

A person wearing a black long-sleeved shirt is shown from the chest down to the waist. They are holding their right arm with their left hand, specifically focusing on the elbow area. The elbow skin is red and irritated, possibly from a Pilates exercise. The background is a light blue gradient.

PILATES AND THE ADAPTIVE ATHLETE

THINKING OUTSIDE THE BOX

LEARNING GOALS

- Define “adaptive”
- Background history
- How we can apply what we have learned to a positive studio experience for adaptive athletes



WHAT DOES “ADAPTIVE” MEAN?

- An 'Adaptive Athlete' includes individuals with physical or neurological disorders, amputees, wheelchair users and other permanent impairments.

PREFERRED TERMINOLOGY

- DEAF OR HARD OF HEARING BUT NOT HEARING-IMPAIRED.

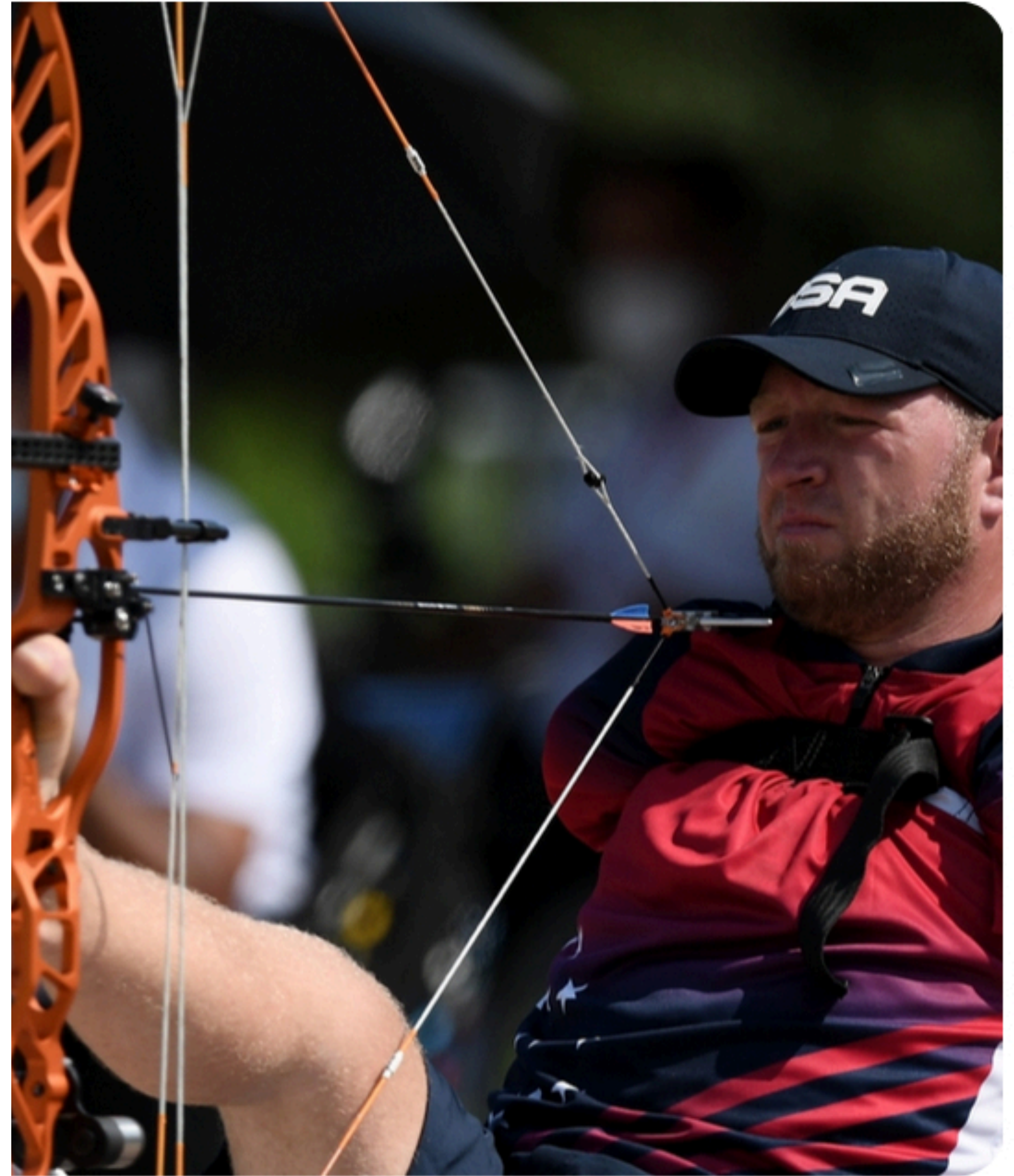
OFTEN FOLKS THINK OF THEMSELVES AS PART OF A LANGUAGE MINORITY BUT NOT AS SOMEONE WITH A SENSORY LOSS.

