

# EXTREME SUPPORT

If you're chasing the ultimate rush, all you need is a mountain of snow, a dash of gravity and a little support to keep your body performing at the extreme

**There's no business like snow business.** Whether you ski or board, whether it's your first taste or you're shredding fresh lines in the off-piste powder, it's definitely the most fun you can have with your clothes on. And probably fairly exciting with them off too.

Plus, the time's right. The late winter's perfect powder is lying in wait from the Alps to the Rockies, and blue-sky spring days are just around the corner. So, book your flight and pack your thermals, but remember one thing: when you're banking this kind of buzz, your inner adrenaline junkie can write cheques your body bounces. Injuries on the slopes are as inevitable as those neon all-in-ones. And even more painful. Every year 10,000 Brits report to hospitals with painful souvenirs from their time on the slopes, according to The Royal Society for the Prevention of Accidents.

So how do you make sure your 'off-piste action' isn't limited to grapes and cable TV? Improving your



fitness and warming up with calf, Achilles tendon, hamstring and quad stretches helps. As does some extra support for your at-risk areas, which is where Elastoplast® Sport comes in.

If you're a skier, knee ligaments are the common culprit for curtailing your time on the piste (not to mention your moves at the local 'nitespot'). Enter Elastoplast Sport's Adjustable Knee Stabiliser to support and reinforce, limit lateral motion, and relieve pain from existing injuries.

Boarders have double the risk of wrist injuries compared to bi-plankers – bad news for carving down the mountain and raising your 'après bière'. But the protective neoprene technology of Elastoplast Sport's Adjustable Wrist Support offers a firm helping hand to protect this area. Plus it's easy to wash, so you won't lose any friends.

Your ankles get a hammering from both downhill disciplines, making the Adjustable Ankle Stabiliser vital to ease pain and give you precise, rigid support where you need it most, without sacrificing your comfort or cramping your style. So if you're snow savvy enough to want a little extra winter sports insurance, Elastoplast Sport will make sure you keep going downhill fast.



## Wipeout 2007

EVERY TUMBLE YOU TAKE ON OR OFF THE PISTE COMES WITH A PRICE...

- ▶ White knuckle rescue from the white stuff by Alpine Alain Prost on a skidoo: £300
- ▶ Altogether more impressive airlift from the mountain by helicopter: £2000
- ▶ Bar bill from several days 'self-medicating' your bruises in the resort's most cushioned hostels: £216.32
- ▶ Getting your broken leg patched up by European docs: £3000
- ▶ Getting the same unfortunate pin patched up courtesy of our cousins across the pond: £25,000
- ▶ Average winter sports injury insurance claim made by Brits: £1200
- ▶ Damage to pride, dignity and general loss of face from face-planting in front of your assembled mates and several sneering Frenchmen: Irreparable

### Competition

To prove just how much fun the slopes can be Elastoplast Sport is offering one lucky MH reader the chance to win a £2000 winter holiday with our friends at [lastminute.com](http://lastminute.com)

Simply go to [menshealth.co.uk/elastoplastsport](http://menshealth.co.uk/elastoplastsport) to enter



THIS PAGE: CHA CHING BEANIE UPDATE £20, STORM FIT INSULATED JACKET £160, TROOPER V PANT (LOOSE FIT) £100

MODEL: DAN WAKEHAM. DAN WAKEHAM IS A NIKE ACG SPONSORED RIDER. NIKE ACG STOCKIST DETAILS 0800 056 1640 NIKEACG.COM

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