Warrior Transition Command
Adaptive Reconditioning Program

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Objectives

• Develop an *understanding* of Adaptive Reconditioning in the Warrior Transition Units
• *Identify* the members and roles of the Adaptive Reconditioning Team
• *Understand* the Positive Profile and how it is developed
• *Learn* about the various options for Adaptive Reconditioning sports and groups
• *Recognize* site to site differences in Adaptive Reconditioning Programs
Adaptive Reconditioning

Soldier success through focused

COMMITMENT

ENGAGEMENT

EMPOWERMENT
What is a Warrior Transition Unit?

- **Currently 25 Warrior Transition Units**
  - “WTU’s provide command and medical management assistance to Soldiers as they navigate the Army’s medical treatment system to successfully reintegrate back into the force or transition from the Army.”

- **Criteria for entry:**
  - Active Duty/ Active Guard Soldier: Received or is expected to receive a profile that will limit the ability of the Soldier to perform his or her duties for at least 6 months.
  - Army Reserve/ National Guard Reserve Soldier: Has medical condition incurred or aggravated in the line of duty and requires at least 30 days of care.

- Approximately **3514** Soldiers currently in WTUs
- **66,000** Soldiers have gone through centers since inception in 2007
**WTC Adaptive Reconditioning Program Overview**

- Began in October 2009 as the Adaptive Sports Program
- **National Defense Authorization Bill of 2012**
  - Mandated Adaptive Sports
  - WTC receives annual funding for the following:
    - WTU/CCU Adaptive Reconditioning Programs
    - Equipment for Adaptive Reconditioning programs
    - Adaptive Reconditioning Site Coordinators
    - Camps/Clinics: Focused on development of adaptive sports for improved performance
    - Professional coaches for clinics, camps, regional and Army trials and Warrior Games
    - Since 2010, 6000 Soldiers have been involved in the Adaptive Reconditioning Program
Adaptive Reconditioning:

- Modified sports and activities designed to meet the individual needs of the wounded, ill and injured Soldiers in the Warrior Transition Units.
- Objectives are to restore Soldiers to an improved condition by *establishing a new self-perception of “wholeness”*. 
- Plays an important role in supporting the Comprehensive Transition Plan by connecting physical activity with each of the components or domains.
Adaptive Reconditioning Program Requirements:

- Each Soldier is expected to engage in 5 hours of Adaptive Reconditioning per week.
- 150 minutes and at least 2 events must be physical.
  - Based on the ACSM (American College of Sports Medicine) recommendations:
    - Adults should get at least 150 minutes of moderate-intensity exercise per week.
  - Important to teach the Soldier healthy habits while he or she is still active duty
    - According to a recent study, 24% of veterans were obese and 48% were overweight.
    - Adaptive Reconditioning encourages Soldier to maintain military bearing.

What is Adaptive Reconditioning?

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  - Based on the ACSM (American College of Sports Medicine) recommendations:
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  - Important to teach the Soldier healthy habits while he or she is still active duty
    - According to a recent study, 24% of veterans were obese and 48% were overweight.
    - Adaptive Reconditioning encourages Soldier to maintain military bearing.
Adaptive Reconditioning Team

The **Adaptive Reconditioning Team** is *multidisciplinary* and includes the following:

- Certified/Licensed Physical Therapist (PT)
- Certified Physical Therapist Assistant (PTA)
- Certified Occupational Therapist (OT)
- Adaptive Reconditioning Coordinator (ARC)
- Company Commander *(or designee)*
- NCOIC, Adaptive Reconditioning
Adaptive Reconditioning Team

Physical Therapist (PT):

- Adaptive Reconditioning Program Lead
- Provides guidance for events in the *physical* domain
- Assesses the Soldier within 21 days of in-processing to determine baseline function and develops positive profile
- Assigns the Soldier to ability group and develops individualized exercise program to meet Soldier’s unique goals
- Re-assesses the Soldier’s physical fitness every 90 days and modifies positive profile as indicated
- Ensures Soldier’s eProfile is appropriate for his or her abilities
Adaptive Reconditioning Team

