

# SNOW Bound

Adaptive Activities  
and Equipment  
to Keep You  
Active this Winter

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**No friends on a powder day. Every dyed-in-the-wool alpine skier and snowboarder knows this to be an absolute truth. Nothing compares to the feeling you get when you look outside and see endless pillows of fluffy, glorious piles of fun calling to you, teasing you with sparkling perfection, begging you to plow through it and bask in the ultra smooth ride that is FRESHIES!! There is nothing like it.**

So what are your options when Mother Nature invites you to play? You choose. With the right equipment for the conditions, we can all get outside and play in it.

Skiing... both alpine (downhill) and nordic (cross-country) are very popular, and there is equipment and programs for virtually all levels of ability, from sit skis to standing frames, ski bikes to extension assists, tethers, and more. Depending on your area, you can rent a sit ski with outriggers (<https://adaptiveskiing.net/adaptive->

skiing-equipment/outriggers) or join a club or attend an intro session to test different setups to find your own perfect ride. Adaptive alpine is so popular that the X-Games, which had a monoskier-X event for a season, has brought it back as a full-fledged event.

If barreling down a mountain in a tiny metal bullet at warp speed, while dodging tourists, gives you second and third thoughts, but you still want the experience of being outside and challenging yourself against the snow, nordic skiing gives you the same gliding



fun and access to nature without the stress. And no line ups. Nordic clubs maintain thousands of kilometres of groomed trails and a nordic ski pass is a fraction of the price of an alpine one. See <https://adaptiveskiing.net> for current models, pricing, demo schedules and more.

The price for equipment is about the same, with a good average-to-advanced user ski frame in the \$3,500 range. Ski poles and outriggers are extra and can run an additional \$200 to \$500 depending on material and your skiing level. If you're planning to compete or race, expect to spend double that for custom equipment.

For arm and hand amputees, TRS Prosthetics (<https://www.trsprosthetics.com/product/snow-skiing>) has you covered with the DH Racer with pre-flexed poles using a quick release snap-in system for alpine skiing. TRS's Ski-2 pole mounting system is specifically designed for nordic and moguls, with or without a cable, giving you the leverage you need to skate or plant your poles quickly and precisely.

Snowboarding, once the bane of skiers and resorts everywhere, brings with it some additional accessible products with advancements in able-bodied equipment that crosses over to adaptive.

MadJacks (<https://www.madjack snowsports.com>) is a snowboard boot ski binding that uses roomier and less structured snowboard boots. They attach to regular ski binding mounts and fit any ski.

QuickSett rotators (<https://black-line.co/en>) let you set and release the position of your foot in your snowboard binding. So, if you've been holding off on snowboarding because of not being able to have your foot and leg in the right position to ride the lift or to skate on flats, a simple bluetooth command takes care of that for you. Combine them with some MadJacks and you're ready to go.

If back country exploring is more interesting, snow shoeing is a great (and ancient) option. A good set of lightweight shoes and trekking poles

(<https://www.redfeather.com/product/trek-snowshoe-kit>) will get you out in the snow anywhere you like – your backyard, local park, and no lift ticket required.

Another option for snow shoeing is combining it with a snow slider, which is like a nordic passenger ski designed to be pushed by an ambulatory person on flat terrain (<https://dishon-ezdesign.com>). The handle takes the place of poles, maintaining stability for the driver. Forearm crutch users have options with SideStix (<https://sidedstix.com>) with a snowshoe base.

A hockey sled – no mullet required – is one of the most affordable pieces of adaptive winter sports equipment with some sleds under \$1,000 (<https://www.uniqueinventionsinc.com>) and para ice hockey sticks in the \$100 - \$200 range. You can use them for hockey, recreational skating and even ice fishing. Add a push handle for younger kids or those with less mobility. Standing skaters who need support can go with a pre-made skate frame (<http://www.gildingstars.org/standard-ice-walker>) or easily make your own from PVC tubing and some YouTube videos.

Staying warm is a major part of winter fun and there are plenty of cozy choices. Good base layers are a must, and adding some heated gloves or coats (<https://firedupx.com>) will make your day toasty. The portable Torch Coat Heater (<https://anseris.com>)



Photo courtesy of Ottobock



Photo by www.extremechairing.com

is another option, as it's just that, portable so you can use it in any coat. For gloves, Mobile Heat (<https://fieldsheer.com>) are very comfortable and padded as well, making them easy on your hands while using crutches or outriggers. Their line of heated socks (safer than heater packs in boots

for those with limited sensation) are ideal for amputees.

For amputees looking for a more permanent solution, try a heated socket from Costello Prosthetics (<https://www.costelloprosthetics.com>). Developed by an amputee who invented the warming sleeve for

phantom limb pain, the socket system keeps your limb warm and comfy, so a cold leg (or arm) won't end your day.

Another important consideration is exposure. Winter light can be flat and deceptively dim, but can still cause sunburn and cold air quickly chaps exposed skin. Try a layer of Original Ski Balm (<https://originalskibalm.com>) for skin and lips to prevent wind and sun burn, even on those bluebird days.

And finally, sometimes you just need to get through it or get rid of it, safely. Heated sidewalk mats from HeatTrak (<https://heattrak.com>) keep the surface warm enough that snow or ice doesn't accumulate. Multi-surface walker bases from Stabilized Steps (<https://stabilizedsteps.com>) turn a standard walker into a snow/ice/sand slider. Combine it with some cleats from YakTrax (<https://yaktrax.implus.com>) or Stabil (<https://StabilGear.com>) for ultimate stability.

*For more winter equipment information and options, visit [AdaptiveSkiing.net](http://AdaptiveSkiing.net) and [AccidentallyAccessible.com](http://AccidentallyAccessible.com) (keyword WINTER).*

**DID YOU KNOW?** The father of adaptive skiing was an amputee. Fresh Tracks ([www.freshtracksfilm.com](http://www.freshtracksfilm.com)) is the story of Paul Leimkuhler, the inventor of adaptive ski outriggers and the man who launched the adaptive skiing movement. For some great old footage from the 1940s, check out Miracle On Skis: [www.youtube.com/watch?v=Pa5TZ81ug5c](http://www.youtube.com/watch?v=Pa5TZ81ug5c).



Photo courtesy of Ottobock



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### PROCARVE – PURE SPORT

For a never-ending rush, fresh winter air and freedom, step into the ProCarve. The ProCarve System from Ottobock is a sports prosthesis system for skiing and snowboarding or other sports with similar motions such as waterskiing or wakeboarding. It is considered to be the most functional system on the market for recreational as well as professional sports for above- or below-knee amputation. For more information visit [www.ottobock.ca](http://www.ottobock.ca).

