Cross-Country Skiing Return-to-Sport Strategy  
*Developed with Nordic Combined Ski Canada*

<table>
<thead>
<tr>
<th>Stage</th>
<th>Aim</th>
<th>Activity</th>
<th>Goal of each step</th>
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</table>
| 1     | Symptom-limiting activity | Daily activities that do not provoke symptoms.  
- walking, stationary bike, low intensity | Movement, blood flow  
Gradual re-introduction of work/school activities |
| 2     | Light aerobic activity | - longer duration stationary bike, stationary nordic track machine  
*no jogging, no outdoor/roller skiing  
-mild resistance training  
-core, walking lunges, static squats, and balance training | Increase heart rate  
Building intensity but remain sub-symptom threshold. |
| 3     | Sport-specific exercise | - increase time + intensity stationary bike  
- introduce roller skiing, XC skiing, jogging (=environmental component);  
**Time/intensity parameters < parameters accomplished on stationary bike  
-build time/intensity on roller skiing, XC skiing, jogging to match bike parameters  
-moderate resistance training | Add movement |
| 4     | Sport-specific practice | incorporate interval training in cardio routine  
-return to full time/intensity training session (skiing/rollerskiing/XC skiing)  
-return to regular resistance training drills/routine | Exercise, coordination and increased thinking |
| 5     | Full intensity practice | - progress to pre-injury race parameters (time + intensity + strategy + endurance) | Restore confidence and assess functional skills by coaching staff |
| 6     | Medical clearance | - Return to XC competition |