RECREATIONAL THERAPY & ADAPTIVE SPORTS PROGRAM AT WRNMMC

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

Karen R. Noel, CTRS
Cara A. Navarro, CTRS
Harvey G. Naranjo, COTA/L
The views expressed in this presentation are those of the author(s) and do not necessarily reflect the official policy or position of Walter Reed National Military Medical Center, the Department of Defense, or the U.S. Government.
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

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>COGNITIVE / MENTAL</th>
<th>EMOTIONAL</th>
<th>BEHAVIORAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Disfigurement</td>
<td>• Attention</td>
<td>• Agitation</td>
<td>• Isolation</td>
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<tr>
<td>• Mobility</td>
<td>• Concentration</td>
<td>• Anxiety</td>
<td>• Substance Abuse</td>
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<tr>
<td>• Self-Care</td>
<td>• Decision Making</td>
<td>• Denial</td>
<td>• Impulse Control</td>
</tr>
<tr>
<td>• Access</td>
<td>• Problem Solving</td>
<td>• Depression</td>
<td>• Change in communication</td>
</tr>
<tr>
<td>• De-conditioning</td>
<td>• Nightmares</td>
<td>• Shock</td>
<td>• Change in activity</td>
</tr>
<tr>
<td>• Pain Management</td>
<td>• Hyper-vigilance</td>
<td>• Grief</td>
<td>• Sexual Dysfunction</td>
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<tr>
<td>• Temperature Regulation</td>
<td>• Memory problems</td>
<td>• Guilt</td>
<td>• Appetite</td>
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<tr>
<td>• Neurological Disorders</td>
<td>• Planning</td>
<td>• Emotional Regulation</td>
<td>• Restlessness</td>
</tr>
<tr>
<td>• Vision Loss</td>
<td>• Processing</td>
<td>• Irritability</td>
<td>• Paranoia</td>
</tr>
<tr>
<td>• Hearing Loss</td>
<td>• Sequencing</td>
<td></td>
<td>• Social Withdrawal</td>
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</tbody>
</table>
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
### Spring / Summer Programs

**WRNMMC THERAPEUTIC RECREATION**

**ADAPTIVE Spring/Summer 2015 Programs**

<table>
<thead>
<tr>
<th>EVERY Monday</th>
<th>EVERY Tuesday</th>
<th>EVERY Wednesday</th>
<th>EVERY Thursday</th>
<th>EVERY Friday</th>
<th>WEEKENDS</th>
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<tbody>
<tr>
<td><strong>BOWLING</strong></td>
<td>Non-Contact</td>
<td>Outdoor</td>
<td>HORSEBACK</td>
<td>Community</td>
<td>Saturday Golf Clinic</td>
</tr>
<tr>
<td>Bowling Center</td>
<td>BOXING</td>
<td>ARCHERY</td>
<td>RIDING*</td>
<td>Reintegration</td>
<td>Olney Golf Park</td>
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<tr>
<td>Building 56</td>
<td>1000-1200</td>
<td>1000-1400</td>
<td>*Every other Thursday</td>
<td>DC, MD, &amp; VA</td>
<td>April 4–May 30</td>
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<tr>
<td>I300-1430</td>
<td>Ft. Belvoir, VA</td>
<td></td>
<td>0830-1230</td>
<td>1030-1600</td>
<td>1000-1300</td>
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<tr>
<td><strong>Adaptive</strong></td>
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<td><strong>CYCLING</strong></td>
<td>Adaptive VOGA</td>
<td>FLY FISHING</td>
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<tr>
<td>I300-1500</td>
<td>MATC OT Clinic</td>
<td>Main OT Clinic</td>
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<td>Bldg 226</td>
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<td><strong>SWIMMING</strong></td>
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<td>MWR Pool</td>
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<td><strong>Brazilian JIU-JITSU</strong></td>
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<td>MWR Pool</td>
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<tr>
<td><strong>Certified Therapeutic Recreation Specialists (CTRS)</strong></td>
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<tr>
<td>Cara Navarro, CTRS</td>
<td>Office: (301) 400-2762 /BB: (202) 374-6891</td>
<td><a href="mailto:Cara.A.Navarro.civ@mail.mil">Cara.A.Navarro.civ@mail.mil</a></td>
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<tr>
<td>Karen Noel, CTRS</td>
<td>Office: (301) 400-0504 /BB: (301)412-2985</td>
<td><a href="mailto:Karen.R.Noel2.ctr@mail.mil">Karen.R.Noel2.ctr@mail.mil</a></td>
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<tr>
<td>Amy Blaszczyk, CTRS</td>
<td>Inpatient Bldg 9 — Room: 3221</td>
<td><a href="mailto:Amy.M.Blaszczyk.ctr@mail.mil">Amy.M.Blaszczyk.ctr@mail.mil</a></td>
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<tr>
<td>Interested ?? ? Please see a staff member PRIOR to participating. We are LOCATED in the BASEMENT of the America Building ROOM B 332</td>
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Adaptive Sports Coordinator
Harvey Naranjo, COT/AL
(301) 295-8524
Harvey.G.Naranjo.ctr@mail.mil

