Maryland MS Society

Recreation with Changing Needs and MS

Janice Wilson CTRS

A
Therapeutic Recreation Specialist
Or a
Recreation Therapist is someone who

Provides Treatment Services and Recreation Services
To people with illnesses or disabling conditions

Offers services to restore, remediate or rehabilitate in order
to improve functioning and independence, as well as,
reduce or eliminate the effects of illness or disability.

Primary purpose of Recreation Services are to provide
recreation resources and opportunities in order to improve
health and well being.

American Therapeutic Recreation Association

"It has been well established that exercise, fitness, and relaxation reduce stress and contribute to improved cardiovascular and respiratory functioning and increased strength, endurance and coordination. Activity reduces secondary medical complication arising from skin sores and urinary tract infections. Recreation Therapists push physical activity for social as well as medical reasons. Active involvement in recreation leads to improved life satisfaction, better social relationships and lower levels of depression."

Christopher Reeve Paralysis Foundation

Quality of Life

Preserve Emotional Balance
Preserve a satisfactory Self-Image
Preserve Social Relationships
Develop Coping Skills for Uncertain Future
Manage Stress
Maintaining & Extending Meaningful Roles
Practice a Resistance and a Fighting Spirit
Enjoy Fun and Humor

It's your reaction to adversity
not the adversity itself
that determines how
your life story will develop.

Live your life to the fullest
make changes, make adaptions
but live your life to the fullest.

Dieter Uchtdorf

Cognitive Dysfunction in MS

Rhonda Nelson, Ph, D., CTRS

Completed an evaluation of some common cognitive programs

Cognition is:

Often under recognized or misdiagnosed as depression or stress

Contributes significantly to unemployment

Brain Fitness Programming Resources

Software Programs www.positscience.com

Posit Science

Brain Fitness (Auditory program)

Insight (Visual program)

Drive Sharp (shortened visual program)

www.positscience.com

Brain Fitness Programming

Dakim

Program specifically designed for older adults (60+)
www.dakim.com

CogniFit

Personal Trainer
Senior Driver
www.cognifit.com

Web Based Subscription Programs

Happy Neuron www.happy-neuron.com

My Brain Trainer www.mybraintrainer.com

Tech Gaming Program:

Brain Age- A Hand held game using Nintendo DS system ww.brainage.com

Low TechResources:

Strengthen Your Mind Program, Einberger, K. & Sellick, J. Health Professions Press,Inc.,

Brain Fitness Fitzsimmons, S. (2008) Venture Publishing. State College, PA.

Brain Fitness

Rhonda Nelson Ph.D. CTRS

Comparison

Plugging in to Play

What's gaming all about

BALTIMORE ADAPTED RECREATION AND SPORTS

BARS
P.O. Box 878 Sparks,
Md. 21152
410 771-4606
www.barsinfor.org

Camping
Racquetball
Snow Skiing
Canoeing
Quad Rugby
Sea Kayaking
Nature Walks
Tennis
Skeet and Pistol Shooting
Fishing
Dancing
Cycling/Handcycling
Bowling
Water Skiing
White Water Rafting

Accessible Sailing & Access-Ability

Accessibility
CRAB: **Chesapeake Region Accessible Boating**
Annapolis, Maryland
Information on Crab
Calendar 2011:
April 17 Spin Sheet Crew Listing
April 24 Sail Free
April 28 Bay Bridge Boat Show
May 7 Annapolis Spring Sales Event
Crab Bash
info@crabsailing.org

Access-Ability Baltimore
Contact: 410 727-0722
Lynn Handy: April 23, 2011
www.downtownsailing.org
Sailing Cruise:
Call for free sailing dates
info@crabsailing.org 410 727-0722

Relaxation, Stress Management & Exercise

Exercise

- Daily home maintenance

Biking:

- Recumbent/tandem/hand cycling

Swimming

Sports

Wii Fit & Balance Board

Adaptive Aides

Gardening/Horticulture

Raised Beds

Public Parks

Stress Management

- Yoga
- Reiki
- Qigong

Resources

Maryland office of Tourism 800 634-7386

Access Adventure: 301 870-3226

Provides Travel & Rec. for those with physical disabilities

Access Travel 410 715-1241 **T**ravel agent

Access Adventure 301 870-3226

Beach Wheelchairs 410 289-2800

Accessible buses to Ocean City 410 723-1607

Baltimore Adaptive Rec. & Sports 410 771-4606

Chesapeake Accessible Boating (CRAB) 410 974-2628

Dance Wheels DC: Rachel Anderson teaches

ballroom, latin, social dances from club style to formal

www.rachelandersons5678.com

Linc –Adaptive computer consultation, loan library

410 659-5462 **www.linc.org** info@linc.org

VME 410 243-7495 (Volunteers for Medical Engineering)

Body Cooling Systems

Vests, hats, scull caps, neck scarf etc.

