

# Adaptive and Rehabilitative Sports Program at Kennedy Krieger Institute



Participating in sports helps individuals learn to be physically active after injury. It builds confidence by helping them compete and achieve fitness goals.



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Adaptive and Rehabilitative Sports Program  
at Kennedy Krieger Institute

## Promoting Recovery and Fitness After Injury

At Kennedy Krieger Institute, our commitment to lifelong health extends beyond hospital and classroom walls. We believe that individuals of all abilities should have the opportunity to lead active, healthy and independent lives. Participation in sports and recreational activities helps make this possible. We offer a variety of both competitive and recreational programs to fit a range of abilities. Through these activities, we help children and adults achieve goals many thought were impossible.



*Program participants and staff members compete in the Baltimore Running Festival.*



*Program participants set sail in Baltimore's Inner Harbor.*



*Participants scrimmage the Johns Hopkins University men's lacrosse team.*

## **Choose From a Wide Variety of Sports and Activities**

Whether through surfing, handcycling, sailing, skiing or wheelchair lacrosse,\* individuals with disabilities can rebuild their strength and sense of independence while increasing body awareness, building self-confidence, learning new life skills and making new friends.

All activities in the Adaptive and Rehabilitative Sports Program are supervised by experienced staff members, including recreational and physical therapists, and take into account individual needs and abilities.

The program is open to current and former students and patients, as well as individuals living in the community who are interested in trying out a new activity or resuming a sport or activity they previously enjoyed. Adaptive equipment is available when necessary. Prior experience is not required to participate in any activity.

*\*Additional sports and recreational opportunities for children and young adults ages 5–18 are offered by the Bennett Institute Physically Challenged Sports Program and the Bennett Blazers.*



*Fishing is just one of the water activities for participants to enjoy.*



*Participants and staff members take part in an adaptive surfing event in Virginia Beach, Va.*



*In Colorado, individuals participate in adaptive skiing (above) in the winter and mountain biking (below), kayaking and paddleboarding in the summer.*



**Kennedy Krieger Institute**

707 North Broadway • Baltimore, MD 21205

**667-205-4242**

**[AdaptiveSports@KennedyKrieger.org](mailto:AdaptiveSports@KennedyKrieger.org)**

**[KennedyKrieger.org/AdultAdaptiveSports](https://KennedyKrieger.org/AdultAdaptiveSports)**