

Adaptive Lesson/ Equipment Education

Mono-Ski Lesson

In adaptive skiing, a mono-ski is a piece of sit down equipment that enables people to ski sitting down in a molded seating apparatus, or bucket. The mono-ski requires the greatest balance, strength and coordination of all of the equipment options.



Who might benefit from this lesson?

The bi-ski is typically used by individuals with lower level spinal cord injuries, leg amputations, spina bifida or other orthopedic diagnoses who are more athletic, have strong upperbody strength and balance. Usual goal of a mono-ski lesson is to work towards independent skiing. Use of hand held outrigger is required.

Bi- Ski Lessons

Bi-skiing is a downhill ski technique whereby you are seated in a molded seating apparatus (or bucket) attached to an articulating undercarriage which is mounted on two uniquely designed skis. The design of the bi-ski offers more stability and maneuverability and has a wide appeal to skiers with a variety of disabilities.

Who might benefit from this lesson?

A broad range of individuals use the bi-ski; including spinal cord injuries, spina bifida, amputations, Cerebral Palsy, and other orthopedic diagnoses. The bi-ski can be used with or without outriggers, independently or tethered by an instructor. Even a small range of

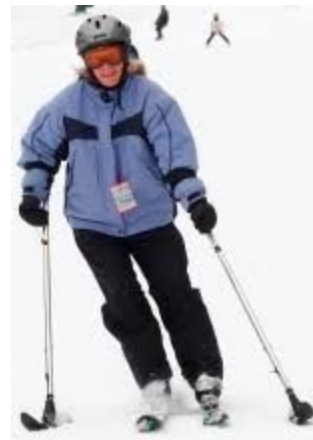
moment from the head can initiate turns. Meadows has both youth and adult mono-ski seats.



Three Track/Four Track (Using Hand-held Outriggers)

Three or Four Track gets its name from the number of lines left in the snow when skiing. Three Track would have one ski, 2 outriggers. Four track is a traditional standing skier using 2 outriggers. The outriggers provide extra balance and steering support.

Three Track traditionally is an individual with one leg (from amputation or other reason) and use of both arms. Four Track would be used by individual with use of legs but needs extra balance support. *Note, individuals who use a prosthetic usually do 3-Track or are encouraged to consult their prosthetist before using the prosthetic for skiing. Snowboarding is often more adaptable for use with prosthetic limbs.



Other Adaptive Devices:

(FYI- but info not needed for booking)

*Edgy-Wedgy: Keeps tips together for small children who may be missing the muscle tone to make a wedge independently or for tactile learners to learn how a wedge feels.

*Tip Clamp Tethers: An adult version of an Edgy-Wedgy. Can be used in combination with instructor tether to assist with initiating turns and speed control. (not currently in MHM inventory)

*Bamboo Pole: Used often for VI and Cognitive lessons. Instructor can make turn shape and control speed. Ideally not used for balance!

*Tactile toys: Handy for individuals on the spectrum or motivating children in general.