

PHYSICAL ACTIVITY

- Is associated with:
 - Reduced diabetes & mortality⁴
 - Improved body image, quality of life & community integration^{2,3}
- People with impaired mobility are twice as likely to be inactive than people without disabilities
- **Here are suggestions from people with impaired mobility on how doctors can help patients get physically active!**



LOCAL ADAPTED PHYSICAL ACTIVITY GROUPS

- Alberta Amputee Sports & Rec. Association
- Calgary Adapted Hub Powered by Jumpstart
- Calgary Grizzlies Wheelchair Basketball
- Canadian Adaptive Snowsports Association
- Calgary Power Hockey League
- Eastside Memorial Football Club Soccability
- Osuna Karate
- Rocky Mountain Adaptive
- Rocky Mountain Racers Ski Club
- Ultimate Para Sports Association
- Wheelchair Sports Alberta

Check out more resources at our website:

bit.ly/APA_Links



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SUPPORTING PHYSICAL ACTIVITY FOR PEOPLE WITH MOBILITY IMPAIRMENT

A RESOURCE FOR PHYSICIANS

RANITA MANOCHA, MD, MSc
KIRINPREET DHILLON
ABILITIES IN FOCUS RESEARCH
PROJECT PARTICIPANTS

GET TO KNOW YOUR PATIENT AS A PERSON

What are their interests? What are their abilities? What is their previous experience with physical activity or sport?

"Doctors should ask... is there something you have a passion for? ... You like basketball? You can play damn competitive wheelchair basketball! ... You like full contact? Let me introduce you to rugby... You like tennis, you can play tennis; you like sailing, you can sail. And you can do it at highly competitive levels!"

- Eric



BE AWARE OF YOUR BIASES

Disability is not a result of impairment, but rather arises because of socially imposed restrictions¹. Consider how biases affect medical interactions.

"[I found that my physician] did not necessarily learn about the person or what the real problem is. Just putting them into a certain category and in a very flippant and standoffish way. "Oh, don't worry about your back, it's just like Rick Hansen's" ... I am not like Rick at all. Injury-wise, physiology-wise or whatever. That type of attitude...it was a pretty disappointing experience."

- Jaimie



CHAMPION PHYSICAL ACTIVITY

Discuss the benefits of sport involvement and encourage your patient to strive to achieve their physical activity goals.

"My surgeon worked with me...to find activities that I could do. He actually went as far as to get me a pool schedule and tell me what classes I could take and which classes I couldn't take...Rather than saying, "Well, you probably won't be able to do this," I think healthcare providers need to focus on what you can do."

- Daljit

EDUCATE YOURSELF ON ADAPTED PHYSICAL ACTIVITIES

"I think it would be a valuable thing for every physician to try a sport...wheelchair ball...or, you gotta get in a chair and wheel around the hospital or something."

- Paul

There are many ways to be active while living with an impairment. Certain sports will be better suited to certain ability levels and interests. Watch or play wheelchair basketball, bocce, sledge hockey, or another adapted sport to see what it's all about!

1. Thomas, Disab Soc 2004.
2. Carty *et al.* J Phys Act Health 2021.
3. McVeigh *et al.* J Spinal Cord Med 2009.
4. Wetterhahn *et al.* Am J Phys Med Rehabil 2002.

CONTACT US

 BetterMobilityLab@ucalgary.ca  [@MobilityBetter](https://twitter.com/MobilityBetter)  [@BetterMobilityLab](https://www.instagram.com/bettermobilitylab)