

Adaptive Sports:

Using Recreation and Sports to Promote Lifelong Rehabilitation and Promote a Healthy Lifestyle

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Learning Objectives

1. Identify the benefits of participating in adaptive sports
2. Increase knowledge of adaptive sports modalities and opportunities
3. Learn where to look for adaptive sports resources in the surrounding community

What is Adaptive Sports?

- Adaptive sports are recreational or competitive sports or activities for individuals with disabilities or physical limitations. This includes those with developmental disabilities, intellectual disabilities, or physical disabilities from an injury or from birth.
- Adaptive sports can include specialty equipment or rule modifications to able-bodied sports, can have specific divisions/classification, or can be specifically designed for the adaptive sports community.



Who Provides Adaptive Sports?

- Rehab Therapists (CTRS, PT, OT, KT)
- Medical Providers
- Nurses
- Sporting coaches
- Parks and Recreation professionals



Adaptive Sports as part of Rehabilitation

- Considerations
 - Medical clearance
 - Skin integrity
 - Activity tolerance/endurance
 - Transportation
- Clinical
 - Individualized and goal oriented
 - Goals could be developed to improve specific physical function, to return to prior leisure interest or develop new leisure interest
- Non-Clinical
 - Generalized and goal oriented
 - General education
 - Participation focused
 - Typically community based



Benefits of Adaptive Sports

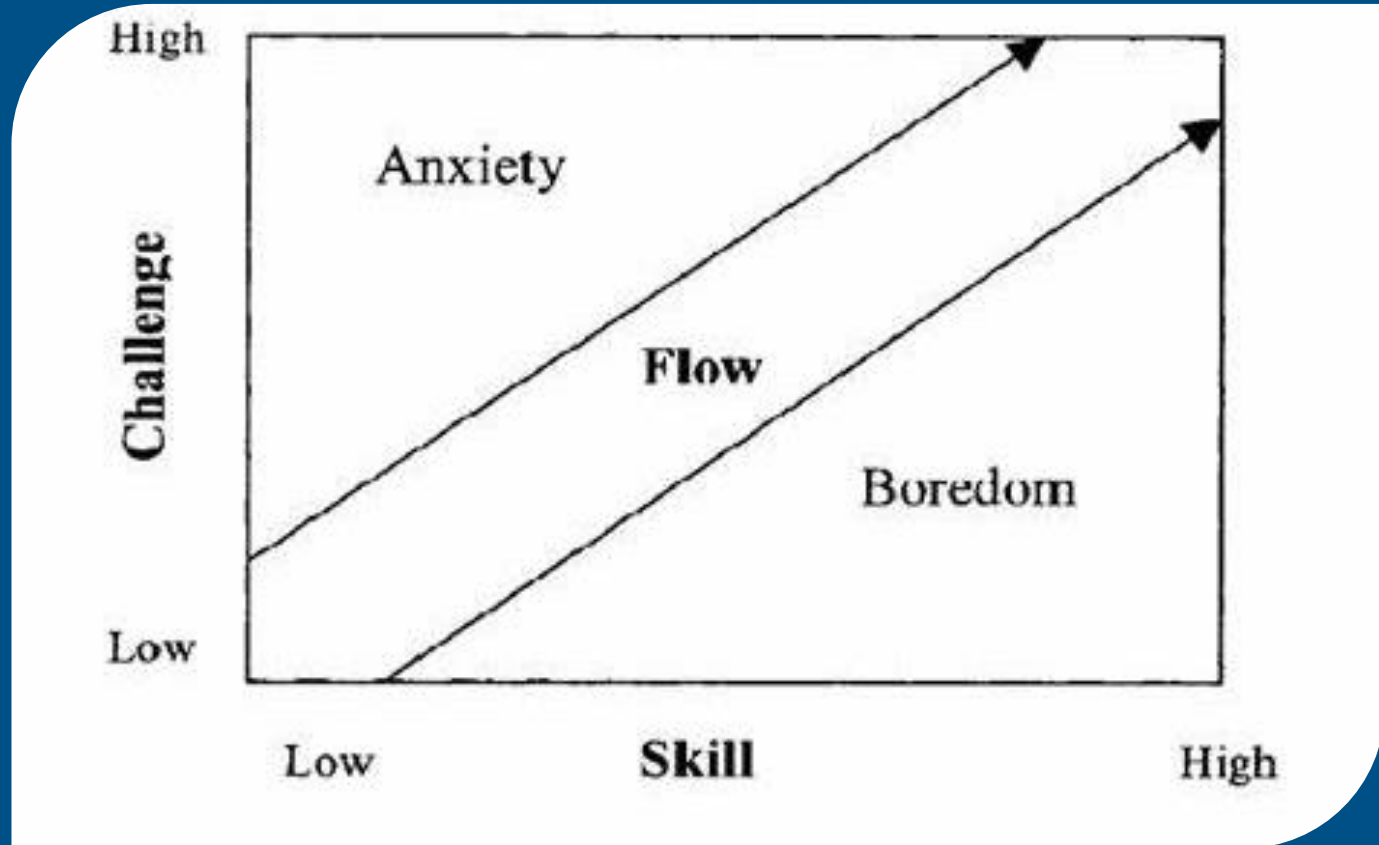
- Physical Function
 - Strength
 - Endurance
 - Fine/Gross Motor control
 - Weight loss
 - Overall improvement of health
- Mental Health
- Socialization
- Self confidence
- Overall quality of life



Examples of Adaptive Sports

- Wheelchair Basketball
- Wheelchair Softball
- Wheelchair Football
- Power Soccer
- Wheelchair Rugby
- Sled Hockey
- Golf
- Tennis
- Pickleball
- Track and Field
- Boccia
- Bowling
- Skiing (alpine & cross country)
- Goal Ball
- Kayaking/Paddleboarding
- Archery
- Swimming
- Rock wall climbing
- Sailing
- Fishing
- Yoga
- Shooting (Air Precision, Skeet, etc.)
- Cycling (road & mountain)
- Triathlon
- Tai Chi
- Table Tennis
- Fencing
- Curling
- Fitness (Crossfit & Powerlifting)
- Badminton

Flow Theory



Classification

- Establishes the division an athlete should be placed in for competition to ensure fairness
- Each sport/activity has it's own classification sysem, although some may be similar



Where are Adaptive Sports offered?

VA

Rehab
Hospitals

County
Parks and
Recreation

State
Programs

Non-Profits

Adaptive Sports Organizations

- Hillsborough County Parks and Rec
- Central Florida Dreamplex
- Ann's Angels
- Miami Dade County
- Florida Disabled Outdoors Association
- USTA-Wheelchair Division
- Adaptive Golf Association
- Local Rehab Facilities
- Move United
- Blaze Sports
- Catalyst Sports
- Challenged Athletes Foundation



Adaptive Equipment



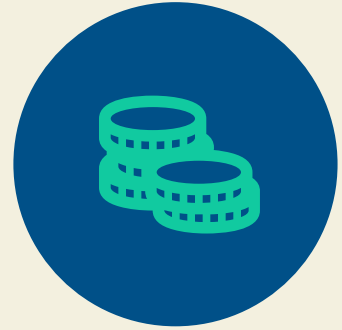
Funding



COMMUNITY
ORGANIZATIONS



GRANTS



SELF PAY

Examples



Questions?

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