

Family Ski

Official information about Family Ski can be found by clicking [here](#)

Family Ski is a ski-ing simulation game whereby the main therapeutic benefit is through developing improved awareness of sitting or standing balance. The game, when using the Fit Board, will encourage an improved awareness of balance and weight transference. Without the time limitations that the Wii Fit software imposes, Family Ski allows a limitless time during which to actively work on balance, but equally have breaks as required.

The game is more difficult to assess progress on, as there are few opportunities to take objective measures. The one opportunity is that of a slalom race course - similar to Wii Fit, but with varying difficulties. Other races are timed but don't rely on the quality of movement, more the speed at which the course can be skied - great fun for the end of a session, but tends to distract away from the detailed work of dynamic balance.

Below you will find an outline of the parts of the game that have been found accessible within physiotherapy sessions, you will also find indications of the level of activity or function required to play the game successfully.

Multiplayer	Yes - Between 1 and 4 players
WiiMote Buttons	Yes - but not necessary
Nunchuk	Yes
Fit Board	Yes - but optional, you can ski by just using controllers
Movement	Good variety of upper limb movements and great opportunity for balance in either sitting or standing.
Motivational Tool	Yes - a lot of fun
Skill Development	Upper limb movement, balance awareness
WiFi option	No
No. of Mini Games	N/A - game is to free ski around the mountain. There are lessons, but not necessary to complete
Therapy Friendly	Excellent for balance work and upper limb bilateral co-ordination

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GAMES THAT REQUIRE USER TO:

USE BOTH HANDS & BUTTONS

Wii Remote & Nunchuk + buttons

Largely Cardiovascular and upper limb/wrist movement.

Skiing using upper limbs only. Skiing motion with arms is required, as if gaining speed with ski poles. Once speed has been gained steering is achieved by rotating wrists to either left or right.

Increased speed is gained by supinating wrists which puts the character into a tuck position - steering is harder in this position.

Buttons can be used -
C - Snowplough

GAMES THAT REQUIRE USER TO:

SIT WITH SUPPORT or BALANCE

Wii Balance Board - Sitting on Fit board & stool

Control of sitting balance

When using the Fit Board a patient may sit on the board to control the left and right directions of the character.

The upper limb movements and control of the remotes is still required, but can be done by an assistant if the focus is for the control of weight transference.

It is important to achieve a good position when sitting on the board, especially with the slimmer patient where BOS is small.

GAMES THAT REQUIRE USER TO:

STAND WITH SUPPORT or BALANCE

Wii Balance Board - Standing (Static feet position)

Standing balance

Standing on the Fit Board enables the user to use weight transference to control left and right directions of the character.

The upper limb movements and control of the remotes is still required, but can be done by an assistant if the focus is for the control of weight transference.

If speed is too much and not allowing for work on control of direction you can press C to snowplough turn, slowing the speed down considerably.



A ski-ing simulation game giving the user free roam of the mountain. Can be playing in standing on the Fit board or in sitting. Provides an excellent alternative to static weight bearing exercises.

The varied lengths of the slopes offers choice in how long sessions can be, with longer sessions allowing from more detailed instruction on control of posture/balance.

The variety of the slopes also prevents boredom and acts as another distraction. The game offers users the opportunity to experience, on a basic level, skiing and the movements required along with being a great opportunity to explore dynamic balance.