

**Therapeutic
Recreation**

**America Building
(Bldg 19) Staff:**

Tiffany Smith
**Certified Therapeutic
 Recreational Specialist**
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Harvey Naranjo
**Adaptive Sports
 Coordinator (COTA/L)**
Room B313
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Cara Navarro
**Certified Therapeutic
 Recreational Specialist**
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Ross Colquhoun
**F.A.T.S./ Outdoor Field
 & Stream**
Room B332
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ALL ADAPTIVE
 SPORTS &
 COMMUNITY
 OUTING ACTIVITIES
 MUST BE
 PRESCRIBED BY A
 DOCTOR, PT, OR OT
 TO PARTICIPATE IN
 THESE ACTIVITIES

Community Outing/ Adaptive Sports

Community Re-Integration Program

Department of Orthopaedics & Rehabilitation’s Community Reintegration Program (CRP), is a treatment program that helps Service members who are being treated by Physical Medicine and Rehabilitation. The objective of CRP is to assist Service members with reintegrating life tasks and roles into their community environment. The Community Re-integration Program is a medically prescribed service providing patients approximately 3-6 hours out in the community. The program’s goals are to increase independence, increase safety, improve prevocational skills, and decrease vulnerability. We work with several local organizations and most events are held in the greater DC, Virginia, or Maryland area .

Adaptive Sports Program

Department of Orthopaedics & Rehabilitation’s Adaptive Sports Program is a part of the Occupation Therapy department. This program is led by an Adaptive Sports Coordinator and a Certified Therapeutic Recreation Specialist (CTRS). Patients must be currently working under Ortho & Rehab and have a written rehabilitation goal to participate in adaptive sports. All adaptive sports and events are prescribed and documented by providers. Individuals with physical and intellectual disabilities may participate with Adaptive Sports. Rules and equipment are modified or adapted to meet the patient’s needs and goals while performing a physical activity.



MONDAY

1300-1500

Cycling (handcycle & upright bike) - WRNMMC/USUHS Track

Designed for people with moderate to severe physical impairment. Program goals include improvement in: cardiovascular endurance, distance, balance, and upper and lower extremity strength. Handcycles are provided for participants.

POC: Harvey Naranjo – Adaptive Sports Coordinator, COTA/L
Tiffany Smith – Recreation Therapist

1300-1500

Bowling at the Bowling Center - Building 56

Designed for every level of ability to brush up on old and new skills.

POC: Cara Navarro – Recreation Therapist
Tiffany Smith – Recreation Therapist

TUESDAY

Cooking Group OT Kitchen

Participation is by referral from an Occupational Therapist.

Designed for patients in need of assistance and “hands on” cooking instructions. You will learn how to prepare & execute full meals with a variety of recipes. Food is free of cost and best of all you eat what you cook!

POC: Tiffany Smith – Recreation Therapist

1200-1300

Adaptive Yoga America Building/19 PT GYM

The Exalted Warrior Foundation along with WRNMMC staff facilitate yoga instruction. Warriors with amputation, TBI and spinal cord injuries have benefited greatly from beginner levels, breath work and gentle stretching, increasing to intense exertions. PTSD symptoms addressed through tools learned from yoga practice.

POC Harvey Naranjo – Adaptive Sports Coordinator, COTA/L



TUESDAY Cont.**1300-1500
Swim Clinic (PT & OT) MWR Pool/Building 17**

Designed for patients who may or may not require adaptations for swimming. Swimming promotes benefits such as aerobic fitness, increased muscle strength, increased flexibility, spatial and body awareness. The program provides group participation and social skills. Participate through OT or PT and referral only.

POC: Harvey Naranjo – Adaptive Sports Coordinator, COTA/L

**1300-1500
Wheelchair Basketball MWR Gym/Building 17**

Designed for patients who need an alternative way of playing basketball. Patients will have the opportunity to learn wheelchair mobility, offensive & defensive plays, foul shots, dribbling, & shooting rules. Competitive full-court wheelchair basketball will be played during clinic. Led by Coach Bill Demby & CTRS .

POC: Tiffany Smith – Recreation Therapist

**1600-1800
Kayaking with Team River Run (TRR) MWR Gym/Building 17**

TRR instructors work with the staff at WRNMMC to help wounded Service members explore a new method of exercise and recreation. TRR instructors come once a week to provide kayaking instruction in the therapy pool and twice a week, they take the Service members and their families to the river to practice using the skills they have learned, both in flat water and white water conditions.

