



## MILITARY ADAPTIVE SPORTS PROGRAM: About the Military Adaptive Sports Program

**Empowering wounded, ill and injured Service members through physically engaging and mentally stimulating reconditioning activities**

The Military Adaptive Sports Program (MASP) enhances holistic recovery by engaging wounded, ill and injured Service members in ongoing, daily adaptive activities, based on their interest and ability. MASP provides direct support to military service-specific adaptive sports and reconditioning programs in the form of subject matter expertise and policy guidance. MASP also collaborates with the Department of Veterans Affairs adaptive sports programs, community-based organizations and other non-government organizations.

### **Benefits of Adaptive Sports and Reconditioning Activities**

MASP provides reconditioning activities and competitive adaptive sport opportunities to all wounded, ill and injured Service members to improve their overall quality of life. Service members who use adaptive sports and other reconditioning activities as part of their rehabilitation process improve their self-image, self-esteem, leadership, camaraderie and overall quality of life. MASP engages Service members through individualized sport and cognitive activities designed to augment traditional therapy. Specifically, sports and other reconditioning activities are important to help Service members come to terms with traumatic wounds, injuries or illness, and understand recovery is achievable through focusing on ability.

### **How it Works**

MASP is executed nationwide through each military service components' Warrior Care Program. Specially-trained coordinators advise the local command team on adaptive sports and reconditioning techniques and procedures, facilitate daily activities, coordinate access to community-based events and resources, and organize adaptive sports events. MASP currently operates three joint-service coordinators at Naval Medical Center San Diego, San Antonio Military Medical Center and Walter Reed National Military Medical Center.

The program also provides specialized and highly trained coaches who are leaders in their field and, in some cases, Paralympians. The coaches provide progressive instruction to the Service members in one-on-one and group settings. They also advise on nutritional needs, depending upon the Service members' training and goals for participation in competitive adaptive sporting events.

MASP ensures a variety of adaptive sports and reconditioning activities are available to meet the spectrum of interest and participation needs of wounded, ill and injured Service members. Some of the adaptive sports and reconditioning activities offered include: archery, wheelchair basketball, sitting volleyball, shooting, surfing, scuba diving, art and music therapy classes, sled hockey, yoga, swimming and golf.

For more information visit:

<http://warriorcare.mil/>

<http://nrd.gov/>



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