

Disability Inclusion: Catalyzing Change Through Sport

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Hosted By



Mountaineering for Individuals with Amputations

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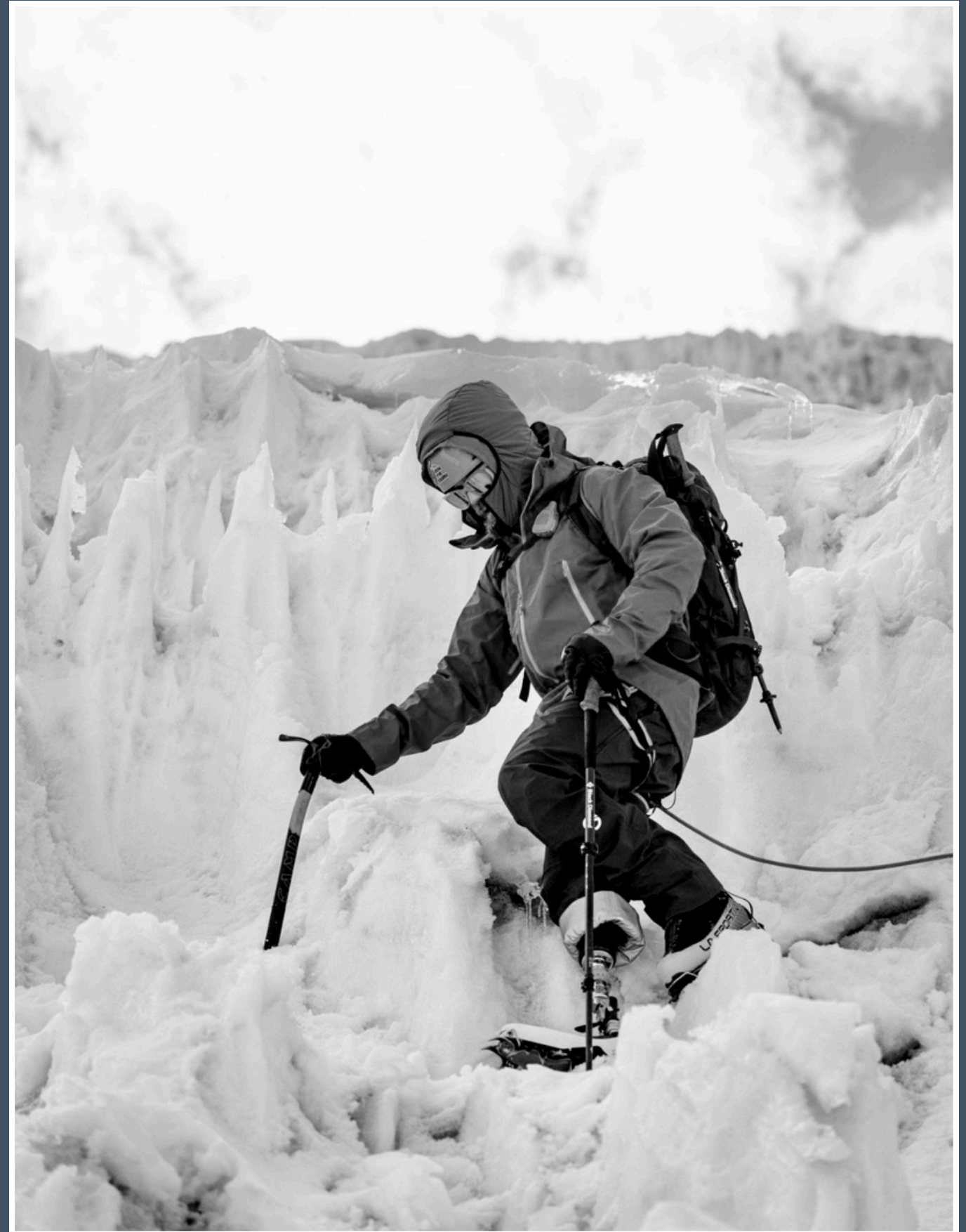