Physical Therapist Assistant (PTA):

- Assists in executing the Adaptive Reconditioning Plan developed by the PT
- Conducts group fitness classes and 1:1 training sessions
- Attends WTU physical training program and ensures it provides safe and effective training
- Assists the PT with re-assessments
- Offers support to the Adaptive Reconditioning Coordinators (ARCs) as needed
Adaptive Reconditioning Team

Occupational Therapist (OT):

- Assists in modifying the Adaptive Reconditioning plan and ensures it challenges the Soldier and supports his or her health and career needs
- Provides recommendations, modifications and supervision of leisure activities within the Adaptive Reconditioning Program
  - *Cooking, Life Skills, Shopping, etc.*
- Serves as the lead for the Adaptive Reconditioning Program in the absence of the physical therapist
Adaptive Reconditioning Team

Adaptive Reconditioning Coordinators (ARCs)

- *Plans and coordinates* Adaptive Reconditioning Activities
- Ensures essential forms are completed by Soldiers prior to events and submits for approval
- Works with the WTU Team, USO and MWR to coordinate AR events/activities
- Identifies AR Activities on post and in the community for Soldier inclusion
- Coordinates specific coaches and subject matter experts for activities related to Soldier needs and experience levels
Adaptive Reconditioning Team

Company Commander

– Conducts final review of Adaptive Reconditioning program and ensures that Soldier is able to use program to meet transitional goals
– Designates Adaptive Reconditioning NCOIC for each company
– Provides oversight to the CCU (Community Care Unit) for implementation of Adaptive Reconditioning
– Ensures Soldiers are participating in Adaptive Reconditioning events and have clearance to attend
Adaptive Reconditioning Team

NCOIC, Adaptive Reconditioning

- **Assists** the ARC with Soldier participation
- **Coordinates** with Adaptive Reconditioning Team and conducts activity risk assessments
- ** Maintains Adaptive Reconditioning equipment** through accountability and serviceability
Non-traditional role for a Physical Therapist (PT)

- **PTs in WTUs** allow Soldiers to begin non-clinical exercise program in a controlled setting with skilled supervision.

- PTs ensures that Soldiers participate in Adaptive Reconditioning Activities that are conducive to improving their physical and mental well being
  - Especially beneficial for Soldiers not currently being treated for physical conditions.

- Works in conjunction with traditional physical therapists and other providers providing clinical care to Soldier.
• **Benefits of Embedded PT**
  
  – Direct access to Soldier’s nurse case manager, squad leader and command team.
  
  – PT is a skilled provider with the ability to provide exercise counselling to Soldiers of all diagnoses, not just those appropriate for in-clinic physical therapy.
  
  – Offers Soldiers a continuum of care after they have been discharged from formal physical therapy.
    
    • Some Soldiers no longer clinically need therapy, but have not yet developed the skills and habits to perform a safe, self-guided exercise program.
    
    • Assists Soldiers in injury prevention during exercise programs and command physical training.
Developing the Positive Profile
WTC Comprehensive Transition Plan (CTP)

• The CTP is tailored to each Soldier and begins when the Soldier is assigned or attached to the WTU

• “A dynamic living plan of action that focuses on the Soldier’s future.”

• 6 CTP domains:
  – Career
  – Physical
  – Emotional
  – Social
  – Family
  – Spiritual
Adaptive Reconditioning and the CTP

- **Career**: AR assists the Soldier in improving his or her ability to follow through on a task, communicate with a team, and allows networking with people with similar interests.

- **Physical**: AR promotes physical reconditioning and exercise for the Soldier’s present condition, achieving a “new normal”.

- **Emotional**: Exercise has positive effects on the Soldier’s overall sense of self and well-being.

- **Social**: AR allows Soldiers to be a member of a group through sports, relaxation arts, culinary etc. and promotes engagement with others.

- **Family**: AR can strengthen family bonds as the family learns new sports and activities they can engage in as the Soldier transitions.