MS Solutions 1 800 763-8423

Polar Products 1 800 763-8423

MSAA 1 800 532-7667

(offers discounts in some situations)

Therapeutic Riding Vs Hippotherapy

Therapeutic Riding

Facilitated by a NARHA certified professional horseback riding instructor with a team of 1-3 volunteers per rider. The activity is designed to teach horsemanship skills exclusively to children and adults with special needs in an environment that is both therapeutic and fun.

Physical: Horseback riding gently and rhythmically moves the rider's body in a manner similar to a human gait. The rocking gait of the horse transfers a three-dimensional movement to the rider which increases the riders flexibility and balance, relaxes muscles, improves muscle tone, and enhances spatial awareness. Riders often experience improvements in coordination, respiration, body awareness, tactile perception, mobility, posture and oral motor control.

Emotionally: It enhances social interaction and communicational skills, impulse control social acceptance and self worth.

Mental: Those with mental challenges find an increase in attention span, confidence, patience, self esteem and concentration.

Hippotherapy

Refers to the use of a horse's movement as a treatment tool used by a physical, occupational or speech therapist to address impairments, functional limitations and disabilities in patients with neuromusculoskeletal dysfunction.

Horsemanship and riding skills are not taught as in therapeutic riding but; rather, a medical professional uses the natural movement of a horse to help an individual improve his/her neurological function, sensory processing, and functional abilities. The sensory movement provided by the horse impacts the rider's vestibular, tactile, & proprioceptive systems. Motor planning abilities are promoted. A prescription from a physician is needed. Most of the costs of hippotherapy can be paid by insurance.

Equicizer

Wooden Horse Corporation

50 Thompson Street
Valley Stream, New York 11580-2039
Phone: 516 872-2933
Email: equicier@aol.com

The Equicizer was invented by Elipse Award winning jockey Frank Lovato, Jr. to aid in his own recovery from a racing accident. The concept of the Equicizer is to train, practice and exercise while riding in a safe, controlled environmnet.
It can be used for practicing polo, roping and mounting.

References for Recreation with Changing Needs and MS

B. Thorne, F.L. Perez, V.M. Rivera, G.J. Hutton

Maxine Mesinger Clinic, Baylor College of Medicine, Houston, TX

2010 International Journal of MS Care 24th Annual Meeting of Consortium of MS Centers

(S133) Computer-Assisted Cognitive Rehabilitation For MS: Updated Findings

Cynthia Gibson-Horn, PT; Gail Widener, PhD, PT Samuel Merritt College, Oakland, CA, USA

2006 International Journal of MS Care Annual Conf of Consortium of MS Centers

(P07) Balance-Based Torso Weighting Improves Balance and Mobility in M S

Elsie E. Gulick, PhD, FAAN, RN*; Susan Goodman, MA, RD, CDN, CDE *Rutgers, The State University of New Jersey, Newark, NJ, USA

2006 International Journal of MS Care Annual Conf of Consortium of MS Centers

(S34) Physical Activity Among People With Multiple Sclerosis

Eynat Shevil, MS, OTR
University of Illinois at Chicago, Chicago, IL, USA
(W30) Cognitive Intervention Program for People With Multiple Sclerosis

G. Brichetto, P. Spallarossa, M.L. Lopes de Carvalho (Genoa, IT)
AISM Rehabilitation Centre, Italian MS Society, Genova, Italy.
(S14) A comparison of efficacy of balance disorder rehabilitation with a portable platform (Wii Balance Board) versus a traditional rehabilitation program.

Karen Turpin, MSC, BSCN, RN*; Linda Carroll, PhD; J. David Cassidy, DC, PhD, DrMedSc;
Walter Hader, MD *Northern Alberta MS Patient Care and Research Clinic,
Department of Medicine, University of Alberta, Edmonton, AB, Canada
2010 Consortium of MS Center Annual Meeting Org. of MS Rehabilitation Therapists
(P18) Factors Associated With Health-Related Quality of Life: What We Know and What We Do Not

K. Cook, [1]A. Bamer, [1]I. Molton, [1]S. Borson, [1]K. Yorkston, [1]A. Heinemann, [2]M. Jensen [1]
[1]Rehabilitation Medicine, University of Washington, Seattle, WA; [2]Physical Medicine and Rehabilitation, Feinberg School of Medicine, Northwestern University, Chicago, IL
International Org. of MS Rehabilitation Therapists Supported by: Department of Education, NIDRR grants (P14) Symptoms That Predict Participation In People With MS

Keith Edwards, MD*;Maury Lawson, BS, AFAA
MS Center of Southern Vermont, Bennington, VT, USA
(S20) Weight Training With Protein Loading for Fatigue in Multiple Sclerosis
2006 International Journal of MS Care

