



RECREATIONAL THERAPY & ADAPTIVE SPORTS PROGRAM AT WRNMMC

**Walter Reed National Military Medical Center
Department of Rehabilitation
Department of Occupational Therapy**

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Disclaimer

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Learning Objectives

1. To develop insight into Recreational Therapy & Adaptive Sport and its impact on the service member's (SM) mind, body and spirit.
2. To develop an understanding of the Wounded Warrior's spirit & resilience while on their road to recovery.
3. To develop a clear understanding of how we provide appropriate adaptive programs, modifications and equipment based on the individual's medical needs.



Goal – To engage patients in treatment and programs that will enhance social interactions, community reintegration, cognition, physical health and wellness

Objective(s)

- Re-establish a sense of purpose
- Maximize physical function post injury
- Assess need for adaptive equipment
- Enhance cognitive skills
- Reintegrate into the community to improve social competence and reduce isolation
- Improve emotional regulation and patience (self-control)
- Build relationship skills/trust/confidence
- Relax the hyper vigilant survival state
- Transition



Areas of Focus

Life Skills

- Interpersonal Skills - relationships and communication
- Coping with illness - relapse prevention, stress and anger management

Leisure Skills

- Adaptive - Physical Fitness, sports and equipment
- Leisure Education - leisure planning, community resource education, and leisure exploration

Community Reintegration Skills

- Simulated Integration
- Commissary Shopping
- Public Transportation
- Community Navigation
- Community Accessibility
- Community Resource Education





Patient Demographics

Who we serve:

- US Active Duty Service Members
- Veterans
- Dependents
- State Department Officials
- NATO coalition Forces
- Secretary of Defense Designees

Average Length of Stay:

- 6 months - 4 years



Mechanisms of Injury

- Blasts
- Gun Shot
- Thermal
- Accidental
- Occupational
- Recreational





Results from MOI's

- Amputation
- Traumatic Brain Injury
- Orthopaedic Injuries
- Gun Shot Wounds
- PTS/PTSD
- Maxillofacial Trauma
- Vision loss
- Hearing loss
- Psychological



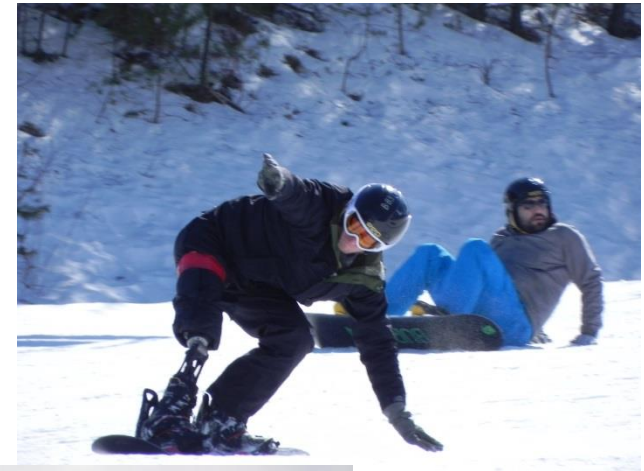
Associated Signs & Symptoms

PHYSICAL	COGNITIVE / MENTAL	EMOTIONAL	BEHAVIORAL
<ul style="list-style-type: none">• Disfigurement• Mobility• Self-Care• Access• De-conditioning• Pain Management• Temperature Regulation• Neurological Disorders• Vision Loss• Hearing Loss	<ul style="list-style-type: none">• Attention• Concentration• Decision Making• Problem Solving• Nightmares• Hyper-vigilance• Memory problems• Planning• Processing• Sequencing	<ul style="list-style-type: none">• Agitation• Anxiety• Denial• Depression• Shock• Grief• Guilt• Emotional Regulation• Irritability	<ul style="list-style-type: none">• Isolation• Substance Abuse• Impulse Control• Change in communication• Change in activity• Sexual Dysfunction• Appetite• Restlessness• Paranoia• Social Withdrawal



Interventions provided:

- Assessments and evaluations
- Individual sessions
- Group Treatment
- Community Reintegration
- Adaptive Sports
- Adaptive Equipment
- Adaptive Field & Stream
- Creative Arts & Music
- Service Dog Training
- Risk Assessment





Risk Assessment is the process where you: Identify hazards. Analyze or evaluate the **risk** associated with that hazard. Determine appropriate ways to eliminate or control the hazard.