- **Spiritual**: This area is not based upon religion, but overall spiritual well-being. Soldiers can improve spiritual health through exercise.
Adaptive Reconditioning: The Positive Profile

Positive Profile

– Is based on the Soldier-specific physical evaluation with appropriate recommendations for sports and exercise
– Is written by the WTU Physical Therapist within 21 days of a Soldier reporting to the WTU.
– Is reviewed every 90 days or with change in status to ensure activities are still appropriate and Soldier is progressing towards goals.
– *Is different from temporary or permanent profile*
  • Positive Profile outlines appropriate Adaptive Reconditioning activities or sports and how these activities should be modified.
Adaptive Reconditioning: The Positive Profile

Developing the Positive Profile is accomplished through the following:

- Chart Review/Subjective information
- Profile Restrictions and PULHES
- Discussion of current exercise program
- Patient expectations for Adaptive Reconditioning program
- Assessment/Screening: Strength, ROM, Weight, Body composition, BMI
- Goals
- Ability Group
- Adaptive Reconditioning program recommendations and appropriate modifications
- Plan
# The Positive Profile: Patient Information

## POSITIVE PROFILE

<table>
<thead>
<tr>
<th>Soldier's Name:</th>
<th>Age: 20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPC</strong></td>
<td>**SSN: *******</td>
</tr>
<tr>
<td><strong>DOB:</strong> *****</td>
<td><strong>Gender:</strong> M</td>
</tr>
<tr>
<td>PMH: Iatrogenic PTX Lt chest</td>
<td><strong>Dx:</strong> GSW R inner thigh</td>
</tr>
<tr>
<td>PCM: Dr. Passamonti</td>
<td><strong>Company:</strong> Able</td>
</tr>
<tr>
<td>Email:</td>
<td><strong>MOS:</strong> 11C</td>
</tr>
<tr>
<td></td>
<td><strong>SL:</strong> SSG Forkin</td>
</tr>
<tr>
<td></td>
<td><strong>Learning Barriers:</strong> None</td>
</tr>
</tbody>
</table>

## PART I - PHYSICAL THERAPIST (PT) SECTION

**WTB Arrival Date:** 4/27/2015

<table>
<thead>
<tr>
<th>Phase I: 5/7/2015</th>
<th>Phase II: Click here to enter a date.</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 days?</td>
<td>90 days?</td>
</tr>
<tr>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>N</td>
<td>N</td>
</tr>
</tbody>
</table>

**SERVICES CURRENTLY RECEIVING:** PT 4-5x/week, no upcoming surgeries, wound care, NCM

**CHART REVIEW/PRECAUTIONS:** RLE FFWB only

Pt is a 20 y/o male who sustained a gunshot wound to the right thigh 8 APR 2015, underwent R IM nailing. Saw ortho today and had stitches removed, reports ortho said everything looked good. Has f/u 15 MAY. No profile yet.

**Profile Restrictions:** No profile yet

**PULHES:** None yet

**FALL ASSESSMENT:** Have you fallen in the past 6 months? Y N Were you injured as a result? Y N

**ACTIVITY LEVEL (PRESENT - PAST 3 MONTHS):**

**LEVEL OF PAIN (0-10)**

- At Best: 0/10
- At Worst: 3-4/10 first thing in AM
- On Average: 1/10 inner thigh

**LOCATION/DESCRIPTION OF PAIN**

- Upper:
- Lower: R inner thigh
- Spine:

**PRIMARY MODE OF MOBILITY (ASSISTIVE DEVICE):** Crutches, w/c for long distances

**TYPE(S) OF ADAPTIVE EQUIPMENT USED TO PERFORM FUNCTIONAL ACTIVITIES:** Crutches, wheelchair

**PATIENT EXPECTATIONS/GOALS**

- Weight: Y
- Activities: Y
- APFT: Pass
- Other: Resume weight-lifting
# The Positive Profile: Screening