Adaptive Sports Assistant
Pam Roney
(301) 295-8525
Pamela.A.Roney.ctr@mail.mil
## WRNMMC THERAPEUTIC RECREATION

### ADAPTIVE Winter 2015 Programs

<table>
<thead>
<tr>
<th>EVERY Monday</th>
<th>EVERY Tuesday</th>
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<td>HORSEBACK</td>
<td>Community</td>
<td>Adaptive</td>
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<tr>
<td>Bowling Center Building 56</td>
<td>BOXING</td>
<td>ARCHERY</td>
<td>RIDING*</td>
<td>Reintegration</td>
<td>SKIING/</td>
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<tr>
<td>1300-1430</td>
<td>1000-1200</td>
<td>1000-1400</td>
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<td>Ft. Belvoir, VA</td>
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<td>YOGA</td>
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<td>1300-1500</td>
<td>MATC OT Clinic</td>
<td>Main OT Clinic</td>
<td>MATC OT Clinic</td>
<td>Building 17</td>
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<td>MWR Pool</td>
<td>1330-1500</td>
<td>BASKETBALL</td>
<td>SCUBA</td>
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<td>Building 17</td>
<td>1400-1600</td>
<td>MWR Gym</td>
<td>American Building</td>
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<tr>
<td>KAYAKING</td>
<td>1600-1800</td>
<td>Coaching</td>
<td>Metro Training</td>
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<td>MWR Pool</td>
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<td>Harvey</td>
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<td>1600-1800</td>
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<td>Training with</td>
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<td>Harvey</td>
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<td>Coaching</td>
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</tbody>
</table>

**Certified Therapeutic Recreation Specialists (CTRS)**

- **Cara Navarro, CTRS**
  - America Bldg—Basement—Room: B332
  - Office: (301) 400-2762 / BB: (202) 374-6891
  - Cara.A.Navarro.civ@mail.mil

- **Karen Noel, CTRS**
  - America Bldg—Basement — Room: B332
  - Office: (301) 400-0504 / BB: (301)412-2985
  - Karen.R.Noel2 ctr@mail.mil

