Recreation in spinal cord injury

From the team:

Therapeutic Recreation following SCI:

Therapeutic recreation (TR) provides activities and experiences in addition to physiotherapy and occupational therapy, that assist individuals in achieving a connection to their former lifestyles and enables them to learn how to enjoy life after injury.

TR results in a better return to school, work and relationships and minimises dependency on medical professionals.

TR includes interventions such as education sessions, community outings, and other activities such as gardening, aquatic activities, yoga, adaptive sports and creative activities.

Physical activity during active leisure activities improves functional independence and by achieving physical goals, individuals feel less disabled.

A greater participation in TR leisure and community activities during rehabilitation is predictive of higher motor FIM scores, more participation in active leisure activities, more participation in community based activities such as work or attending school and less rehospitalisation and pressure sore development following discharge.

People who enjoy components of their rehabilitation may be more motivated to participate actively in the rehabilitation process and to leave rehab ready to live productive and fully engaged lives.

Reference:
Cahow, C et al. (2012) Relationship of therapeutic recreation inpatient rehabilitation interventions and patient characteristics to outcomes following spinal cord injury: The SCIRehab project. The Journal of Spinal Cord Medicine, 547-564

Feedback from Wings for Life

It was the sixth annual Wings for Life World Run on 6 May 2019, and what fun it was to be a part of something international and so much bigger than ourselves!

3.5 million Euros was raised in total. These funds will go towards funding the next stage of groundbreaking research projects. 100% of all the entry fees go to spinal cord research.

Awareness was raised for SCI and hope was given to millions as the world moves forward together to find a cure for SCI.

To find out more about the research that is being done, go to this link: https://www.wingsforlife.com

Mark your calendars for the seventh edition of the Wings for Life World Run happening on 3 May 2020!

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SAWCR (South African Wheelchair Rugby)

In a development context, the definition of sport usually includes a broad and inclusive spectrum of activities suitable to people of all ages and abilities, with an emphasis on the positive values of sport. For the purposes of development, as “all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport”.

Sport has a unique power to attract, mobilize and inspire. By its very nature, sport is about participation. It is about inclusion and citizenship. It stands for human values such as respect for the opponent, acceptance of binding rules, teamwork and fairness.

South Africa Wheelchair Rugby provides people with disabilities from all communities the unique opportunity to be involved in a life changing sport.

Wheelchair Rugby is a sport played by both male and female athletes, presenting with disabilities such as Quadriplegia, Cerebral Palsy, certain birth deformities or quadruple amputees.

The sport is full contact in nature, and resembles characteristics from American Football and Ice Hockey.

Wheelchair Rugby has the ability to transform the lives of all interested, creating the opportunity for people with disabilities to compete and interact without barriers of poverty, gender and race.

Some of the practical benefits of practicing yoga:

1. Increases strength, flexibility and balance
2. Improves posture and awareness of body in space
3. Decreased experience of pain
4. Increased self-confidence and self-esteem
5. Greater consciousness: a stronger mind-body connection
6. Enhanced stress and anxiety management
7. Greater control of your emotions
8. Greater capacity for breath
9. Opportunity for social participation
10. Deeper sense of connection with self and other

Adaptive Yoga: Holism health is pioneering adaptive yoga in South Africa with the aim to transform the lives of people living with trauma and disability by facilitating integration of mind and body in a safe, collaborative environment.

Adaptive Yoga is an approach that teaches universal principles inherent to yoga poses that are accessible to all students, regardless of physical or neurological ability.

“The principles of yoga do not discriminate. Yoga poses do!”
- Matthew Sanford

SAWCR (South African Wheelchair Rugby) affiliated members in Gauteng, Free State, Eastern Cape and Western Cape are always looking for new members. People interested to join the sport as athletes, coaches, referees or support staff are welcome to contact the South Africa Wheelchair Rugby office.

Email: admin@sawcr.co.za
Phone: 084 308 5856

If you have any questions regarding our services or would like to book a session, feel free to contact Holism Health:

084 222 1192
info@holism.health

Studio is in Blairgowrie, Johannesburg

Pictures: Jodie Kroone, student and mentee of Dale Guthrie
Dear SASCA members

As you know, the SASCA committee has started up the newsletters again—we hope that you have been enjoying them!

If you have any recommendations or comments, please drop us an email, we would love to hear them: sascanewsletter@gmail.com.

The topic for next quarter’s issue is:

Appreciation of Social Workers and feedback from SCI day

If you have any articles, stories or feedback from your units and hospitals regarding this topic, please send it to the above email so that we can include it in our next newsletter and continue to inspire each other.

Important dates:

5 September: SCI day—“Living Life to the Fullest”

19 September: Spinal CPD at Netcare Rehabilitation Hospital from 09h00 -13h00 on “The Journey of a SCI patient from pre-hospitalisation to home and the workplace. This is aimed at: therapists, doctors and nurses. Details to follow.