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>STRENGTH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ROM</strong></td>
<td><strong>STRENGTH</strong></td>
</tr>
<tr>
<td>Upper: within functional limits</td>
<td>Upper: within functional limits</td>
</tr>
<tr>
<td>Lower: limited- knee flexion and hip flexion</td>
<td>Lower: limited- RLE</td>
</tr>
<tr>
<td>Spine: within functional limits</td>
<td>Abdominal: within functional limits</td>
</tr>
<tr>
<td><strong>BODY FAT COMPOSITION</strong>: not tested secondary to WB restrictions</td>
<td><strong>FUNCTIONAL MOBILITY</strong></td>
</tr>
<tr>
<td><strong>Current Weight</strong>: 141 per AHLTA</td>
<td><strong>Current Height</strong>: n/a</td>
</tr>
<tr>
<td>BMI: n/a</td>
<td>Body fat % (via BIA): n/a</td>
</tr>
<tr>
<td>Posture: WFL</td>
<td>Lifting: not applicable</td>
</tr>
<tr>
<td></td>
<td>Gait: n/a</td>
</tr>
</tbody>
</table>

## CARDIORESPIRATORY

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported Cardio Routine: Minimal</td>
<td>Additional information: Not performing any exercise at this time</td>
</tr>
<tr>
<td><strong>BALANCE/STABILITY</strong>: not tested secondary to restrictions</td>
<td><strong>MUSCULAR ENDURANCE</strong>: not tested secondary to restrictions</td>
</tr>
<tr>
<td>Single Leg Stance: n/a</td>
<td>1-min Push-ups: n/a</td>
</tr>
<tr>
<td>Romberg: n/a</td>
<td>1-min Sit-ups: n/a</td>
</tr>
<tr>
<td>Single Leg Squat: n/a</td>
<td>Other:</td>
</tr>
</tbody>
</table>
The Positive Profile: Assessment

**ASSESSMENT**

Soldier presented for assessment for participation in the Adaptive Recondition and Physical Reconditioning programs. Based upon results of assessment, Soldier **IS RECOMMENDED** for participation in Building the Soldier Athlete (BSA) Reconditioning Profile Physical Training Supplement and adaptive fitness activities within positive profile and profile limitations. Soldier **IS NOT APPROPRIATE** for Unit Physical Training, within limitations of profile.

**GOALS**

<table>
<thead>
<tr>
<th>Short Term Goals: 3 months</th>
<th>Long Term Goals: 6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Soldier will attend at least 150 minutes of Adaptive Reconditioning each week.</td>
<td>1. Soldier will maintain body weight in order to decrease risk of cardiovascular disease.</td>
</tr>
<tr>
<td></td>
<td>2. Soldier will jog 30 minutes with proper form and without pain.</td>
</tr>
</tbody>
</table>

**ABILITY GROUP**

<table>
<thead>
<tr>
<th>Upper Extremity: Green</th>
<th>Lower Extremity: Red</th>
<th>Spine: Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments: No WB or LE activities</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# The Positive Profile: Program Recommendation

<table>
<thead>
<tr>
<th>ADAPTIVE RECONDITIONING PROGRAM RECOMMENDATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MUSCULAR FITNESS TRAINING</strong></td>
</tr>
<tr>
<td><img src="Yes" alt="Yes (without modification)" /></td>
</tr>
<tr>
<td>If yes (with modification), please list the modification: Only UE strengthening, no LE or WB activities</td>
</tr>
<tr>
<td><strong>AEROBIC TRAINING:</strong> Only items selected below are appropriate.</td>
</tr>
<tr>
<td><img src="Yes" alt="Rowing" /></td>
</tr>
<tr>
<td><img src="Yes" alt="Aquatics" /></td>
</tr>
<tr>
<td>If applicable, list modification to aerobic training:</td>
</tr>
<tr>
<td><strong>ADAPTIVE SPORTS:</strong> Only items selected below are appropriate.</td>
</tr>
<tr>
<td><img src="Yes" alt="Volleyball (sit/stand)" /></td>
</tr>
<tr>
<td><img src="Yes" alt="Air Rifle/Archery" /></td>
</tr>
<tr>
<td><img src="Yes" alt="Cycling" /></td>
</tr>
<tr>
<td><strong>GROUP FITNESS CLASS:</strong> Only items selected below are appropriate.</td>
</tr>
<tr>
<td><img src="Yes" alt="1:1 Training with PT/PTA" /></td>
</tr>
<tr>
<td><img src="Yes" alt="Unit PT" /></td>
</tr>
<tr>
<td><img src="Yes" alt="Spin" /></td>
</tr>
</tbody>
</table>
## The Positive Profile: Plan

