

## We Ski and Snowboard

Official information about We Ski and Snowboard can be found by clicking [here](#)

We Ski and Snowboard is the sequel to We Family Ski. The graphics are better, the slopes are better and this makes it easier to use and apply within therapy sessions.

There are three main ways that the game can be used - sitting or standing on the fit board or by using the two controllers. Each posture or technique offering different therapeutic benefits.

In sitting or standing it may be necessary for a second person, therapist or otherwise to control the WiiMote and Nunchuk as they are still required even when using the Wii Board. The controllers only control the forward motion of the skier/snowboarder and whether the skier/snowboarder is able to go fast (into a tuck) or slower (snow plough turn). These are easily done by the second person to allow the Wii Board user to concentrate on the weight transfer and directional change as a result, reacting to the image on the screen, avoiding trees, other characters and rock faces!

The Ski-ing option works well with and without the Fit Board, and in sitting or standing. Snowboarding works well with and without the Fit Board but not so well in sitting. Ski-ing requires control of left and right but the snowboarding requires the board to be rotated by 90 degrees, then requires forward and back movements to control the character to go left and right - all whilst the user is watching the screen. It provides an excellent high level activity but assumes that the user has good established balance prior to using it.

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.

|                          |  |
|--------------------------|--|
| <b>Multiplayer</b>       | Yes - Between 1 and 4 players (  |
| <b>WiiMote Buttons</b>   | Yes - but not necessary  |
| <b>Nunchuk</b>           | Yes  |
| <b>Fit Board</b>         | Yes - but optional, you can ski or snowboard by just using controllers                               |
| <b>Movement</b>          | Good variety of upper limb movement along with balance, weight transference when using the fit board |
| <b>Motivational Tool</b> | Yes - a lot of fun   |
| <b>Skill Development</b> | Upper limb movement, balance awareness   |
| <b>WiFi option</b>       | No   |
| <b>No. of Mini Games</b> | N/A - game is to free ski/snowboard around the mountain. There are lessons, but not necessary        |
| <b>Therapy Friendly</b>  | Excellent for balance work and upper limb bilateral co-ordination                                    |

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## GAMES THAT REQUIRE USER TO: POINT & MOVE

### Wii Remote ONLY

#### Ski-ing

##### **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

#### Snowboarding

##### **Largely Cardiovascular and upper limb/wrist movement.**

Similar movement required to get the snowboarder moving and steering left and right.

## GAMES THAT REQUIRE USER TO:

## POINT & MOVE & PRESS A and/or B BUTTONS

### Wii Remote ONLY

#### Ski-ing

##### **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.

#### Snowboarding

Not recommended due to having to turn the board around - the forward and backwards movement required is difficult in a seated position.

## GAMES THAT REQUIRE USER TO:

## USE BOTH HANDS & BUTTONS & NUNCHUK JOYSTICK

### Wii Remote & Nunchuk + buttons

#### Ski-ing

##### **Standing Balance - left/right**

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.

#### Snowboarding

##### **Standing Balance - fwd/bkwd**

Fit board is turned 90 degrees and requires user to transfer weight forwards and backwards to move the character left and right respectively.

This can be a tricky posture for some to assume and maintain, due to the need to be watching the screen to steer the character. It is a more strained posture for those struggling with forward facing posture and will complicate balance issues by needing to rotate at the head and neck.



The sequel to [Family Ski](#), We Ski & Snowboard is another ski-ing simulation game with Snowboarding options.

With the number of ski runs available, this game offers much more variety. There are large open areas where you can ski anywhere over the Mountain as well as an Off Piste option which giving the user free roam of the un-cartered side of the mountain.

This game can also be playing (Ski-ing) in standing on the Fit board or in sitting. Snowboarding is more difficult to control in sitting.

Provides an excellent alternative to static weight bearing exercises.