

Adaptive Apparel & Adaptive Sports

The Importance of Apparel
and Gear for Adaptive
Athletes of All Abilities

Tracy Vollbrecht
Founder & Consultant,
Vollbrecht Adaptive Consulting





Thank you for your
participation in our adaptive
apparel roundtable!

What apparel
or gear
challenges do
you face?



Photo source: MIGA Swimwear
@MigaSwimwear

What apparel or gear challenges do you face?

During our roundtable, we talked about:

- Clothing challenges related to a lower limb prosthetic, including:
 - The prosthetic tearing or wear away pants,
 - Access to prosthetics, and
 - Whether inseam zippers make dressing easier.
- Clothing challenges related to sit skis, including:
 - The limited seated jacket options
 - Excess fabric gathering at the lap
 - What to do with the back of a jacket when it's not long enough to sit on comfortably but not loose enough to go over the sit ski.
- Temperature regulation challenges, including:
 - Cooling
 - Warming
 - Considerations when in water, such as wetsuits which don't always work; restrict mobility; and are difficult to put on and take off.
- The steep price of adaptive apparel, especially considering it may not even work for your particular needs.

Have you
found any
hacks or
work
arounds?



Photo source: The North Face

Have you found any hacks or work arounds?

- Lower limb prosthetic solutions:
 - No Limbits pants (discount link available via session flyer QR code)
 - Reinforcing the inside of pants
- The limited seated jacket options:
 - Koolway Sports
 - Eddie Bauer Flyline Adaptive Jacket (right - not currently

for sale)

- Tessier offers two jacket options
- Sizing up or down to better accommodate specific needs



Have you found any hacks or work arounds?

- Temperature regulation solutions:
 - Cooling: Lululemon's Everlux fabric; Knox cooling base layer; Zerofit which offers cooling and warming base layers
 - Warming – Cold weather base layers make a huge difference
- Accessibility tools such as zipper chains and button hooks.
- Closures such as boat shaped buttons (below, left) and snaps with grasps (below, right).



What
solutions
would you
want to see
developed?

Photo source: Mountain
Hardware



What solutions would you want to see developed?

As we daydreamed about adaptive apparel, we talked about:

- A resale or donation platform for adaptive apparel to help people exchange products that did not work for them but may work for someone else.
- Hair accessories and tools to make doing your hair easier, allowing people with lifelong and newly developed disabilities to keep their hair long / styled how they would like it.
- A universal design pant solution with reinforced and padded knees for those with prosthetics, older people, and people that kneel often (gardeners, construction workers, etc).
- A more accessible wetsuit that is easier to put on and off, and provides more warmth, especially for kids and smaller/slimmer people.



Keep Up To Date

Email:

Tracy@VollbrechtAdaptiveConsulting.com

Instagram: [@VollbrechtAdaptiveConsulting](https://www.instagram.com/VollbrechtAdaptiveConsulting)

TikTok: [@VollbrechtAdaptive](https://www.tiktok.com/@VollbrechtAdaptive)