<table>
<thead>
<tr>
<th>PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommended Hours of Activities Per Week:</strong> Soldier is currently not appropriate for Unit Physical Training and is currently appropriate for engagement in Adaptive Sports as recommended on this page. Soldier understands that he/she is responsible for achieving 150 minutes of adaptive reconditioning a week. Pt will achieve 150 minutes through outpatient PT 4-5x/week at this point.</td>
</tr>
<tr>
<td><strong>Recommended individual tx with WTB PT/PTA:</strong> Will f/u with pt in 90 days, or sooner if soldier seeks appointment. Educated pt to current adaptive reconditioning events available.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Katherine Bentley, DPT</th>
<th>Katherine E Bentley, DPT</th>
<th>5/18/2015</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>X</strong> Katherine E Bentley, DPT</td>
<td>Physical Therapist</td>
<td>Signed by: BENTLEY,KATHERINE.E.1407851451</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Printed Name of PT</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>5/18/2015</td>
</tr>
</tbody>
</table>
Adaptive Reconditioning: Goal Setting

• Soldier develops goals for physical conditioning with physical therapist during Positive Profile development.
• Goals have an action plan with short and long term objectives in order to prepare the Soldier to succeed.
• Goals are SMART goals

Specific
Measurable
Attainable
Realistic
Timely/Tangible
# Sample Goals

| GOALS |
|------------------|------------------|
| **Short Term Goals: 3 months** | **Long Term Goals: 6 months** |
| 1. Soldier will decrease body weight by 5# in order to decrease risk of cardiovascular disease. | 1. Soldier will decrease body weight by 15# in order to lower BMI to within normal range. |
| 2. Soldier will attend at least 150 minutes of Adaptive Reconditioning each week. | 2. Soldier will achieve body fat of 22% in order to be within age and sex matched norms. |
| | 3. Soldier will perform 45 minutes of moderate cardiovascular exercise at least 4x/week. |
Building the Soldier Athlete
Building the Soldier Athlete (BSA)

• Physical Reconditioning Program
  – Soldier is placed in BSA groups during positive profile.
  – Developed to optimize Soldier’s overall well-being while promoting the healing process and supporting the short and long-term physical domain goals.

• BSA and Physical Training
  – Provides the Soldiers with an alternative way to continue to train within limits of profile
    • Temporary Profile: Maintain fitness while injured.
    • Permanent Profile: Helps Soldiers to maintain overall fitness and function within the limitations of his or her injury
Building the Soldier Athlete

• **Profile Groups**
  – BSA is broken into profile groups determined by the PT.
  – Green, Amber, Red

• **Daily Exercise Plan**
  – Preparation (Warm-up)
  – Strength Training
  – Core Strength
  – Cardio
  – Individualized and Injury Specific Exercises
# Building the Soldier Athlete: RED GROUP

<table>
<thead>
<tr>
<th>RED UPPER, LOWER</th>
<th>RED SPINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: fracture, severe ligament/tendon strain/sprain, dislocation, surgery</td>
<td>Example: Severe sprains and strain, disc herniation</td>
</tr>
</tbody>
</table>

- **Most restrictive profile**
- **No impact activities allowed for LE red group**
- Only bike and swim for cardio
- No lifting, pushing, pulling for UE red group
- **Most restrictive profile**
- **No impact allowed**
- Only bike or Stairmaster for cardio
# Building the Soldier Athlete: AMBER GROUP

<table>
<thead>
<tr>
<th>AMBER LOWER, SPINE</th>
<th>AMBER UPPER</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Example: Lower body or low back mild-moderate injury</em></td>
<td><em>Typically run at own pace or other form of cardiovascular if arm swing aggravates symptoms</em></td>
</tr>
</tbody>
</table>

- Low impact activities tolerated (walk, elliptical, bike, aquatics)
- If profile marked “run at own pace”, monitors symptoms with running.

