

# LONG CANYON *Gazette*

JANUARY 2018

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 12, ISSUE 1

## HOW CAN I GET IN SKI-SHAPE?

*By Kelly Cunningham, MD, Sports Medicine specialist and Founder, Austin OrthoBiologics*

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

- Muscle training
- Stamina
- Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

### HEART GALLERY OF CENTRAL TEXAS



It's a new year and time for new beginnings! The children featured in the Heart Gallery of Central Texas are waiting for their own new

beginning - a forever family! Meet 12 year old Jonathan! Jonathan loves sports, especially football. He enjoyed his summer football camp and was even named Most Valuable Player by his team! Jonathan does well with his schoolwork and enjoys making friends at school.

Learn more about Jonathan as well as foster care and adoption here in Central Texas by visiting our website: [heartgallerytexas.com](http://heartgallerytexas.com)

Photo taken by Volunteer Heart Gallery Photographer Laura Acton

At no time will any source be allowed to use the Long Canyon Gazette contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Long Canyon Gazette is exclusively for the private use.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

### NEWSLETTER INFO

#### NEWSLETTER PUBLISHER

Peel, Inc.....www.PEELinc.com, 512-263-9181  
Article Submissions.....longcanyon@peelinc.com  
Advertising.....advertising@PEELinc.com, 512-263-9181



ADVERTISE  
YOUR BUSINESS  
TO YOUR  
NEIGHBORS

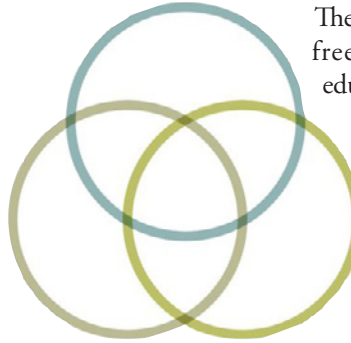
*support your community newsletter*

**Myra Booker**

mbooker@peelinc.com · 512.772.1727  
Sales Representative

## SPECIAL NEEDS FORUM PRESENTS

# How Much Savings Do I Need to Help Provide for my Child's Lifetime?



The Special Needs Forum continues its free workshop series designed to educate families who have a loved one with special needs.

The next Special Needs Forum live event of the 2017-2018 school year will be held on Thursday January 11, 2018 and on the topic; How Much Savings Do I Need to Help Provide for my Child's Lifetime? Many people with

a child with special needs are concerned and want to know how much savings is needed to ensure their child is cared for a lifetime. Learn from professional financial advisors about how much savings and social security your child will require.

Location: 6200 Bridgepoint Parkway  
Building IV, 2nd floor  
(take right off the elevator and main room will be immediately on the left)  
Austin, TX 78730

Date: Thursday January 11, 2018

Time: 11:30 am - 1:00 pm

Fees: Complimentary

The Special Needs Forum is an educational resource for families who have a loved one with special needs. During the workshops you will socialize with other families, get to know businesses who specialize in helping the special needs community and learn valuable information.

This year's lineup includes a Panel of special education experts, admissions directors from various residential communities and a specialist from the Social Security Administration.

Parents and guardians of children with special needs as well as those who teach and work in the special needs care industry are invited to attend. Each Special Needs Forum workshop includes an informative presentation by a keynote speaker and a question and answer segment.

To register and to view upcoming sessions, visit [specialneedsforum.org](http://specialneedsforum.org).



*Join today!*

**THE BEST  
LITTLE LEAGUE  
IN AUSTIN  
SINCE 1955.**

*Spring Baseball & Softball  
Ages 4 - 12*



PHOTOS BY AMANDA WHITE  
WWW.JEWELBOXBOOKS.NET

*www.nwll-Austin.org*

*facebook.com/nwllAustinTx*

*instagram.com/nwllAustin*



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSRST STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

LY



**NOW ENROLLING**

[childrenscenterofaustin.com](http://childrenscenterofaustin.com)

The  
**Children's  
Center  
Of Austin**



**CCOA-STEINER RANCH**  
4308 N. Quinlan Park Rd.  
Suite 100  
Austin, TX 78732  
512.266.6130

**CCOA NORTHWEST AUSTIN**  
6507 Jester Boulevard  
Building 2  
Austin, TX 78750  
512.795.8300

**CCOA-WESTLAKE**  
8100 Bee Caves Rd  
Austin, TX 78746  
512.329.6633

**Make an impact.**

Call today to reserve this space.



**PEEL, INC.**  
community newsletters

**512-263-9181**

