

# Recreational Sports & Activities For Individuals with Physical Disabilities

By: Steven Nguyen

Despite having a disability that affects me physically, playing sports and doing other recreational activities has always been a big part of my life. From wheelchair basketball; to Skeet-shooting; to playing the clarinet; I have tried it all. Participating in different activities has not only helped me with health and strength, but it has helped me build up my self-esteem, competitiveness and forged friendship that I would have otherwise missed out on.



Research was done back in 2011 that examined the changes in quality of life, mood states and sports related competence for returning combat veterans with acquired disabilities. This research was published in the Therapeutic Recreation Journal: [http://www.va.gov/adaptivesports/docs/lundberg\\_final.pdf](http://www.va.gov/adaptivesports/docs/lundberg_final.pdf)

Google adaptive sports and activities, and chances are that you will find pages and pages of information on sports geared towards individuals with physical disabilities. These include:

- Basketball
- Softball
- Flag Football
- Sledge Hockey
- Track and Field
- Bocce
- Swimming
- Musical Instruments
- Dancing / Yoga / Pilates
- Powerlifting
- Hunting
- Kayaking / Rowing / Skiing
- Golf
- the list goes on....

Even if playing any one particular sport or activity is not interesting to you, becoming a spectator isn't a bad trade-off.

Continued on next page



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**Louisiana Specific:**

[Games Uniting Mind & Body Games \(G.U.M.B.O.\)](#)

[The Miracle League of Greater New Orleans](#)

[Samaritan Acts of New Orleans](#)

**National:**

[Blaze Sports America](#)

[Paralympics](#)

[Paralyzed Veterans of America](#)

[Rise Adaptive Sports \(Texas\)](#)

[Christopher Reeve Paralysis Resource Guide](#)

[Challenged Athletes Foundation](#) – Offers grants to help offset the cost of certain equipment used in various sports.

[YouTube](#) also great videos that can introduce you to different adaptive sports.



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