<table>
<thead>
<tr>
<th>AMBER LOWER, SPINE</th>
<th>AMBER UPPER</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Example: Upper body, upper back, neck injury</em></td>
<td><em>Can perform LE exercises and modify weights and machines to provide little or no resistance to UE’s</em></td>
</tr>
</tbody>
</table>

- Modify activities to match pain levels and any post-operative restrictions
## Building the Soldier Athlete: GREEN GROUP

<table>
<thead>
<tr>
<th>SELF PACED</th>
<th>RECOVERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Upper or lower body SELF PACED</td>
<td>• Recovery phase of an injury</td>
</tr>
<tr>
<td>• Impact as tolerated (i.e. walk, run, swim and bike at own pace; sit ups and push ups at own pace)</td>
<td>• Impact as tolerated</td>
</tr>
</tbody>
</table>
Activity Groups

• **RED Upper/ Lower/ Spine**
  – Soldiers are not included in Unit Physical Training

• **Green Upper/Lower/Spine**
  – Green Self Paced
  – Green Recovery (if recently on profile)

• **Amber Upper/Spine + Green Lower**
  – Follow Amber Upper Daily Exercise Log

• **Amber Lower/Spine + Green Upper**
  – Follow Amber Lower Daily Exercise Log

• **Amber Upper + Amber Lower + Amber Spine**
  – Refer to Physical Reconditioning Program Recommendations on the Positive Profile
**Example: AMBER LOWER**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation</td>
<td>Preparation</td>
<td>Preparation</td>
<td>Preparation</td>
<td>Preparation</td>
</tr>
<tr>
<td>Upper body push &amp; pull</td>
<td>Core Strength</td>
<td>Upper body push &amp; pull</td>
<td>Core Strength</td>
<td>Upper body push &amp; pull</td>
</tr>
<tr>
<td>Circuit/high-intensity cycle, elliptical</td>
<td>Pool, walk, long cycle, elliptical</td>
<td>Circuit/high-intensity cycle, elliptical</td>
<td>Pool, walk, long cycle, elliptical</td>
<td>Circuit/high-intensity cycle, elliptical</td>
</tr>
<tr>
<td>Injury specific exercises &amp; stretches</td>
<td>Injury specific exercises &amp; stretches</td>
<td>Injury specific exercises &amp; stretches</td>
<td>Injury specific exercises &amp; stretches</td>
<td>Injury specific exercises &amp; stretches</td>
</tr>
</tbody>
</table>
Building the Soldier Athlete

Modified High Jumper: 
Amber Lower  
Cadence: Moderate  
Start position: Forward leaning stance, knees bent, arms straight, palms facing body  
Count:  
1. Swing arms forward, come up on toes, but do not lift off ground.  
2. Return to the starting position.  
3. Swing arms forward and up, come up on toes, do not lift off ground.  
4. Return to the starting position.  
Repeat 10 times.

Modified High Jumper: 
Amber Upper  
Cadence: Moderate  
Start position: Forward leaning stance, knees bent, arms straight, palms facing body  
Count:  
1. Swing arms forward, come up on toes, but do not lift off ground.  
2. Return to the starting position.  
3. Repeat count 1.  
4. Return to the starting position.  
Repeat 10 times.
Adaptive Sports and Activities
Warrior Games Video

https://www.youtube.com/watch?feature=player_detailpage&v=j0thLXj6A3E#t=52
# Adaptive Reconditioning Activities

**Adaptive Activities:**

### Physical
- SPIN Class
- Core Conditioning
- Bowling
- Equine Therapy
- Financial/Career Planning and Mentoring
- Fishing/Fly Fishing
- Hiking
- Rowing
- Yoga
- Martial Arts

### Artistic
- Music
- Writing
- Painting
- Ceramics
- Glass Blowing
- Drawing
- Wood Carving
- Photography
- Filmmaking
Adaptive Reconditioning: Adaptive Sports

Wheelchair Basketball
Sitting Volleyball
Swimming
Cycling
Archery
Air Rifle
Canoeing
Kayaking
Water polo
Golf
Tennis
Wheelchair Tennis
Adaptive Reconditioning: Camps and Clinics

Camps
- 3 coaches
- up to 50 athletes
- Length: 3-5 days
- WTC may utilize camps for specific Warrior Games events at WTUs that can house the athletes from out of the area to attend the camps.

