

# Introduction to Cross Country Skiing

## Physiotherapy in Ottawa, Nepean, Kanata, Stittsville for Cross Country Skiing

Welcome to **Physiocare Physiotherapy & Rehab Centre's** resource about cross country skiing.



When it comes to appreciating wintertime and the outdoors, there is no better way to do it rather than by cross country skiing. Gliding across the open tundra with the wind in your face is exhilarating and a great source of exercise. This activity can give a person a fabulous workout and has a relatively low risk for injury.

However, injuries can happen, and they usually come in the form of shoulder dislocation, muscle tears, or knee sprains which can not only keep you off your skis, but it will keep you indoors.

This section of our site has been designed with the cross country skier in mind. It is our aim to provide you with the exercises and information you need to stay healthy and trekking along. We also want to make sure you have the resources to combat an injury and feel better faster so you can get back out there and enjoy this fantastic sport in the great outdoors!

Click on one of these links to learn more about:

- [Selecting Cross Country Skiing Equipment](#)
- [Common Injuries](#)
- [Stretching Guide](#)

Related Articles:

- [Guide for Selecting Alpine Skiing Equipment](#)
- [Stretching Guide for Alpine Skiing](#)

Physiocare Physiotherapy & Rehab Centre provides services for physiotherapy in Ottawa, Nepean, Kanata, Stittsville.