



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular | December 9-13, 2024**

### **Clinic Summary Notes**

**Topic: Sit Ski Selection & Set-Up: Simple Key Strategies Based on Client Assessment**

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1. Sit ski selection for lessons must be strategic based on the guest assessment and not a guess based on the equipment available or just the options that are well known to the instructor.
2. Joint range of motion assessment of the guest's lower body can be performed with simple approaches and provides valuable information to inform sit ski selection and set up.
3. Always check the guest's hamstring flexibility BEFORE choosing a sit ski for the lesson. Remember that length and flexibility of the HAMSTRINGS might determine which sit ski the athlete can tolerate (seat angle and length and angle of the footplate must accommodate hamstrings to support posture).
4. Think of seating support in the bucket/shell along the same lines as good boot fit for stand up skiers; it's a "butt boot" so it must be the right size, include good support under the weight bearing surface, AND provide a snug fit with belts and straps in the right positions, just like boots, foot beds & buckles.
5. Seating interventions are CRITICAL for effective, productive, and SAFE lessons. Good seating provides postural support, stability for active movement, skin protection, injury prevention and comfort.
6. Review the general anatomy of the spine AND the key bony landmarks of the pelvis: Iliac crest, ASIS, ITs, and sacrum/coccyx (picture with arrows in the PTT slide). Get comfortable evaluating landmarks.
7. If the skier has difficulty turning in one direction, look at potential pelvic obliquity (one side of the pelvis is lower). Sometimes you'll see this with a higher shoulder on the same side. Provide support.
8. If the skier is heavy on the tail of the ski, look at possible posterior pelvic tilt. Provide support.
9. If the skier appears to be unstable (cannot find balance), review position of the pelvis, alignment of the spine and the need for an improved base of support (pelvis/thighs) and trunk support with belts.

10. Instructor and skier awareness of the specifications, adjustability and limitations of sit ski equipment will improve selection and set up of sit skis and will improve the guest experience on the mountain.