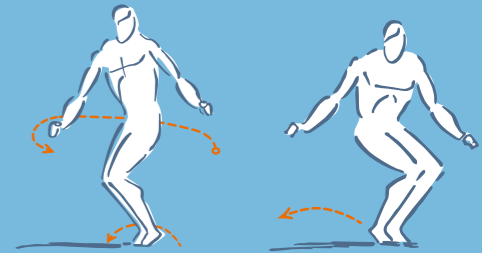


BREAK A LEG!

Fit for the Slopes with Ski Gymnastics



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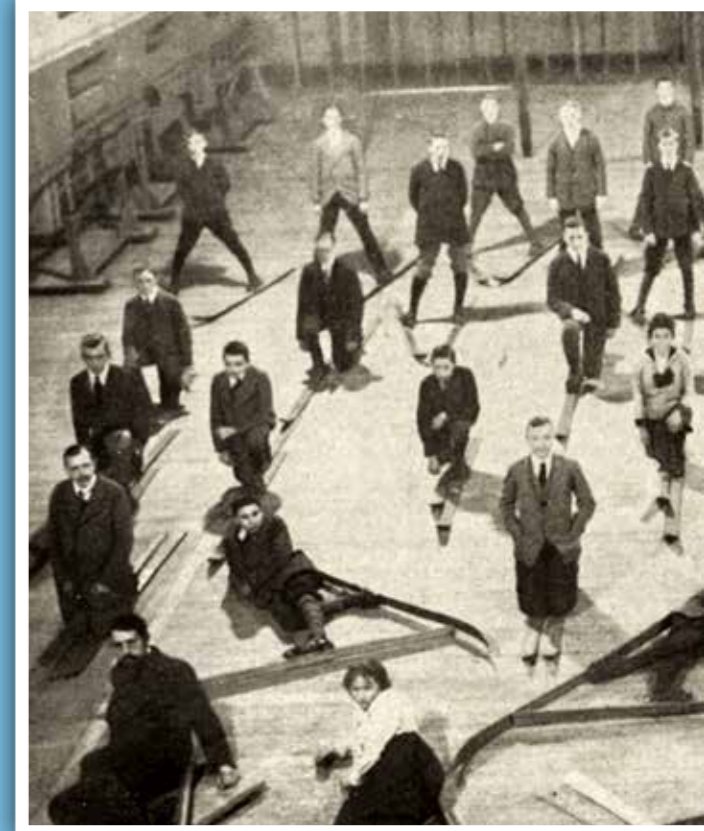


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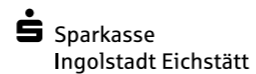
Exhibition catalogue in German, 224 pages,
richly illustrated, €18.



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9.11.23-15.9.24

BREAK A LEG

The magic of snow-capped mountains, the adrenaline of rushing descents. What began around 1890 as a leisure activity for a few adventurous people quickly developed into a popular sport. Even in these times of mass tourism, the appeal of skiing remains unbroken.

But the “white rush” is not without its risks. While swinging down the slope, one could quickly fall and break a bone.

FIT FOR THE SLOPES

Since the beginning of skiing, attempts have been made to keep the wayward skis under control and to keep the risk of accidents low. From dry-ski training in stuffy halls to ski gymnastics in the clubhouse to the cult “tele-ski gymnastics” on television and audio: preparatory training should give ski fans a physical and technical boost and guide them safely through the snow. For the first time, the multimedia exhibition provides an overview of 100 years of ski gymnastics.

SKI MAMBO OR SAFETY BINDING?

How to convey the findings of sports and preventive medicine in a low-threshold and popular way? How to dance the ski mambo? What is the role of safety bindings in reducing the number of dreaded transverse fractures? And how did ski gymnastics become part of the “get fit” movement? The exhibition takes you back to a time when winters were still harsh and ski boots were always orange.

- 1 Dry-ski training in Berlin. Illustration from *Der Winter 13* (1919/20). Photo: G.[erhard] Riebecke; Bavarian State Library, Munich (Repro)
- 2 Children's skis with poles, 1930-1940; Thomas Bachnetzer Collection, Sautens / Austria
- 3 Plaster saw after Engel, 1920-1940; Deutsches Medizinhistorisches Museum Ingolstadt
- 4 Lace-up ski boots with inner padding. Manufacturer: Lowa, 1930-1940; Thomas Bachnetzer Collection, Sautens / Austria
- 5 ULLR protective amulet for winter sports enthusiasts, 1920-1950; Alpine Museum of the German Alpine Club, Munich
- 6 Skiing Mecky figure. Peter Company / Austria, 1950-1960; private collection Alois Unterkircher
- 7 Karl Ehgartner: skiing and gymnastics. Munich 1934; private collection Alois Unterkircher
- 8 Long-playing record: *The New Tele-Ski Gymnastics*. Munich 1934; Deutsches Medizinhistorisches Museum Ingolstadt
- 9 Pair of snow tyres from the Alpine region, around 1900; Winter Sports Museum Müzzzuschlag / Austria
- 10 Skis with Parablacks. Manufacturer: Kästle, around 1975; Thomas Bachnetzer Collection, Sautens / Austria
- 11 Buckled ski boots, solid plastic. Manufacturer: Dachstein, around 1970; Thomas Bachnetzer Collection, Sautens / Austria
- 12 Balance exercise on skis. Fig. from Adolf Zarn and Peter Barblan: *Der Skifahrer. Ski-Turnen und Ski-Fahrtechnik*. Zürich 1920



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