

Adaptive/Para Surfing Sport Classes Quick Reference Guide

Para Surfing Stand 1, 2, 3, and Kneel/Upright

Surf Class/ Impairment	PS Stand 1	PS Stand 2	PS Stand 3	PS Kneel/Upright
Impaired Muscle Power	<p>≤55/75 1 UE AND ≥2 wrist motions ≤2/5 MMT</p>	<p>≤40/60 1 LE AND ≥2 ankle motions ≤2/5 MMT</p>	<p>≤ 30/60 1 LE OR ≤ 80/120 BLE's AND ≥2 ankle motions ≤2/5 MMT</p>	<p>≤ 30/60 1 LE OR ≤ 80/120 BLE's AND ≥2 ankle motions ≤2/5 MMT</p>
Impaired PROM	<p>≥1/3 in 1 UE = ≥5/15 UE joint motions in the 33% impairment range AND ≥2 joints must be in the wrist in the 33% impairment range</p>	<p>≥1/3 in 1 LE = ≥4/12 LE joint motions in the 33% impairment range AND ≥2 joints must be in the ankle in the 33% impairment range</p>	<p>≥1/2 in 1 LE = ≥6/12 LE joint motions in the 33% impairment range OR ≥1/3 in BLE's = ≥8/24 LE joint motions in the 33% impairment range AND ≥2 joints must be in the ankle in the 33% impairment range</p>	<p>≥1/2 in 1 LE = ≥6/12 LE joint motions in the 33% impairment range OR ≥1/3 in BLE's = ≥8/24 LE joint motions in the 33% impairment range AND ≥2 joints must be in the ankle in the 33% impairment range</p>
<p>Limb Deficiency and/or Limb Length Difference*</p> <p>*LLD only for PSS3</p>	<p>UE amputation or congenital, ∅ wrist or functional equivalent</p>	<p>1 LE=BKA ∅ ankle or congenital or functional equivalent</p>	<p>1 LE AKA ∅ knee OR Both LE BKA ∅ ankles or congenital or functional equivalent</p> <hr/> <p>≥ 12 cm LLD</p>	<p>1 LE AKA ∅ knee OR Both LE BKA ∅ ankles or congenital or functional equivalent</p>
<p>Coordination Impairments</p> <p>a) Hypertonia/Spasticity b) Motor Ataxia c) Dyskinesia: (athetosis/dystonia/chorea)</p>	<p>4/5 impaired 1 UE tests AND a) ≥ 2/4 MAS score in 1 UE muscle group AND + Clonus OR + Hyperreflexia OR b) Motor Ataxic movements observed. OR c) Dyskinetic movements observed.</p>	<p>5/10 impaired 1 LE tests AND a) ≥ 2/4 MAS score in 1 LE muscle group AND + Clonus OR + Hyperreflexia OR b) Motor Ataxic movements observed. OR c) Dyskinetic movements observed.</p>	<p>6/10 impaired 1 LE tests OR 12/20 impaired BLE tests AND a) ≥ 2/4 MAS score in 1 LE muscle group AND + Clonus OR + Hyperreflexia OR b) Ataxic Movements observed. OR c) Dyskinetic movements observed.</p>	<p>6/10 impaired 1 LE tests OR 12/20 impaired BLE tests AND a) ≥ 2/4 MAS score in 1 LE muscle group AND + Clonus OR + Hyperreflexia OR b) Ataxic Movements observed. OR c) Dyskinetic movements observed.</p>

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Para Surfing Sit, Para Surfing Prone 1 and 2

Surf Class/ Impairment	PS Sit Waveski with paddle	PS Prone 1	PS Prone 2 Must have at least 1 UE involvement
Impaired Muscle Power	≤ 60/120 BLE's AND ≤ 7/10 Trunk	≤ 60/120 BLE's AND ≤ 7/10 Trunk	≤ 120/130 BUE's AND ≤ 40/120 BLE's AND ≤ 5/10 Trunk
Impaired PROM	≥1/2 in BLE's = ≥12/24 BLE joint motions in the 33% impairment range	≥1/2 in BLE's = ≥12/24 BLE joint motions in the 33% impairment range	≥2/3 in 1 UE's = ≥10/15 1UE joint motions in 33% impairment range AND ≥ 2/3 in BLE's = ≥16/24 BLE joint motions in 33% impairment range
Limb Deficiency and/or Limb Length Difference* *LLD only for PSS3	Both AKA ∅ knees OR 1 AKA ∅ knee and 1 BKA ∅ ankle or congenital or functional equivalent	Both AKA ∅ knees OR 1 AKA ∅ knee and 1 BKA ∅ ankle or congenital or functional equivalent	Both AKA ∅ knees OR 1 AKA ∅ knee AND 1 BKA ∅ ankle AND 1 UE amputation or congenital or functional equivalent
Coordination Impairments a) Hypertonia/Spasticity b) Motor Ataxia c) Dyskinesia: (athetosis/dystonia/chorea)	8/10 impaired 1 LE tests OR 16/20 impaired BLE tests AND a) ≥ 2/4 MAS score 1 LE muscle group AND +Clonus OR + Hyperreflexia OR b) Motor Ataxic movements observed. OR c) Dyskinetic movements observed.	8/10 impaired 1 LE tests OR 16/20 impaired BLE tests AND a) ≥ 2/4 MAS score 1 LE muscle group AND +Clonus OR + Hyperreflexia OR b) Motor Ataxic movements observed. OR c) Dyskinetic movements observed.	5/5 impaired 1 UE tests AND 10/10 impaired 1 LE tests OR 20/20 impaired BLE tests AND a) ≥ 2/4 MAS score in 1 UE & 1 LE AND +Clonus OR +Hyperreflexia OR b) Motor Ataxic movements observed. OR c) Dyskinetic movements observed.