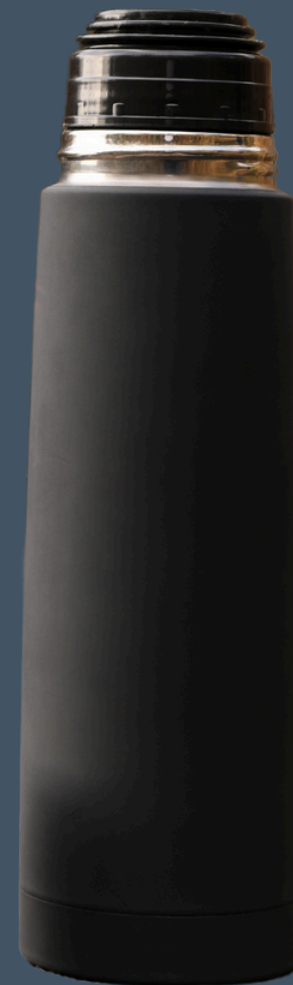
Mountaineering:

moun·tain·eer·ing

the sport or technique of scaling mountains



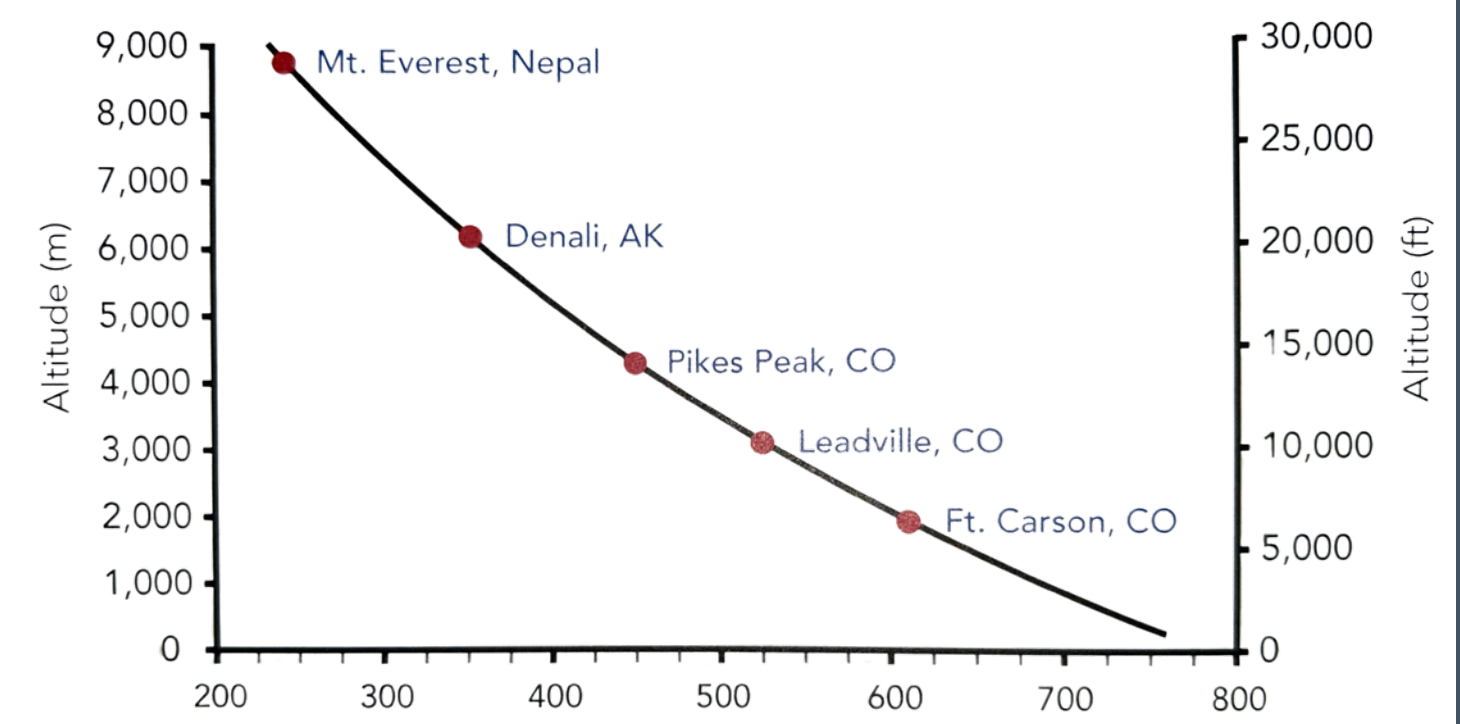
Cold Related Injuries



Skin Breakdown