Clinics
- 1 coach
- up to 25 athletes
- Length: 1 - 3 days
Examples of Camps and Clinics

**SCUBA**

Come join **Patriot Scuba** for an introduction to SCUBA! PATRIOT SCUBA offers the full range of recreational scuba diving and snorkel training. From beginners to PROs, our dedicated and friendly staff can provide you the skills for your next adventure. Specializing in making both confident and competent divers, we'll take the time to support you.

**When:** Thursday 18 June 2015  
**1200-1530**  
**Where:** Building 17 Pool  
* **MUST SIGN UP PRIOR TO CLINIC** *

**Contact:**  
Amanda Kelly-Amanda.k.kelly.ctr@health.mil 301-919-4340  
Andrew Bell - Joseph.A.Bell70.ctr@mail.mil - 240-447-6480  
Rachel Jordan - Rachel.c.jordan.naf@mail.mil - 301-400-0161  
**PADI Medical Clearance Required for Participation**

**Crossfit Clinic**

**Monday**  
18 May 2015  
**1300 - 1430**  
**Building 226**

Come out to Building 226 and learn more about Walter Reed Crossfit. Clinic will be held for Wounded Warriors, Staff & family members. Medical Clearance is required for participation. For more information go to www.crossfitwalterreed.com

**Contact:**  
Amanda - Bld 62 3rd Floor(Battle) BB: 301-919-4340  e: Amanda.k.kelly.ctr@health.mil  
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Warrior Games

- **Annual event** that allows Wounded, Ill and Injured Soldiers and Veterans from **USA, USAF, USMC, USN and SOCOM** to showcase their athletes during competition in seven Sporting Events

- **Warrior Games 2014 Commander’s Cup** was won by the Army

  ***2014 Marked the first year anyone other than the USMC took home the Cup.*
Warrior Games

- The DOD 2015 Warrior Games will be held at USMC Base Quantico 19-28 June 2015
  - 7 Sporting events: Track and Field, Archery, Shooting, Wheelchair Basketball, Sitting Volleyball, Cycling, Swimming
  - ~ 300 athletes, including a team from the United Kingdom
## 2014 Warrior Games
Medal Count by Service

<table>
<thead>
<tr>
<th>Service and Total Medal Count</th>
<th>GOLD</th>
<th>SILVER</th>
<th>BRONZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARMY (71)</td>
<td>23</td>
<td>27</td>
<td>21</td>
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<tr>
<td>MARINES (54)</td>
<td>25</td>
<td>14</td>
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<tr>
<td>NAVY (28)</td>
<td>12</td>
<td>10</td>
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<tr>
<td>AIR FORCE (48)</td>
<td>16</td>
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<td>16</td>
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<tr>
<td>SOCOM (25)</td>
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</tbody>
</table>
Paralympic Games

**London**
- 20 US Service Members/Veterans participated
- 11 US Army Soldiers
  - 4 Active Duty
  - 4 Veterans

**Sochi**
- 20 US Service Members/Veterans participated
- 8 US Army Soldiers
- 6 WCTP alumni
2014 UK Invictus Games

- September 2014 marked the first ever United Kingdom Invictus Games, an international competition for Wounded, Ill and Injured Airmen, Marines, Sailors and Soldiers.
- Held in Queen Elizabeth Olympic Park in London
- Over 400 competitors
- 13 Nations competed
- 9 Adaptive Sports (competition and exhibition)
  - Track and Field, Wheelchair Rugby (exhibition), Archery, Wheelchair Basketball, Sitting Volleyball, Rowing, Power lifting, Cycling, Swimming
2014 UK Invictus Games

