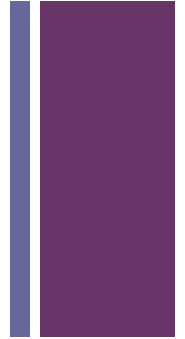


# Increasing Quality of Life in SCI Population through Wheelchair Sports

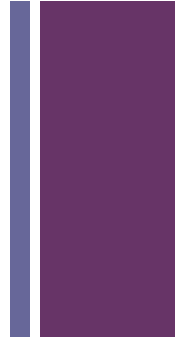
Presented by: Cortney Benedict, TR

# + Bridging the Gap: Getting Physically Active



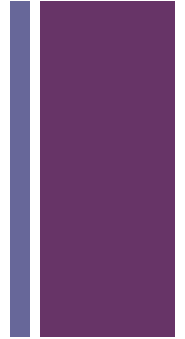
- Established across Canada: eliminates the gap between rehabilitation and community re-integration
- Sports included:
  - Wheelchair basketball
  - Wheelchair tennis
  - Wheelchair rugby
  - Athletics racing
- Demystifying the myth: “are wheelchair sports are only for wheelchair users?”
  - Any impairment that prevents individuals from playing AB sports

# + Bridging the Gap: Getting Physically Active



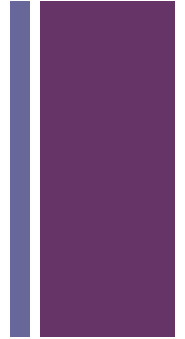
- Sessions / Clinics:
  - “Have a Go!” introductory wheelchair sports session
  - Sport specific skill development clinic
  - Community integrated tournament
  - Province wide: regional coordinators
  
- Loan Program:
  - Inventory of sport-specific wheelchairs
  - One year loan period
  - Grant funding
  
- BTG promotional video (7 min)
  - Copies available!

# + Bridging the Gap: Getting Physically Active



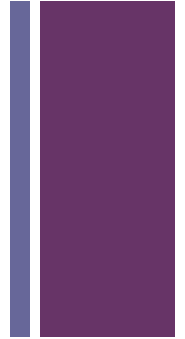
- Community Involvement
  - Therapists / Inter-disciplinary team
  - Teachers, students, etc...
  - Reverse integration
- BTG Partnerships
  - Develop resources: funding, equipment, resources, & training
  - Benefits: decrease work load, efficiency, specialization
- National programs and service providers
- City of Thunder Bay community partners

# + BTG Partnership with SCI Action Canada



- SCI Action Canada: university – based research network
  - McMaster University, Hamilton, ON
  - Support Networks: “Get In Motion”
  - Service Groups & Community members

# + SCI Action Canada Research



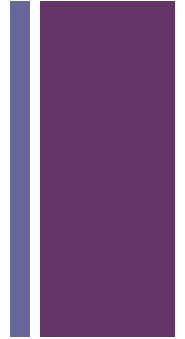
“Establishing evidence – based physical activity guidelines: methods for the Study of Health and Activity in People with Spinal Cord Injury (SHAPE SCI)

## ■ Objectives:

- Physical activity levels in SCI population
- Relationship between physical activity, risk and / or presence of secondary health complications
- Determinants of physical activity in SCI population

■ Martin Ginis, Latimer, Buchholz, Bray, Craven, Hayes, Hicks, McColl, Potter, Smith, Wolfe (2008)

# + SCI Action Canada Research

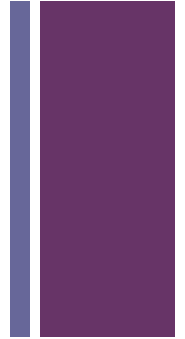


“Long – term training in persons with spinal cord injury: effects on strength, arm ergometry performance and psychological well – being”

## ■ Results:

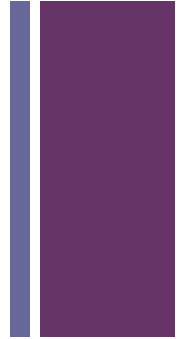
- Control: NS in all measures
- Experimental group:
  - Significant increase in submaximal arm ergometry power output
  - Significant increases in upper body muscle strength
  - Reported less pain, stress and depression after training
  - Higher score in satisfaction with physical functioning, level of perceived health, overall quality of life
  - 82.5% adherence 9mths after study
  
- Hicks, Martin Ginis, Ditor, Latimer, Craven, Burgaresti, & McCartney (2003)

# + BTG Partnership with SCI Action Canada



- Mutually beneficial partnership
  - BTG benefits SCI research
  - BTG evaluations used for statistical data in SCI research initiatives
  - BTG program used as a foundation for promoting healthy active living in SCI population
- Research benefits Therapeutic Recreation / Recreation Therapy programming
  - Develop resources: standardized evaluations, evaluation collection, participant follow-up (Get – In Motion), grant initiatives; ministry of health promotion funding
  - Improve BTG programming: increased evaluation & follow-up

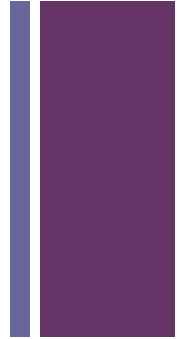
# + Increasing Inclusive Recreation Opportunities for All



## ■ Resources:

- Teachers, therapists, coaches, athletes, parents, etc.
- “Wheelchair Sports Toolkit” workbook & DVD
- Introduction to *Bridging The Gap* DVD
- “*Bridging The Gap* Resource Manual” for setting up wheelchair sport programming (program overview, marketing strategies, waivers, volunteer forms, medical forms, etc.)

# + Increasing Inclusive Recreation Opportunities for All



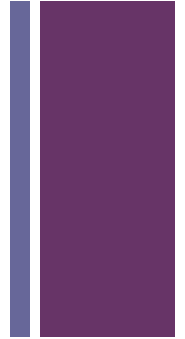
## ■ Certifications:

- Sport – specific training for coaches (all abilities): wheelchair basketball, tennis, rugby, & athletics racing
- NCCP certification – level 1 (all abilities), officials (AB)

## ■ Training:

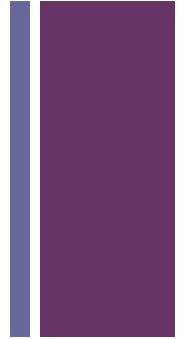
- Introduction to wheelchair sports training clinic:
  - Therapists, teachers, students, parents, etc.
  - Equipment, para-sports available, ability levels, modifications, sport – specific skills & drills

# + Increasing Inclusive Recreation Opportunities for All



- Community involvement?
  - How can you contribute to developing parasport opportunities in Thunder Bay?
    - Therapists: sessions, training, equipment?
    - Parents: resources?
    - Coaches: training?
  - What are needs / barriers that individuals with physical disabilities face in Thunder Bay?
  - What are the strengths of the Thunder Bay community?

# + Bridging the Gap: Getting Physically Active



- Thank you for your attention and participation!
- Please feel free to contact me:

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*Website:* [www.ontwheelchairsports.org](http://www.ontwheelchairsports.org)

*Phone:* 416-426-7131



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