Kurt Johnson, MED, PhD; Alyssa DiGiacomo, MPH; Kathryn Yorkston, PhD; Dagmar Amtmann, PhD
University of Washington, Seattle, WA, USA , International Org. of MS Rehab.Therapists
(P08) Use and Availability of Assistive Technology in Multiple Sclerosis
2006 International Journal of MS Care

Keith Edwards, MD; Maury Lawson, BS, AFAA
MS Center of Southern Vermont, Bennington, VT, USA
(S20) Weight Training With Protein Loading for Fatigue in MS)
International Journal of MS Care 2006 MS Care Annual Conf of Consortium of MS Centers

Kimberly Carcary, MSC; L. Aaron Tubman, PhD
University of Calgary, Foothills Medical Centre, Calgary, AB, Canada
(S12) Comparison of Aquatic Exercise and Land-Based Exercise for Women With Multiple Sclerosis, International Journal of MS Care 2006 Abstracts from 20th Annual Consortium

L.E. Bromley,1 A. Szczesniak,1 W. Choinski,1 S. Chan,1 K. Attwood,1 S. Bennett1,2
1Rehabilitation Science, University at Buffalo, Buffalo, NY; 2Neurology, Jacobs Neurological Institute, University at Buffalo, Buffalo, NY
2010 Consortium of MS Centers International Org of MS Rehabilitation Therapists
(S15) Effectiveness Of The Wii On Standing Balance In Individuls With Multiple Sclerosis

Lily Duong, PharmD; Amy Cantwell, RN; Carmen Cocolicchio, ALPN; Cynthia Lewis, ALPN; Deborah Loughman, RN, BSN; Roberta Raybourn, RN, BSN; Cynthia Rosier, RN, BSN; Gail Wilshaw, RGN, RN CuraScript Pharmacy, Inc., Orlando, FL, USA
International Journal of MS Care 2006 Abstracts from 20th Annual Consortium.
(S16) Depression and Fatigue in Correlation Between Disablity and Quality of Life in Relapsing-Remitting Multiple Sclerosis

Melissa Cline, BA; Chiara LaRotonda, BA; Rohini Wadhwani, BS; Charles Bombardier, PhD; Dawn Ehde, PhD; George Kraft, MD, MS; James Bowen, MD University of Washington, Seattle, WA, USA
(S13) Predictors of Adherence to Exercise Goals in Patients With Multiple Sclerosis

M. Finlayson, K. Preissner, C. Cho, M. Plow
Department of Occupational Therapy, University of Illinois at Chicago, Chicago, IL
2010 International Journal of MS Care Annaul Meeting of Consortium of MS Centers
(P15) Teleconference-Delivered Fatigue Management: Efficacy and Effectiveness

Marcia Finlayson, PhD, OTR/L, MSCS; Elizabeth Peterson, MPH, OTR/L; Eynat Shevil, MS, OTR/L; Jennifer Garcia, MS, OTR/L University of Illinois at Chicago, Chicago, IL, USA

(W10) Fall-Prevention Education Program for Older Adults With Multiple Sclerosis

M. Howlett, M. Turner

Human Environmental Sciences, University of Arkansas, Fayetteville, AR

(S62) Factors Contributing To The Quality Of Life Among Individuals With MS

Richard Rudick, MD*; Paul W. O'Connor, MD; Eva Havrdova, MD; Michael Hutchinson, MD; Ludwig Kappos, MD; David H. Miller, MD; J. Theodore Phillips, MD, PhD; Chris H. Polman, MD; William H. Stuart, MD; Peter A. Calabresi, MD; Christian Confavreux, MD; Steven L. Galetta, MD; Ernst-Wilhelm Radue, MD; Fred D. Lublin, MD; Gavin Giovannoni, MD; Andrzej Wajgt, MD; Bianca Weinstock-Guttman, MD; Daniel R. Wynn, MD; Nisha Patel, MSC; Michael A. Panzara, MD, MPH; Alfred W. Sandrock, MD, PhD *Mellen Center for Multiple Sclerosis Treatment and Research, Cleveland Clinic Foundation, Cleveland, OH, USA

(P05) Quality of Life and Disability in Relapsing Multiple Sclerosis With Natalizumab Treatment

Rohini Wadhwani, BS; Melissa Cline, BA; Chiara LaRotonda, MSW; James Bowen, MD; Charles Bombardier, PhD; Dawn Ehde, PhD; George Kraft, MD of Washington, Seattle, WA, USA

(P11) Adherence to CDC/ACSM Physical Activity Guidelines in Community Sample of People With Multiple Sclerosis

Sara Baker, MS, PT; Jessica Loncar, MS, PT Inspire Health, Atlanta, GA, USA

(W02) Inspired Fitness: Individualized Fitness Program for People Living With Multiple Sclerosis.