Increasing Impact: Partnering with Orthotic and Prosthetic Care Providers

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Our History in Sports and Recreation
The Power of Community

- Courage
- Confidence
- Setting Goals
- Accountability
- Mentorship
Course Objectives

1. Discuss barriers participants experience when engaging in adaptive programs
2. Discuss potential methods to remove or reduce these barriers
3. Highlight Hanger Clinic events we have hosted in Utah to grow adaptive sport and Rec Community
4. Why should O and P care providers support adaptive sports and recreation programs
Barriers to Engaging in Adaptive Programs
Barriers to Participation

**Physical**
- Accessibility to buildings
- Transportation
- Pain
- Healing
- Lethargy
- Equipment

**Emotional**
- Depression
- Anxiousness
- Fear
  - Trying something alone
  - Failure
  - Focus on the disability
- PTSD
- Grief

**Psychosocial**
- Unsure of an unknown environment
- Vulnerability
- May not identify as a person with disability
- Body Image Concerns
## Barriers to Participation

<table>
<thead>
<tr>
<th>Social</th>
<th>Expectations</th>
<th>Financial</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stigma of disability</td>
<td>• Unaware of local programs and what they offer</td>
<td>• Reduced income</td>
</tr>
<tr>
<td>• Concerned they will feel like a burden</td>
<td>• Unsure of what will happen and how</td>
<td>• Cost of adaptive equipment</td>
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<tr>
<td>• Not wanting to be center of attention</td>
<td>• Unaware of the benefits of recreation and sport</td>
<td>• Is it sustainable?</td>
</tr>
<tr>
<td>• Culture/language</td>
<td></td>
<td>• Customization required for adaptive equipment</td>
</tr>
<tr>
<td>• Media depiction of adaptive sports</td>
<td></td>
<td></td>
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</tbody>
</table>

**Note:**
- **Social** barriers include stigma, concern about being a burden, not wanting to be the center of attention, cultural/language barriers, and media depiction of adaptive sports.
- **Expectations** barriers include unawareness of local programs, uncertainty about what will happen, and lack of awareness about the benefits of recreation and sport.
- **Financial** barriers include reduced income, cost of adaptive equipment, sustainability, and customization requirements for adaptive equipment.
Methods to Remove or Reduce Barriers
Reducing Barriers

- Accessible location
- Convenient
- Offer transportation
- Provide support
- Provide equipment
- Ease emotional stress
- Provide community
  - Others of similar circumstance
  - Familiar people
- Inclusive to all ability levels

- Personal invitation ***
  - Feeling wanted
  - Feeling able
- Details of what to expect
- Introduce local programs and services they offer
- No or low cost
- Educate about funding solutions
- Include participant family
- Include lunch or snacks
Utah Hanger Clinic Events
Transforming Intent into Action
Utah Hanger Clinic Adaptive Events

Mobility Day
• Photo here

Water Sports Day
• Photo here

Snow Day
• Photo here
Why Should Orthotic and Prosthetics Support Adaptive Programs?
ICF Model

Bio-psycho-social Model of Functioning, Disability and Health

- Health condition
- Activities
- Participation
  - Body functions/Body structures
  - Environmental factors
  - Personal factors
Adaptive Sports and Recreation Enhance Clinical Outcomes...
ME Scorecard™

James Hanger  DOB: 02/26/1943

Mobility (ALL Leg Prosthesis Users)

Percentile: 67.0%  Previous (07/06/2016): 19.8%  Trend: ↑

Mobility Assessment

08/22/2016

3  PLUS-M™ T-Score: 54.4

Mobility (SIMILAR Prosthesis Users)

Amputation Level: Above Knee
Etiology: Injury/Trauma
Age Group: Greater than 65 years

0%  25%  50%  75%  100%

Mobility-Meter

Satisfaction
Current: 10/10  Previous: 3/10  Trend: ↑

Quality of Life
Current: 10/10  Previous: 3/10  Trend: ↑
Adaptive Sports and Recreation Enhance Clinical Outcomes...
Adaptive Sports and Recreation Enhance Clinical Outcomes...
Hanger Clinic National Support
Growing Support of Adaptive Community
Sled Hockey Classic

Hanger LIVE Educational Conference
Discover the power of shared experiences from an uplifting community and learn from world-class prosthetists & peers who are thriving with prosthetic technology.

SALT LAKE CITY  JULY 7-9, 2023

ACTIVITIES INCLUDE:
- Rock Climbing
- Ropes Course
- Kayaking
- Paddle Boarding
- Sled Hockey
- Adaptive Biking
- Seated Volleyball
- Pickle Ball
- Archery
- Swimming
- Golfing
- Running and Mobility Clinics
- Upper Limb
- Cooking Class
- Diet & Nutrition
- Support Groups
- And more!
Review of Course Objectives

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4. Why should O and P care providers support adaptive sports and recreation programs
Q and A
EMPOWERING HUMAN POTENTIAL

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2022
Thank You

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