POC: Harvey Naranjo – Adaptive Sports Coordinator, COTA/L



WEDNESDAY



1200-1300

Fly Fishing & Fly Tying Clinic Main OT Clinic/America Building

Project Healing Waters provides rehabilitative activities in which patients learn fly tying, fly casting, rod building, and fly fishing. Patients practice their dexterity and concentration through these various activities and often experience a feeling of accomplishment during their recovery and readjustment.

POC: Harvey Naranjo—Adaptive Sports Coordinator, COTA/L



1300-1430

Sitting Volleyball MWR Gym/Building 17

Similar rules to Volleyball, although you are sitting on the floor. The net is about 3.5 feet high, and the court is 10 x 6 meters with a two-meter attack line. Players are allowed to block serves, but one "cheek" must be in contact with the floor whenever they make contact with the ball.

POC: Cara Navarro – Recreation Therapist

1300-1500

Brazilian Jiu-Jitsu Class F.A.T.S. Room B322 America Building/19

Designed for patients who have interest in martial arts, combat sports, or self defense system that focuses on grappling & ground fighting. Benefits to this class includes: body control, body awareness, focusing techniques, endurance, and upper & lower body strengthening.

Class is led by qualified Brazilian Jiu-Jitsu instructor: Luis Pantoja.

POC: Harvey Naranjo – Adaptive Sports Coordinator, COTA/L



THURSDAY**1200-1300****Adaptive Yoga America Building/19 PT GYM**

The Exalted Warrior Foundation along with WRNMMC staff facilitate yoga instruction. Warriors with amputation, TBI and spinal cord injuries have benefited greatly from beginner levels, breath work and gentle stretching, increasing to intense exertions. PTSD symptoms addressed through tools learned from yoga practice.

POC Harvey Naranjo – Adaptive Sports Coordinator, COTA/L

**1330-1700****Soldiers Undertaking Disabled Scuba (SUDS) America Building**

Offers OIF & OEF patients receiving OT or PT services, scuba certification through Scuba Diving International (SDI). Must be medically cleared and screened by OT before attending classes for certification. Patient will have the opportunity to travel overseas to complete dive class. See Adaptive Sports Office for clearance.

POC: Harvey Naranjo – Adaptive Sports Coordinator, COTA/L

**1300-1500****Wheelchair Basketball MWR Gym/Building 17**

Designed for patients who need an alternative way of playing basketball. Patient will have opportunity to learn wheelchair mobility, offensive & defensive plays, foul shots, dribbling, & shooting rules to wheelchair basketball. Competitive full-court wheelchair basketball will be played during clinic. Led by Coach Bill Demby & CTRS.



Community Outing/Adaptive Sports

Friday

1200-1400

Monthly Adaptive Sled Hockey Clinic **Rockville Ice Arena** (transportation provided)
Through the USA Warriors Ice Hockey Team, affiliated with the local chapter of USA Disabled Hockey, a monthly clinic in adaptive sled ice hockey is offered. All equipment is provided. No experience necessary.

Classes offered: [Fri Jan 27](#) [Fri Feb 11](#) [Fri Mar 16](#) [Fri April 13](#) [Fri May 11](#) [Fri June 15](#)

POC: Tiffany Smith – Recreation Therapist

*UPCOMING FRIDAY COMMUNITY OUTINGS

Jan. 06: Capitol Hill Tour

Jan. 13: Pentagon Trip

One (1) guest allowed per outing.

Jan 20: Movie Outing

Feb 10: Pentagon Trip

Other:

Cooking Group with Chef Egg

Once a month education session with a trained chef. Please be referred by OT to participate.

Adaptive Ski Lessons

Two Top Mountain Adaptive Sports Foundation offers free adaptive ski lessons at Whitetail Ski Mountain in Mercersburg, PA. Saturday & Sunday for all OEF/OIF. Participant needs to receive clearance form prior to participating and **must contact Harvey Naranjo**.

UPCOMING ADAPTIVE SPORTS EVENTS

Jan 11-14 Soldier Ride Miami & Key West (POC: Harvey)

Jan 12-13 Duck & Goose Hunt—Gettysburg, PA (POC: Ross)

Jan 20-22 Wintergreen Ski Trip—Wintergreen, VA (POC: Cara)

Jan 24-28 Vail Veterans Program— Vail Colorado (POC: Tiffany)

Jan 25-30 Challenge Aspen C.A.M.O.— Snowmass Village, CO (POC: Harvey)

Jan 31-Feb 6 Fishing Excursion— Islamorada, FL (POC: Ross)

Feb 5-11 Crested Butte Warfighter Sports Week—Crested Butte, CO (POC: Harvey)

Feb 9-11 S.U.D.S. Adaptive Scuba Certification—Rincon, Puerto Rico (POC: Harvey)