- PERSONS WITH DISABILITY (PWD)
- USE IDENTITY LABELS THAT THE PERSON DECIDES
- PUT THE PERSON FIRST NOT THE DISABILITY, I.E. AN ATHLETE WHO USES A WHEELCHAIR RATHER THAN WHEELCHAIR BOUND

PEOPLE-FIRST LANGUAGE <i>PREFERRED</i>	LANGUAGE TO AVOID IDENTITY-FIRST OR COULD BE "DEROGATORY"
Person with a disability	The disabled, handicapped, someone who "suffers" from...
Person without a disability Athlete who is able-bodied or typically-developing	Normal person, healthy person
Person with an intellectual disability	Retarded, slow, simple, moronic, defective, afflicted, special person, special ed or "sped"
Person with an emotional or behavioral disability, person with a mental health or a psychiatric disability	Insane, crazy, psycho, maniac, nuts
Person who uses a wheelchair	Confined or restricted to a wheelchair, wheelchair-bound
Person with a physical disability	Crippled, lame, deformed, invalid, spastic, gimp
Person who is successful, productive	Has overcome his/her disability, is courageous, motivational

PREFERRED LANGUAGE	NOT APPROPRIATE LANGUAGE
Adaptive Athlete, trainee	Disabled person, handicapped, cripple, lame
Able-Bodied Athlete *you may prefer an alternate term	Normal person, healthy person
Person who is hard of hearing	Hearing impaired, suffers a hearing loss
Person who is deaf	Dumb, mute
Person who is blind or visually impaired	The blind, blind guy/girl
Person who has a communication disorder, is unable to speak, or uses a device to speak	Mute, dumb, idiot, half-witted
Person who uses a wheelchair	Confined or restricted to a wheelchair, wheelchair-bound
Person with a physical disability	Crippled, lame, deformed, invalid, spastic
Person of short stature, Dwarf	Midget
Person with Down syndrome	Mongoloid, Downs-kid

BRIEF HISTORY OF THE ADA, ADD, AND MEDICAL VS SOCIAL MODELS OF DISABILITY



MEDICAL MODEL VS SOCIAL MODEL

- THE MEDICAL MODEL VIEWS DISABILITY AS A FEATURE OF THE PERSON, DIRECTLY CAUSED BY DISEASE, DYSFUNCTION, TRAUMA, OR OTHER HEALTH CONDITION, WHICH REQUIRES MEDICAL CARE PROVIDED IN THE FORM OF TREATMENT BY HEALTH PROFESSIONALS. DISABILITY, FROM THIS MODEL, CALLS FOR MEDICAL OR OTHER TREATMENT OR INTERVENTION, TO 'CORRECT' THE 'PROBLEM' WITH THE INDIVIDUAL.
- THE SOCIAL MODEL OF DISABILITY, CONTRARY TO THE MEDICAL MODEL, SEES DISABILITY AS A SOCIALLY CREATED PROBLEM AND NOT AT ALL AN ATTRIBUTE OF AN INDIVIDUAL. IN THE SOCIAL MODEL, DISABILITY IS A DYSFUNCTION CREATED BY AN UNACCOMMODATING PHYSICAL AND SOCIAL ENVIRONMENT BROUGHT ABOUT BY PERCEPTIONS AND OTHER FEATURES OF THE SOCIAL ENVIRONMENT.