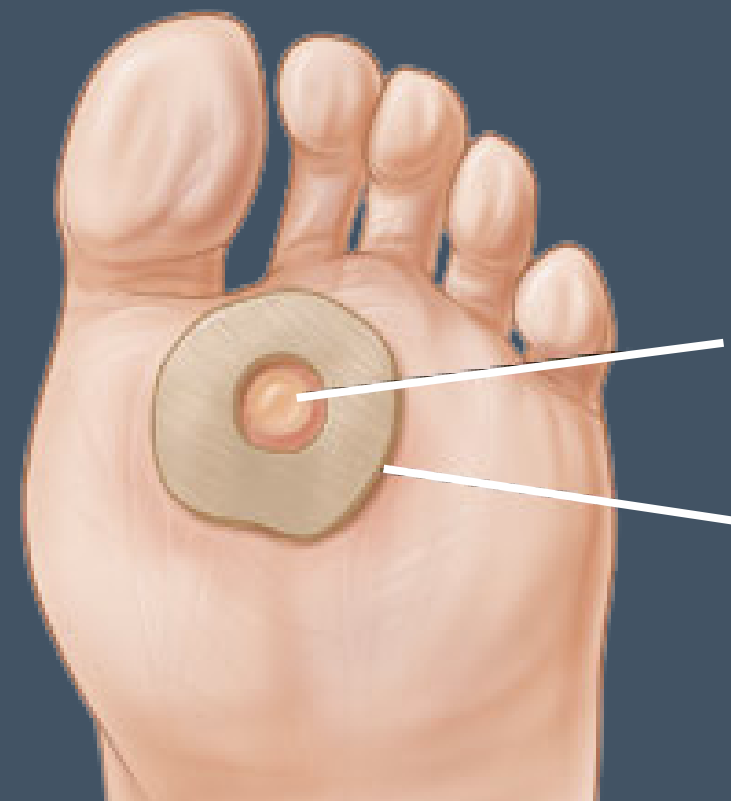


Relationship Between Barometric Pressure and Altitude



Source: US Army Technical Bulletin, Medical #505

“be bold, ~~start cold~~ start with your sock too tight”



