E-Poster

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Using Adaptive Sports to Positively Impact Quality of Life of Patients With Disabilities

Topic: Community Based Rehabilitation

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BACKGROUND

Introducing adaptive sports to patients after an injury is a crucial step in promoting physical, emotional, and social well-being. Adaptive sports offer a pathway to regain independence, improve physical fitness, and boost mental health. Engaging in sports can help patients build confidence, redefine their abilities, and reconnect with activities they may have thought were no longer possible. It also fosters a sense of community and belonging, connecting individuals with peers who share similar experiences. This case report describes a patient who began their adaptive sports journey after a devastating injury./A 20 year old female who sustained a gunshot injury to her back with resultant paraplegia is found to have a T4 ASIA-A spinal cord injury (SCI). Medical complications from her SCI include neurogenic bowel, neurogenic bladder, spasticity, and neuropathic pain. She completed inpatient rehabilitation for two weeks prior to discharge home with outpatient physical and occupational therapy. During her outpatient physical therapy and physiatry visits, she was introduced to multiple opportunities for community engagement, including adaptive strength and conditioning, training for a 10k using a handcycle, trying adaptive sports (sit skiing, kayaking, rock climbing, mountain biking, sled hockey, and wheelchair basketball). Prior to her injury, she was very involved in cheerleading. Before participating in adaptive sports, this patient had specific goals she had to meet in the outpatient setting; these included improving sitting balance, performing scoot pivot transfers from her wheelchair to an even surface, improving her spasticity management, and tolerating a standing frame from a blood pressure standpoint. After completing these goals, the patient's journey into adaptive sports began with snow-skiing and progressed to competitive hand-cycling. She is now competing in track & field adaptive sports at the university level, showcasing her talents and abilities to an audience./A meta-analysis done in 2023 showed a statistically significant difference in both physical and mental quality of life in patients pre- and post-participation in adaptive sports. The Bridge is a nonprofit organization located in Cincinnati, OH USA aimed to improve the quality of life of patients through adaptive sports. The attached figures show the demographics of the patients served by The Bridge.

CONCLUSION

This is an example of how our hospital system and community programs aid along the continuum of a person going from acute hospital, to outpatient care, and then integrated in community adaptive sports.

Statement of Disclosures

Victoria Heasley, MD is the Founder and President of The Bridge Adaptive Sports & Recreation.

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