travel from the ground (snow pack) up your leg to the knee. The relatively fixed foot and ankle in the boot increases the forces on the knee and injury risk. Excessive knee loading and injury seems to be a historical component of the sport."

**"torque levels rise dramatically eventually peaking about midway through the turn"**

Here's some good news: The study revealed Opedix tights reduced peak knee torque (compressive loading) by 16%. That's a knee-saving benefit for every turn, every bump. "I've been advocating Opedix to ski instructors for several years now as a PSIA certified instructor myself" suggests Kim Gustafson, Founder of Opedix.

**"Opedix tights reduce peak knee torque by 16%"**

"They've heard it all when it comes to products that are supposed to benefit them. To say they were initially skeptical is an understatement, but the number of converts is growing rapidly. It's not uncommon anymore to hear things like, 'I wouldn't ski without them' when sharing how much less their knees hurt skiing in Opedix."

It's almost inevitable that your knees will hurt as life marches on. Wearing Opedix tights is a positive step you can take to delay or offset the effects of cumulative wear and tear to help preserve this precious joint.