



Skiing for Leg Amputees

Outriggers

Outriggers are used for stability. They resemble ski poles (or forearm crutches) with mini skis attached to the end of the poles.

Three Track Method

Below and above knee amputees who do not wear an artificial limb while skiing use the Three Track method – skiing on the sound leg only and using outriggers.

Après-ski Leg

For above knee amputees who ski using the Three Track method, the necessity of donning the prosthesis again after skiing can be tiresome. One above knee amputee had a ski peg designed to facilitate mobility in the ski lodge – it had a socket designed to fit right over his adapted ski suit.

Ferrier Coupler

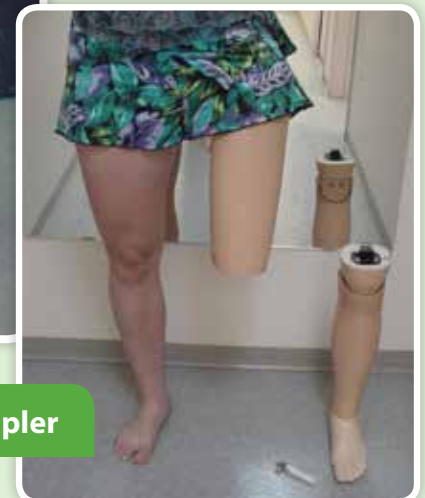
The **Ferrier Coupler** allows an amputee to wear an artificial limb to the ski hill, pull up the ski pants leg and remove the lower part of the leg below the socket. The lower leg can simply be reattached to the socket after skiing to provide mobility and independence in getting to and from the ski lodge and while in the lodge. The socket is then kept on as a stump protector on the slopes.



Outriggers



Après-ski Leg



Ferrier Coupler

ProCarve

The **ProCarve** by Ottobock is a great solution for recreational and professional skiers and snowboarders with lower limb amputations. ProCarve can also be used for other sports with similar motions such as wakeboarding or waterskiing. The foot and knee combination is suitable for knee disarticulation and above knee amputees, while below knee amputees can take advantage of the ProCarve foot component. The foot can be connected directly to the ski binding or combined with a foot shell that has a shape suited specifically for snowboard boots. ProCarve is intended for adolescents and adults.



ProCarve



Slalom Ski Foot

The **Slalom Ski Foot** from Freedom Innovations is designed to be inserted directly into a ski binding, eliminating the need for a ski boot. It can be configured to fit most standard ski bindings. This product is intended for adolescents and adults.



Slalom Ski Foot

Custom Ski Leg

While most above knee amputees choose not to wear a prosthesis while downhill skiing, a small number of above knee amputees have had an actual artificial leg designed specifically for skiing.

The custom leg shown here incorporates several features – a College Park foot tilted at the right angle for the ski boot; a **Mauch SNS** knee unit; a pelvic joint and waist belt to provide better hip control and good suspension of the prosthesis; and an elastic fork strap that extends down the front of the leg over the knee joint. The fork strap when in place limits the amount that the prosthetic knee will flex, which is imperative when downhill skiing. The strap is attached using seat belt connectors so it can be removed allowing the amputee's knee to bend freely when walking.



Custom Ski Leg