

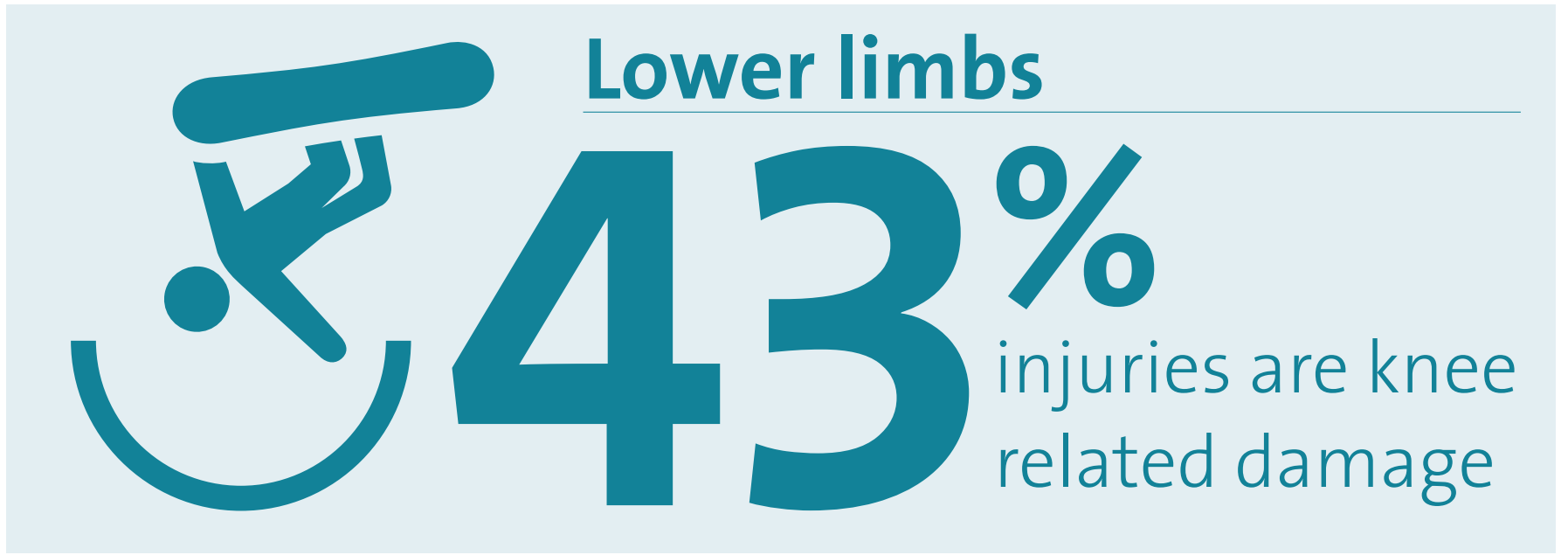


**Spire**

Thames Valley Hospital

## Remember your ski trip for the right reasons

As fun as skiing and snowboarding is, nobody likes to get hurt. The majority of injuries to skiers affect both lower and upper limbs, including knees, wrists and thumbs. Stay safe on the slopes:

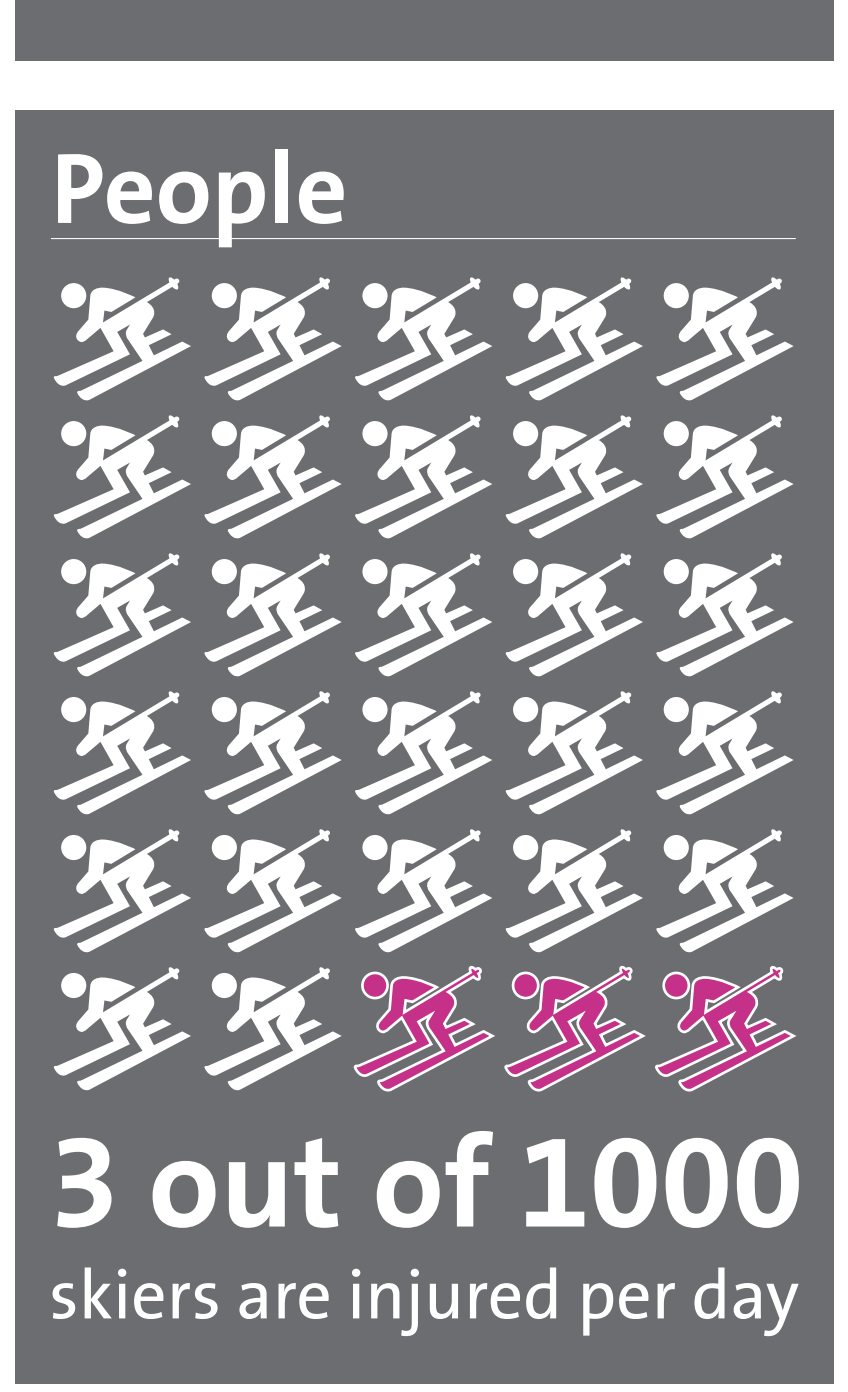


**1 out of 3** of all skiing injuries are to the **knee joint**

### The shoulder



**Shoulder injuries** impact skiers & Snowboarders at a similar rate



**The spine**  
Speed is the predominant factor in head and spine injuries

### Snowboarders



GP referrals or medical insurance **NOT** necessary



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