

Community Reintegration Programs

The Community Reintegration Program (CRP) is available to injured Service members currently under the care of Physical Medicine & Rehab (PM&R). CRP is designed by Certified Therapeutic Recreation Specialists (CTRS) to help these patients reintegrate back into various life tasks and roles in their community. Therapeutic rehabilitation goals include:

- Increased independence
- Decreased vulnerability
- Increase safety
- Improve prevocational skills

Community Reintegration Programs are designed by our Recreational Therapists and are sponsored by non-profit organizations. Outings are held **every Friday** during the year. Typically patients spend 3-6 hours out in the community and away from the hospital setting. Outings take place locally in the greater DC, MD, and VA area.

OUTINGS INCLUDE

MOVIE THEATRES

LOCAL MUSEUMS

SHOPPING MALLS

THE KENNEDY CENTER

LOCAL BATTING CAGES

LOCAL BOWLING ALLEYS

RESTAURANT TASTINGS

SMITHSONIAN VISITS

THEME PARKS

DC METRO TRAINING

WORLD YACHT TOURS

PROFESSIONAL SPORTS GAMES

AND MANY MORE...

Recreation Therapy Activities

Adaptive Fly Fishing & Fly Tying

Held weekly in the OT Clinic, patients are given instruction on adaptive fly fishing techniques such as fly fishing, fly casting, fly tying, and rod building.

Adaptive Bowling

Designed for those with and without a wheelchair. Clinic allows you to brush up or improve on your skills. Clinics held every Monday in the Bowling Center (56).

Weekly Cooking Classes

Cooking classes are offered Every Tuesday in the Occupational Therapy (OT) kitchen—Room 1465.

GUEST CHEF: *Periodically, Whole Food's Chef Egg, joins the group and introduces new recipes to prepare!*

Service Dogs and Specialized Facility K9s

Service Dogs and Specialized Facility K9s assist in the Service members' physical, emotional, and psychological well-being which are integral parts of their rehabilitation at WRNMMC.

Service Dogs

Service Dogs aide physically-disabled Service members by assisting them with activities of daily life (ADLs). Through the office of Therapeutic Recreation, eligible Service members may apply for a personal service dog from an accredited organization.

Specialized Facility K9s

Specialized Facility K9s work at WRNMMC and assist the medical and rehab staff with:

- Physical Therapy
- Speech Therapy
- Cognitive exercises
- Motivation and comfort

Walter Reed National Military Medical Center

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Department of Orthopaedics and Rehabilitation

THERAPEUTIC RECREATION & ADAPTIVE SPORTS PROGRAMS



Participation in all activities contained in this brochure require a referral from the Department of Orthopaedics & Rehabilitation.

THERAPEUTIC RECREATION

Therapeutic Recreation is the use of treatment, education, and recreation programs to help people with disabilities and other conditions develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life.



Adaptive Sports Programs offer patients the opportunity to excel in their rehabilitation through the introduction to adaptive sports and adaptive instruction. Participation in innovative programs and adaptive equipment may allow a continuation of an active lifestyle.

Firearms Training Simulator (F.A.T.S.) is a weapons simulation program that allows for progression from basic target shooting to a complex shoot/no-shoot environment. Emotional, physical, and cognitive aspects of a patient's performance can be assessed and remediated in this safe environment.

At Walter Reed

At Walter Reed National Military Medical Center (WRNMMC), Therapeutic Recreation services are available to Service members who have a referral from the Department of Orthopaedics and Rehabilitation. Opportunities are available through:

- Adaptive Sports Programs
- F.A.T.S. /Outdoor Field & Stream
- Community Reintegration Programs
- Recreation Therapy Activities

Adaptive Sports Programs

Adaptive Skiing/Snowboarding

Offered weekends beginning in December, through the Two Top Mountain Adaptive Sports Foundation.

Every weekend weather permitting

Adaptive Brazilian Jiu-Jitsu

Learn, practice, and improve grappling skills in a safe yet challenging environment. Led by a qualified Jiu-Jitsu instructor.

Every Wednesday

Adaptive Swimming

Promotes benefits such as aerobic fitness, increased muscle strength, increased flexibility, spatial and body awareness.

Every Tuesday

Adaptive Yoga

Offered through the Exalted Warrior Foundation. Benefits are improved breath work and gentle stretching to intense exertions.

Every Tuesday and Thursday

Adaptive Cycling

Promotes benefits such as improving cardiovascular endurance and core strengthening. Hand cycles provided to participants.

Every Monday

Adaptive Scuba

Offered in the Physical Therapy pool through S.U.D.S. (Soldiers Undertaking Disabled Scuba). Goal includes scuba certification.

Every Thursday

Adaptive Kayaking

Offered in the Physical Therapy pool through Team River Runner (TRR). Learn techniques for whitewater and flat water.

Every Tuesday

Sit-Down Volleyball

Similar to the rules of volleyball but one "cheek" must be on the floor. The net is about 3.5' tall and court is 6x10 meters.

Every Wednesday

Wheelchair Basketball

Competitive, full-court basketball where patients learn wheelchair mobility, offensive & defensive plays, and foul shooting.

Every Tuesday and Thursday

Adaptive Sled Hockey

Sessions held monthly at the Rockville Ice Arena and led by USA Warriors Ice Hockey. All equipment provided. No experience required.

Held Monthly On Fridays

Also:

Marathons, Triathlons, Soccer, Water Skiing, Rowing, Rock Climbing, Softball, Golf, Track & Field, and more!

F.A.T.S. /Outdoor Field & Stream

Firearms Training Simulator (F.A.T.S.)

Fly Fishing

Trap & Skeet Shooting

Hunting—

Duck, Turkey, Bear, Elk, Quail, Deer, Pheasant, Hogs, Alligators

Archery

Marksmanship Clinics

Shooting Range Excursions