Levels of risk: High/Moderate/Low

Examples:

- a. Weather conditions
- b. Equipment malfunction
- c. Falls
- d. Fatigue
- e. Crowds
- f. Exhaustion
- g. Dehydration
- h. Environmental Hazards
- i. Altitude Sickness



Determining Course of Treatment

- Type of Injury
- Multi- Disciplinary Approach
- Patient directed goals
- Therapist directed goals
- Precautions
- Progress Outcomes
- Resources available
- Compliance
- Transition plan





Recreational Therapy/Adaptive Sports

PROGRAMS OFFERED

Skiing / Snowboarding

Golf

Archery

Wheelchair Basketball

Air Rifle

Bowling

Brazilian Jiu-Jitsu

Boxing

Kayaking/Canoeing

Fitness Training

Staff Education

Therapeutic Riding

Fly-fishing

Seasonal Clinics

Day Range Shoots

Yoga

Swimming

SUDS-scuba diving

Cycling

Hunts

Triathlon Training

Sled Hockey



Fall / Winter Programs

WRNMMC THERAPEUTIC RECREATION					
ADAPTIVE Winter 2015 Programs					
EVERY Monday	EVERY Tuesday	EVERY Wednesday	EVERY Thursday	EVERY Friday	WEEKENDS
BOWLING Bowling Center Building 56 1300-1430	Non-Contact BOXING 1000-1200 F.A.T.S. Rm B332	Outdoor ARCHERY 1000-1400 Ft. Belvoir, VA	HORSEBACK RIDING* *Every other Thursday 0830-1230	Community Reintegration DC, MD, & VA 1030-1600	Adaptive SKIING/ SNOWBOARDING Two Top Adaptive
Adaptive CYCLING 1300-1500 Bldg 226	Adaptive YOGA MATC OT Clinic 1200-1300	FLY FISHING Main OT Clinic 1200-1300 Project Healing Waters	Adaptive YOGA MATC OT Clinic 1200-1300	SWIMMING MWR Pool Building 17 1400-1600	
	SWIMMING MWR Pool Building 17 1400-1600		Adaptive BASKETBALL MWR Gym 1300-1500		
	KAYAKING MWR Pool 1600-1800		Adaptive SCUBA American Building 1330-1700		
Certified Therapeutic Recreation Specialists (CTRS)					
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Amy Blaszczyk, CTRS Inpatient Bldg 9 — Room: 3221 Office: (301) 400-2379 Amy.M.Blaszczyk.ctr@mail.mil					
Interested ?? Please see a staff member PRIOR to participating					
Adaptive Sports Rehabilitation Program					
Harvey Naranjo, COTA/L America Bldg—Basement Level — Room: B332 Office: (301) 295-8524 Harvey.G.Naranjo.ctr@mail.mil					








Monthly Schedule



2015 UPCOMING RECREATIONAL THERAPY & ADAPTIVE SPORTS

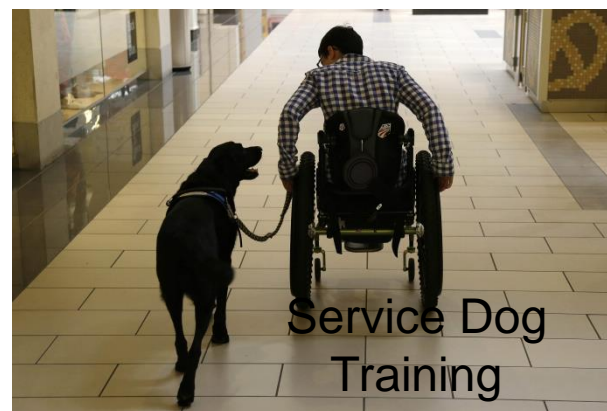
June 	July 	AUGUST 	Sept 
2, 9, 16, 23, June Tue Grocery Shopping Forest Glen Commissary	7, 14, 21, 28 July Tue Grocery Shopping Forest Glen Commissary	4, 11, 18, 25 Aug Tue Grocery Shopping Forest Glen Commissary	1, 8, 15, 22, 29 Sep Tue Grocery Shopping Forest Glen Commissary
4 & 18 June Thu Horseback Riding 0830-1230	2 & 16 July Thu Horseback Riding 0830-1230	6 & 20 Aug Thu Horseback Riding 0830-1230	3 & 17 Sep Thu Horseback Riding 0830-1230
11 June Thu Manna Food Center 1030-1230	8-12 July Wed-Sun NY Water Sports Festival	07 August Fri Waterskiing 0700-1600	
12 June Fri Fishing & Crabbing 0500-1900	9 July Thu Manna Food Center 1030-1230	13 Aug Thu Manna Food Center 1030-1230	
18-23 June Thu-Tue SUDS Florida	10 July Fri Fishing & Crabbing 0500-1900	21 Aug Fri Fishing & Crabbing 0500-1900	
22 June Mon Fishing on the Regina II 0700-1800	17, 24 July Fri Waterskiing 0700-1600	28 August Fri Sailing 0930-1600	
26 June Fri Waterskiing	19-24 July Sun-Fri Vail Veteran's		
26-28 June Fri-Sun Achilles NYC	30 July-02 Aug Thu-Sun WWO Gator Hunt		

ADAPTIVE SPORTS
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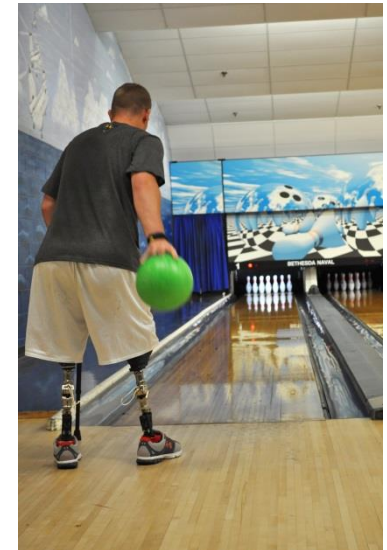
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Community Re-Integration





