



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 4-7, 2023**

Clinic Summary Notes

Clinic Topic: Prosthetics In Snowsports – Alex Davenport and Prosthetist

1. Understanding students' prior experience in skiing/snowboarding and different types of prosthesis used can be an important part of building rapport and lesson planning. How long has the limb been affected? How long has the student used this prosthesis? What other off-snow activities do they do on it? All these answers can provide valuable clues to success during their lesson.
2. Skiing is skiing, riding is riding. Think about the fundamentals of solid skiing/riding. How does the prosthetic limb affect the fundamentals? What are some body performance adjustments we can make on snow to have a positive effect on the skis/board?
3. Consider safety aspects specifically with prosthesis. Improper skin/prosthetic interface can cause irritation and skin issues that can end a lesson, or even an entire trip. Sweat can increase irritation, cause hot spots, and pressure sores. Your students know themselves best, friendly reminders and checking for comfort can prevent problems on the hill. For more information on common skin problems for prosthetic users visit <https://nextstepcharlotte.com/blog?blog=y>
4. Small adjustments can make a huge difference in performance. Some adjustments can be made on the fly, others need to be made in a more stable environment. When making adjustments, start small and see what effect it has. Keep in mind adjustments can lead to frustration for your student, so make sure they are comfortable with the adjustments you and/or their prosthetist is making.
5. You may not need to introduce elaborate drills and progressions to make positive changes in movement patterns in students who use prosthesis. Sticking to simple drills you use for all your students can be successful, but you may need to adapt the way you teach them, starting from the snow up.
6. Refer to chapters 6 and 7 in the PSIA-AASI Adaptive Alpine Technical Manual for further safety considerations and drill adaptations.