

Spaulding Adaptive Sports Centers

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REHABILITATION NETWORK

What are Adaptive Sports?

Competitive and recreational sports that have been modified to promote success for all individuals

Within the rehab setting, most of these adaptations are to accommodate for a physical or cognitive impairment



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Why is sport
and rec
important for
everyone?

Why is Sport important to you?

Many factors contribute to life satisfaction – health, social relationships, work, etc...

Individuals with disabilities felt 27% less satisfied with life than individuals without disabilities.

Survey conducted by the National Organization on Disability (2004)

Could participation in sport and recreation help improve life satisfaction?

YES!

[PM R](#). 2017 Oct 27. pii: S1934-1482(17)31388-6. doi: 10.1016/j.pmrj.2017.10.008. [Epub ahead of print]

Participant-Reported Benefits of Involvement in an Adaptive Sports Program: A Qualitative Study.

[Lape EC](#)¹, [Katz JN](#)², [Losina E](#)³, [Kerman HM](#)⁴, [Gedman MA](#)⁵, [Blauwet CA](#)⁶.

[+](#) **Author information**

Abstract

BACKGROUND: Although participation in adaptive sports offers numerous benefits for persons with disabilities, a substantial number of eligible persons do not take part. Previous studies have identified personal and environmental factors that promote or inhibit adaptive sports participation. However, these studies have considered a relatively narrow range of factors.

OBJECTIVE: To use qualitative research techniques to identify novel factors that influence participation in a community-based adaptive sports program.

[Am J Phys Med Rehabil](#). 2015 Dec;94(12):1026-34. doi: 10.1097/PHM.0000000000000263.

Investigation of the Impact of Sports, Exercise, and Recreation Participation on Psychosocial Outcomes in a Population of Veterans with Disabilities: A Cross-sectional Study.

[Laferrier JZ](#)¹, [Teodorski E](#), [Cooper RA](#).

[+](#) **Author information**

Abstract

OBJECTIVE: The aim of this study was to investigate possible effects that participation in sports, exercise, and recreation may have on self-esteem and quality-of-life in service members/veterans with disabilities.

[Disabil Rehabil](#). 2015 Jul 1:1-7. [Epub ahead of print]

The effect of adaptive sports on employment among people with disabilities.

[Lastuka A](#)¹, [Cottingham M](#).

[+](#) **Author information**

Abstract

PURPOSE: The purpose of this study is to analyse the role of adaptive sport in predicting employment for individuals with physical disabilities.

METHOD: This study is cross-sectional. We collected survey data on employment and other covariates including education, age, age at disability onset, veteran status and athletic classification from 140 mobility impaired athletes who play either wheelchair rugby or wheelchair basketball.

RESULTS: One hundred and thirty-one participants were studied. Our analysis shows that playing an additional year of adaptive sport is associated with an approximately 4% increase in likelihood of employment. Education and duration of disability are found to be positive predictors of employment, while veteran status and severity of injury are negative predictors of employment. Age of disability onset is not found to be a predictor of employment when other controls are included.

Why is sport
and rec
important for
everyone?

<https://www.youtube.com/watch?v=iiB3YNTcsAA>

Brief History



Recent News

ECAC

2015 – First NCAA sanctioned conference to provide competitive sport opportunities for students with physical disabilities in T&F, rowing, swimming, tennis

MIAA

2015 – mandatory opportunities for students with physical disabilities in swimming and track and field, tennis

About Spaulding Adaptive Sports Centers



4 Main Components to Our Mission

- Opportunity
- Research
- Education
- Advocacy



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SASC Programing

Summer/Fall

- Cycling
- Kayaking
- Canoeing
- Inclusive Fitness Training
- Air Riffle
- Archery
- Golf
- Tennis
- Yoga- Multi position and chair
- Therapeutic Riding

Winter/Spring

- Indoor Spin
- W/C basketball
- Sled Hockey
- Skiing/Snowboarding
- Inclusive Fitness Training
- Rock Climbing
- Yoga- Multi position and chair
- Indoor Golf
- Adaptive ice skating
- Backyard games



Summer/Fall Programing



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Types of cycles

Hand Cycles



Recumbent Leg Cycles



Additional Cycles We Offer



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Adaptations

Hand Adaptations

- Assist with reduced grip strength



Leg adaptation

- Assist with drop foot and internal and external rotation of knee



Other adaptations

- Abdominal binders
- Cushions
- Ace wraps



Kayaking



Pontoons

Back and Lateral
Supports



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Additional adaptations for kayaking