• Total of **120 USA** Military Service Members or Veterans

• **22 US Army Soldiers or Veterans** participated in the Invictus Games 10-14 SEPT 2014.
  – 11 Army Wounded Warrior Veterans
  – 11 Active Duty Soldiers

• **USA Medals earned by Joint Service Team- 93**

  **GOLD:** 28
  **SILVER:** 35
  **BRONZE:** 30
Therapeutic Activities:

- *Are defined as* Individual or Group Activities designed to build self-esteem, improve communication, develop coping skills to manage problems such as anger or anxiety, team building, and/or self discovery.

- Are based on the Soldier’s transition and SMART goals.

- Are Purposeful, Goal-directed and Outcome oriented and may include the following example:
  - WTU Soldier attending a concert, *accompanied by a healthcare provider*, with the goal of reducing anxiety when in a crowd.
AR Leisure Activities

Leisure Activities:

– Events and activities that Soldiers attend for their *personal enjoyment* and are unaccompanied by healthcare provider

– What is considered therapeutic for one Soldier, may be considered a leisure activity for another Soldier and is dependent on his or her individual and/or unique needs and diagnoses.
WTU Adaptive Reconditioning  
**Program Variability**

- Adaptive Reconditioning (AR) Programs are mandatory
- All AR Programs are required to provide activities and events that **support their specific soldier population**
- AR Programs offer a standard listing of activities and events
- Larger or Joint Service AR Programs offer more resources and activities than the smaller, local AR Programs
  - **WRNMMC has a Recreation Therapy Department** which provides AR sports, events and trips.
  - **The WRNMMC AR Department Calendar** lists dates and times for AR events available to Soldiers. Some events are within the Recreation Therapy department and may require a referral.
  - **WRNMMC WTU offers Adaptive Fitness Classes** led by PT/PTA that are specific to the Soldiers in the WTU.
  - In Smaller WTUs the ARC is responsible for coordinating and providing AR activities within the WTU, and may be in conjunction with MWR and local community outreach groups
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tr>
<td>0830-0930 Return to Run @ Bldg 62  1000-1100 Aquatic Group @ Pool  1100-1200 Core Class @ USO  1300-1400 CrossFit Bldg 226  1330-1430 Cardio Class @ Gym</td>
<td>0900-1000 Soccer @ the Field</td>
<td>0830-0930 Hiking @ Bldg 62  1000-1100 Aquatic Group @ Pool  1000-1400 Archery @ Ft Belvoir  1330-1430 Core Class @ USO</td>
<td>0900-1000 Hiking @ Bldg 62  1000-1100 Return to Run @ Bldg 62  1330-1430 Cardio Class @ Gym</td>
<td>1100-1200 Volleyball</td>
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<td>1100-1200 Volleyball</td>
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Medical Clearance is required for participation in all programs

Physical Therapy Adaptive Fitness Groups are green
Adaptive Reconditioning Clinics are blue
WTC Adaptive Reconditioning

The Way Ahead

- Continue to encourage participation and aim for 100% Soldier engagement and compliance
- Strive for **multi-disciplinary** approach by engaging:
  - CDR, PLS, PCM, NCM, LCSW, PT, OT, ARC
- Develop positive and habitual Adaptive Reconditioning activities, rules and routines for each Soldier
  - **Goal:** The Soldier continues these skills, habits and routines for life
  - Adaptive Reconditioning *is not only sports,*
  - Adaptive Reconditioning *encompasses leisure and exercise*
  - Adaptive Reconditioning *incorporates SMART goals* into everyday activities
Questions?
References

• Building the Soldier Athlete, Reconditioning (Profile) Physical Conditioning Supplement
• United States (23 MAR 2015). Warrior Care and Transition Program: Army regulation 40-58, Washington, DC: Headquarters, Dept. of the Army
• Warrior Transition Command, Comprehensive Transition Plan Guidance (CTP-G), 1 Feb 2014