Adaptive Sports





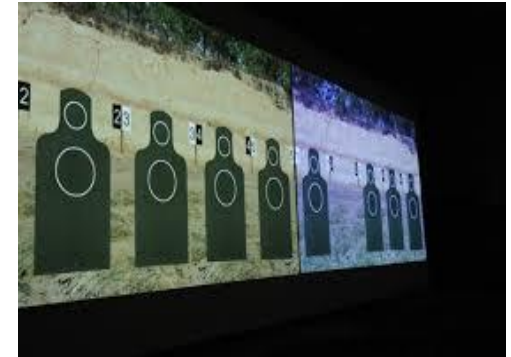
Adaptive Sports





Firearms Training Simulation FATS

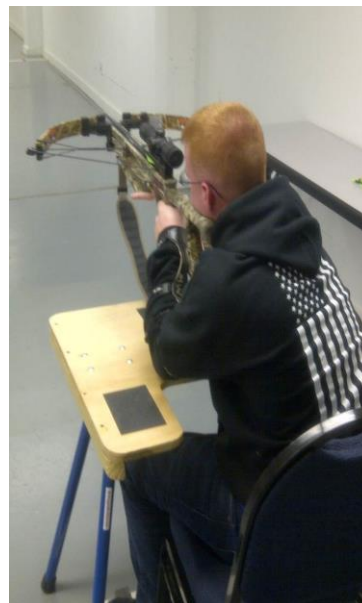
- Soldiering Tasks
- Sequencing skills
- Enhance the weapon handling and firing skills
- Assist with developing safety plans
- Beretta 9M pistol and M4 carbine are actual weapons disabled and adapted with a light bore system installed in each weapon





Field & Stream

Allows the Service member to participate in weapon safety instruction and shooting techniques under the supervision of WRNMMC medical staff (CTRS) as an extension of the patient's rehabilitation



Field & Stream

Provides adaptive opportunities for wounded warriors to participate in outdoor sporting adventures

- Offers Service members, who previously enjoyed the outdoors, as well as those expressing interest in traditional outdoor sports, are introduced or re-introduced to recreational opportunities on the road to recovery





Benefits from Recreational Therapy/Adaptive Sports Interventions

PHYSICAL	COGNITIVE / MENTAL	EMOTIONAL	BEHAVIORAL
Improved <ul style="list-style-type: none">• Endurance• Mobility• Balance• Coordination• Strength• Body Mechanics• Sleep Decreased <ul style="list-style-type: none">• Pain	Improved <ul style="list-style-type: none">• Attention• Concentration• Decision Making Opportunities• Problem Solving• Planning• Processing• Sequencing Decreased <ul style="list-style-type: none">• Hyper-vigilance	Improved <ul style="list-style-type: none">• Emotional Regulation• Self-esteem• Confidence• Self-Image Decreased <ul style="list-style-type: none">• Agitation• Anxiety• Denial• Depression	Improved <ul style="list-style-type: none">• Socialization• Utilization of stress management skills• Communication• Coping Strategies Decreased <ul style="list-style-type: none">• Isolation• Restlessness



Benevolent Resources

American Red Cross

USO - United Service Organizations

Disabled Sports USA

Achilles International

Team River Runner

Wounded Warrior Project WWP

Semper Fi Fund

USA Triathlon

Vail Veterans

Challenged Athletes Foundation

Rappahannock Bird Dog Club RBDC

Shenandoah Valley Sportsman Club SVSC

Challenge Aspen Military Opportunities

Soldiers Undertaking Disabled Scuba SUDS

Yellow Ribbon Fund

Navy Safe Harbor

USA Warrior Sled Hockey

Healing Waters Fly Fishing

Catch A Lift

American Legions

USA Warriors Boxing & Fitness

Wounded Warrior Outdoors WWO

Two-Top Mountain

Rainbow Riding Center

Salute America Golf Association SMGA

Stoney Creek Hunting Club

CAMP Paralyzed Veterans of America PVA

America's Fund



Case Study

Marine SSgt B is a 31 year old male injured in a dismounted IED blast in February 2011; and sustaining multiple injuries including R above elbow, Left 5th digit, and bilateral above knee amputations. SSgt B served as an EOD tech with the Marines and maintained a healthy and active lifestyle prior to injury. During his rehabilitation, SSgt B was engaged in all rehabilitation services to include Recreational Therapy and Adaptive Sports. SSgt B's long term goal was to find a sport that he can do on his own so he can continue to maintain a healthy and active lifestyle post injury.

Treatment / Intervention:

- Prepare the patient for outpatient treatment
- Build strength & endurance for increased activity
- Prosthetic education and mastering
- Community Reintegration
- Adaptive Sports Education and Training
- Supervised Participation
- Customizing
- Mastering
- Competition

Transition: Today SSgt B is an independent hand cyclist who is actively cycling in local programs for recreation or competition. He has completed the Race Across America (RAM) twice and can find him frequently leading the pack.





Thank You

What You Do...Matters!



Karen, Cara, and Harvey



Questions





Contact Information

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