Canoeing

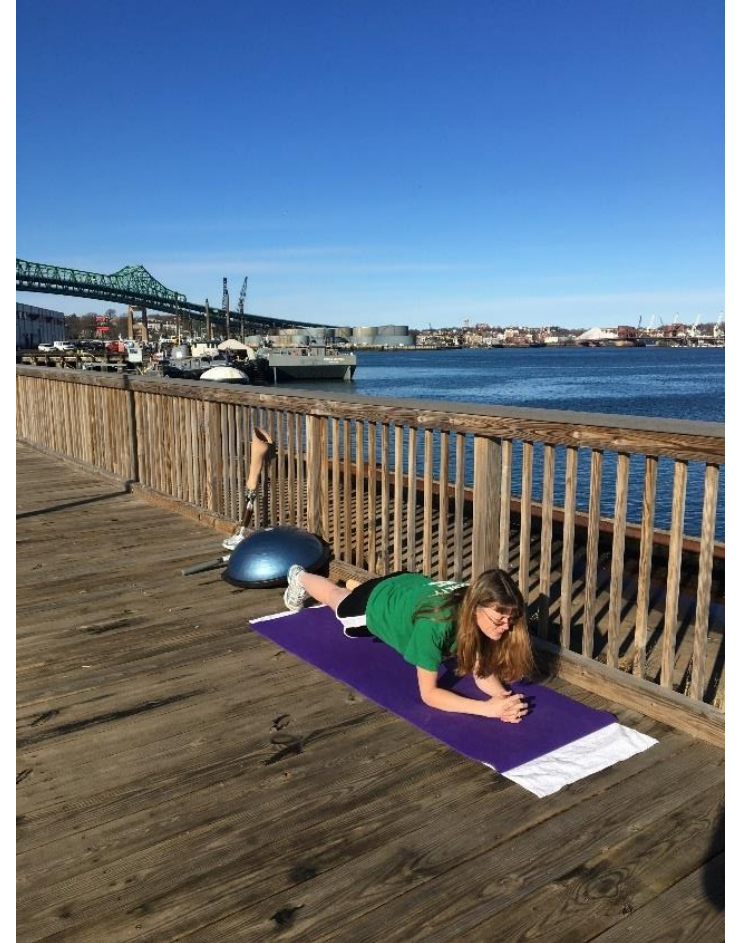


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IFT

Inclusive Fitness Training

- Focus on personal fitness goals for individuals with disabilities.
- Goals can include: learning how to utilize gym equipment or home exercise plans or any functional goal



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Air Rifle & Archery



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Golf

Solo Rider



ParaGolfer



Tennis & Therapeutic Riding



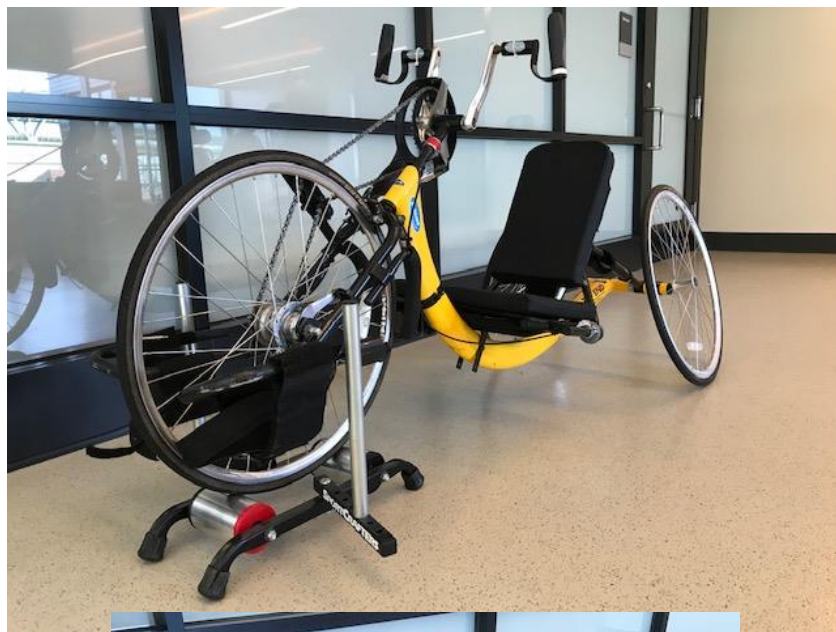
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Winter Programing



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Indoor Spin



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Wheelchair Basketball



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Sled Hockey



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Skiing & Snowboarding



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Additional Skiing



Rock Climbing



YES I CAN

- <https://www.youtube.com/watch?v=locLkk3aYIk>



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Questions?

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