blister

moleskin



Energy Expenditure

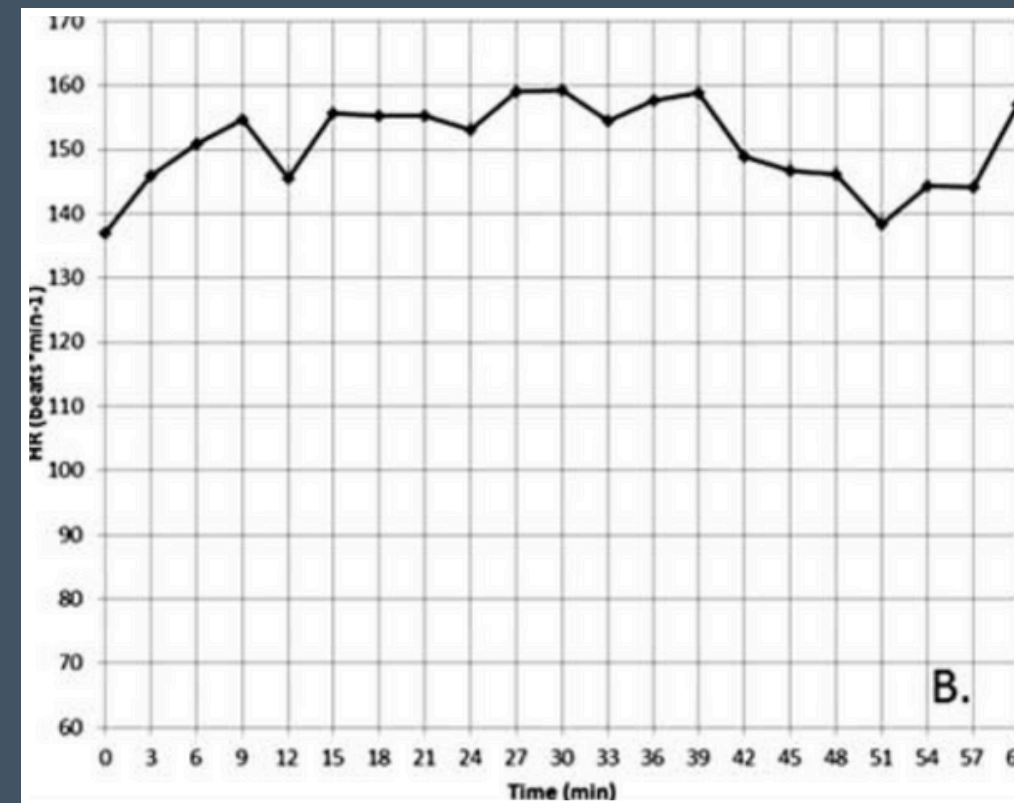
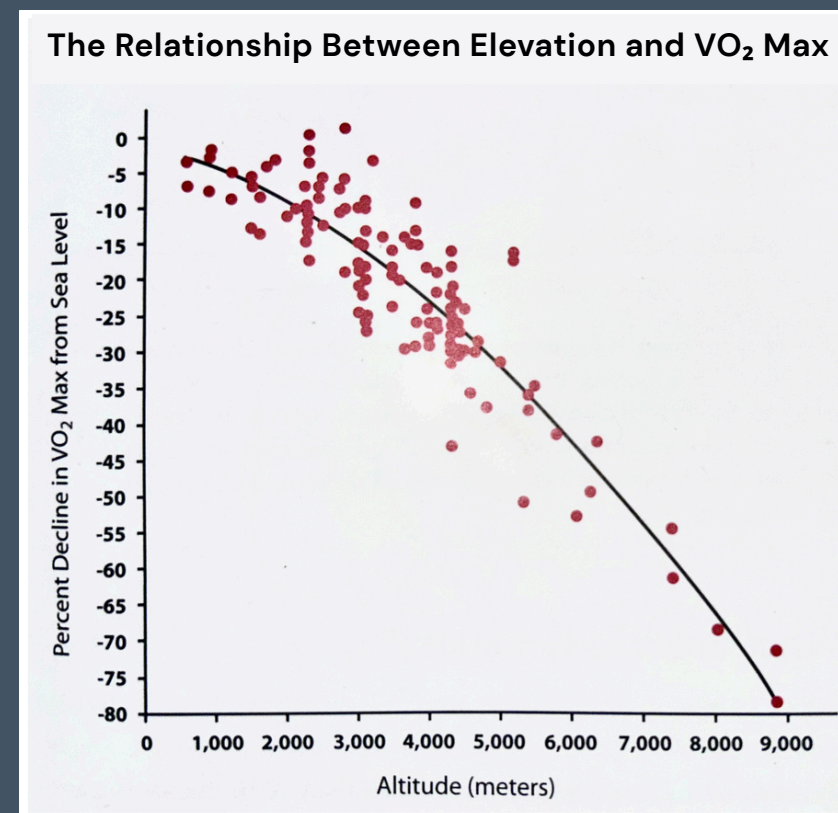
Increased Energy Expenditure for Individuals with Lower Extremity Amputations:

Unilateral BKA: 10–20% Unilateral AKA: 40–60%
Bilateral BKA: 20–40% Bilateral AKA: 200%

Energy Efficiency:

Steeper is cheaper

Increase intensity in cold temperatures



“...the data indicate that energy expenditure was similar to current metabolic equivalent (MET) data reported for nonamputee subjects during moderate to vigorous intensity snowshoeing activities.”



Adaptive Equipment





Questions?