Clinic Summary Notes

Clinic Topic: Stand-up Skiing for Guests with Neurological Disorders
Clinician: Katherine Hayes Rodriguez

I. Perform a guest assessment. Relate to ski/ride level and lesson desires.
   A. Previous skiing, physical assessment, cognitive assessment, medications
   B. Ski equipment review and approval
   C. Goal setting, learning preferences, verbiage

II. Perform movement analysis
   A. Perform movement analysis (Observe, Evaluate, Prescribe=OEP)
   B. Evaluative exercises onhill- ski in straight line in neutral stance, traversing, unbuckled boots, one footed stance, inversion and eversion movements
   C. Planes of Motion (frontal, sagittal, horizontal); apply in MA. Consider symmetrical movements

III. Review what you know about neuromotor disabilities and listen to the guest tell you about their disability and how it affects them in various activities.
   A. Cerebral palsy, spina bifida, brain injury, multiple sclerosis, and muscular dystrophy
   B. Determine the benefits of using se 2 skis/2 poles vs. Adaptive equipment
   C. Decide if it is best to use corrective or developmental exercises, activities, and progressions.

IV. Consider safety of the guest
   A. Safety concerns associated with the guests’ disability and on-hill movement
   B. Any safety issues with the use of equipment