THE AMERICANS WITH DISABILITIES ACT (1990)

- MODELED ON CIVIL RIGHTS LEGISLATION AND THE REHABILITATION ACT OF 1973, THE ADA IS AN EQUAL-OPPORTUNITY LAW
- SECTION 504 OF THE REHABILITATION ACT (1973) WAS THE FIRST DISABILITY CIVIL RIGHT LEGISLATION THAT BARRED PEOPLE WITH DISABILITIES FROM DISCRIMINATION IN PROGRAMS THAT RECEIVE FEDERAL FUNDING. A SIT-IN IN SAN FRANCISCO FORCED THE 1977 HEALTH, EDUCATION, AND WELFARE ACT WHICH IMPLEMENTED THE REHABILITATION ACT
- [HTTPS://WWW.ADA.GOV/](https://www.ada.gov/)

THE AUSTRALIAN DISABILITY DISCRIMINATION ACT (1992)

- MAKES IT UNLAWFUL TO DISCRIMINATE AGAINST A PERSON, IN MANY AREAS OF PUBLIC LIFE, INCLUDING EMPLOYMENT, EDUCATION, GETTING OR USING SERVICES, RENTING OR BUYING A HOUSE OR UNIT, AND ACCESSING PUBLIC PLACES, BECAUSE OF THEIR DISABILITY.
- DISABILITY IS CONSIDERED PERMANENT OR TEMP. PHYSICAL OR INTELLECTUAL, SENSORY, NEURO, LEARNING, PSYCHOSOCIAL, AND WORK-RELATED OR ASSUMED DISABILITIES AS WELL AS PAST OR FUTURE DISABILITIES.
- COVERS DIRECT OR INDIRECT DISCRIMINATION
- [HTTPS://HUMANRIGHTS.GOV.AU/OUR-WORK/EMPLOYERS/DISABILITY-DISCRIMINATION](https://humanrights.gov.au/our-work/employers/disability-discrimination)

IN 2006 THE WHO ADOPTED THE CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES AND ITS OPTIONAL PROTOCOLS IN HOPES OF CHANGING ATTITUDES TOWARDS PEOPLE WITH DISABILITIES WORLDWIDE AND ENSURE THAT BASIC HUMAN RIGHTS AND FUNDAMENTAL FREEDOMS ARE EXTENDED TO THOSE LIVING WITH A DISABILITY.

**SO, WHAT DOES THIS MEAN FOR
THE MOVEMENT PROFESSIONAL?**

BEFORE YOU SEE YOUR FIRST ADAPTIVE CLIENT

SOME THINGS TO CONSIDER

- Unit of competency SISXDIS001 - Facilitate inclusion for people with a disability
- Additional questions you may want to ask on your waiver
- Is your space accessible?
- ACSM guidelines are the same as for able-bodied adults ***Nuero adaptive athletes should start at a more moderate level and progress over time according to response to exercise. Pg 355 in ACSM guidelines



USEFUL PROPS

- WRIST AND LEG CUFFS
- LIGHT BANDS
- BOLSTERS
- HALF ROLLERS
- SENSORY MATS
- SENSORY BALLS
- SLING
- YOGA STRAP
- YOGA BLOCKS

WHY DO ADAPTIVE ATHLETES COME TO PILATES?

**GAIN INDEPENDENCE TO MASTER ACTIVITIES OF DAILY
LIVING (ADL)**

GAIN STRENGTH

REDUCE PAIN

<https://www.tandfonline.com/doi/full/10.1080/09638288.2020.1783377>

ORTHOPEDIC REHAB

<https://journals.sagepub.com/doi/full/10.1177/0269215520917437>

<https://www.tandfonline.com/doi/abs/10.1080/10790268.2020.1782608>



USEFUL RESOURCES

BOOK "FROM THE GROUND UP"

ZEBRAFISH NEURO

SPINAL CORD INJURIES AUSTRALIA

UNITED SPINAL ASSOCIATION

@ADAPTIVETRAINING ADAPTIVE TRAINING ACADEMY

@IAMADAPTIVE

@PARALYMPICS

@EQUIPPRODUCTS

GET INVOLVED! CONTACT YOUR LOCAL PHYSICAL THERAPIST OR SCI REHAB FACILITY TO INQUIRE ABOUT CLINICAL OBSERVATION