- **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

**metro training**

**TUESDAY COOKING GROUP**

**TRIATHLON TRAINING WITH HARVEY**
## Monthly Schedule

### 2015 Upcoming Recreational Therapy & Adaptive Sports

<table>
<thead>
<tr>
<th>June</th>
<th>July</th>
<th>August</th>
<th>Sept</th>
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</thead>
<tbody>
<tr>
<td>2, 9, 16, 23. June Tue</td>
<td>7, 14, 21, 28 July Tue</td>
<td>4, 11, 18, 25 Aug Tue</td>
<td>1, 8, 15, 22, 29 Sep Tue</td>
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<tr>
<td>Grocery Shopping</td>
<td>Grocery Shopping</td>
<td>Grocery Shopping</td>
<td>Grocery Shopping</td>
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<tr>
<td>Forest Glen Commissary</td>
<td>Forest Glen Commissary</td>
<td>Forest Glen Commissary</td>
<td>Forest Glen Commissary</td>
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<tr>
<td>4 &amp; 18 June Thu</td>
<td>2 &amp; 16 July Thu</td>
<td>6 &amp; 20 Aug Thu</td>
<td>3 &amp; 17 Sep Thu</td>
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<tr>
<td>Horseback Riding</td>
<td>Horseback Riding</td>
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<td>0830-1230</td>
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<tr>
<td>11 June Thu</td>
<td>8-12 July Wed-Sun</td>
<td>07 August Fri</td>
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<tr>
<td>Manna Food Center</td>
<td>NY Water Sports Festival</td>
<td>Waterskiing</td>
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<tr>
<td>1030-1230</td>
<td></td>
<td>0700-1600</td>
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</tr>
<tr>
<td>12 June Fri</td>
<td>9 July Thu</td>
<td>13 Aug Thu</td>
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<tr>
<td>Fishing &amp; Crabbing</td>
<td>Manna Food Center</td>
<td>Manna Food Center</td>
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<td>0500-1900</td>
<td>1030-1230</td>
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<tr>
<td>18-23 June Thu-Tue</td>
<td>17, 24 July Fri</td>
<td>21 Aug Fri</td>
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<tr>
<td>SUDS Florida</td>
<td>Waterskiing</td>
<td>Fishing &amp; Crabbing</td>
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<tr>
<td>0700-1500</td>
<td>0700-1600</td>
<td>0500-1900</td>
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<tr>
<td>22 June Mon</td>
<td>19-24 July Sun-Fri</td>
<td>28 August Fri</td>
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<tr>
<td>Fishing on the Regina II</td>
<td>Vail Veteran's</td>
<td>Sailing</td>
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<td>0700-1500</td>
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<td>0930-1600</td>
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<td>26 June Fri</td>
<td>26-28 June Fri-Sun</td>
<td>30 July-02 Aug Thu-Sun</td>
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<tr>
<td>Waterskiing</td>
<td>Achilles NYC</td>
<td>WWO Gator Hunt</td>
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<td>0500-1900</td>
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</tbody>
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### ADAPTIVE SPORTS
- Harvey Naranjo, COTA/L  
  Adaptive Sports Specialist  
  Office: (301) 296-8524  
  Harvey.G.Naranjo.ctr@mail.mil

### RECREATIONAL THERAPY
- Cara Navarro, CTRS  
  Recreational Therapist  
  Office: (301) 400-2762  
  B6: (202) 374-6891  
  Cara.A.Navarro.civ@mail.mil

- Karen Noel, CTRS  
  Recreational Therapist  
  Office: (301) 400-0504  
  B6: (202) 412-2685  
  Karen.R.Noel2.ctr@mail.mil
Community Re-Integration

Shopping

Movies

Service Dog Training

Metro Training

Cooking
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
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
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

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>COGNITIVE / MENTAL</th>
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<td>• Endurance</td>
<td>• Attention</td>
<td>• Emotional Regulation</td>
<td>• Socialization</td>
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<td>• Mobility</td>
<td>• Concentration</td>
<td>• Self-esteem</td>
<td>• Utilization of stress</td>
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<tr>
<td>• Balance</td>
<td>• Decision Making Opportunities</td>
<td>• Confidence</td>
<td>management skills</td>
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<tr>
<td>• Coordination</td>
<td>• Problem Solving</td>
<td>• Self-Image</td>
<td>• Communication</td>
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<tr>
<td>• Strength</td>
<td>• Planning</td>
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<td>• Coping Strategies</td>
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<td>• Body Mechanics</td>
<td>• Processing</td>
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<tr>
<td>• Sleep</td>
<td>• Sequencing</td>
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<td>• Pain</td>
<td>• Hyper-vigilance</td>
<td>• Agitation</td>
<td>• Isolation</td>
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<td><strong>Decreased</strong></td>
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<td>• Anxiety</td>
<td>• Restlessness</td>
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<td>• Denial</td>
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<td></td>
<td></td>
<td>• Depression</td>
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</tbody>
</table>
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!

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