

Did You Know?

Adaptive Sports and Reconditioning

Did you know that adaptive reconditioning contributes to a successful recovery for Soldiers, whether they are transitioning back to the force or to civilian life?

What is adaptive reconditioning?

Adaptive reconditioning includes activities and sports that wounded, ill and injured Soldiers participate in regularly to optimize their physical, cognitive and emotional well-being.

What potential adaptive reconditioning programs are available?

More information about adaptive reconditioning programs is available on the [WCT website](#). Each factsheet listed below includes a description of the activity and information about resources, equipment, what the Soldier brings, environmental factors and how to organize the event.

Adaptive reconditioning programs include:

- [Bowling](#)
- [Cooking](#)
- [Cycling](#)
- [Fishing](#)
- [Gardening](#)
- [Golf](#)
- [Healing Arts](#)
- [Hiking](#)
- [Kayaking](#)
- [Music](#)
- [Photography](#)
- [Shooting](#)
- [Sitting Volleyball](#)
- [Swimming](#)
- [Tennis](#)
- [Therapeutic Riding](#)
- [Track and Field](#)
- [Wheelchair Basketball](#)

What are the benefits of adaptive reconditioning?

Adaptive sports and reconditioning are linked to a variety of benefits including:

- Less stress
- Reduced dependency on pain and depression medication
- Fewer secondary medical conditions (i.e., diabetes, hypertension)
- Higher achievement in education and employment
- Increased lean muscle
- Increased independence
- Increased self-confidence
- Increased mobility
- Decreased body weight and fat
- Building relationships with others
- Learning new life skills to assist with transition

How does the Soldier get started with adaptive reconditioning?

The WTU physical therapist/occupational therapist reviews the Soldier's profile and creates a profile indicating which adaptive reconditioning programs meet the Soldier's interest and abilities. Members of the Soldier's interdisciplinary team work together to allow adaptive reconditioning activities to be scheduled around medical appointments.

What adaptive reconditioning activities are available to WTU Soldiers?

Activities include:

- Physical training exercises
- Competitive and non-competitive adaptive sports
- Therapeutic recreational activities (community or Morale, Welfare and Recreation based)
- Gym-based exercise programs
- Arts and cultural programs
- Outdoor events (i.e. hiking, fishing, horseback riding, cycling, skiing, kayaking, canoeing)

When is the best time to start adaptive reconditioning?

Soldiers should start their adaptive reconditioning plan as soon as they are cleared by the physical therapist/occupational therapist and Triad of Care. Soldiers should not wait until they have minimal medical appointments to start adaptive reconditioning. Starting out slowly and gradually building the frequency and intensity of adaptive reconditioning is recommended.

How does adaptive reconditioning support the Soldier's Comprehensive Transition Plan (CTP)?

Adaptive reconditioning programs at WTUs are designed to support each Soldier's well-being while working toward short-term and long-term goals in their personal CTP. The CTP supports Soldiers in transition with personalized goals in six domains:

- Career
- Physical
- Emotional
- Spiritual
- Social
- Family

Adaptive reconditioning plays an important role in the CTP because it connects physical activity with each of the other CTP components.

What are DoD Warrior Games?

DoD Warrior Games are a unique partnership between the Department of Defense branches including teams from: Army, Navy and Coast Guard, Marine Corps, Air Force and the Special Operations Command. Since 2010, wounded, ill and injured service members from all branches have competed in at least seven adaptive sports including archery, shooting, cycling, track and field, swimming, sitting volleyball and wheelchair basketball. The DoD Warrior Games are about more than winning medals. After overcoming significant physical and behavioral health injuries, the Soldiers demonstrate the power of ability over disability and the spirit of competition.

In preparation for the 2015 Warrior Games, WCT introduced more than 350 Soldiers to adaptive reconditioning programs through 13 training camps and 13 selection clinics. These local and regional competitions enabled recovering Soldiers to learn from and train with expert coaches and trainers in a variety of sports. Regardless of whether they qualified for the Army Warrior Games team, these clinics enhanced Soldiers' ability to participate in adaptive reconditioning programs.

Current as of October 15, 2015

WCT Mission: As the Army's proponent for Warrior Care and Transition; provide centralized oversight, guidance, and advocacy empowering wounded, ill and injured Soldiers, Veterans and Families through a comprehensive transition plan for successful reintegration back into the force or into the community with dignity, respect and self-determination. For more information on WCT, visit the WCT website, www.WCT.army.mil, follow on Twitter at <http://twitter.com/armyWCT> or join Facebook at <http://facebook.com/armyWCT>.

Warrior Care and Transition (WCT) Adaptive Reconditioning Branch

Online: <http://www.WCT.army.mil/Soldier/adaptive.html>

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