

**RANCHO LOS AMIGOS**  
NATIONAL REHABILITATION CENTER

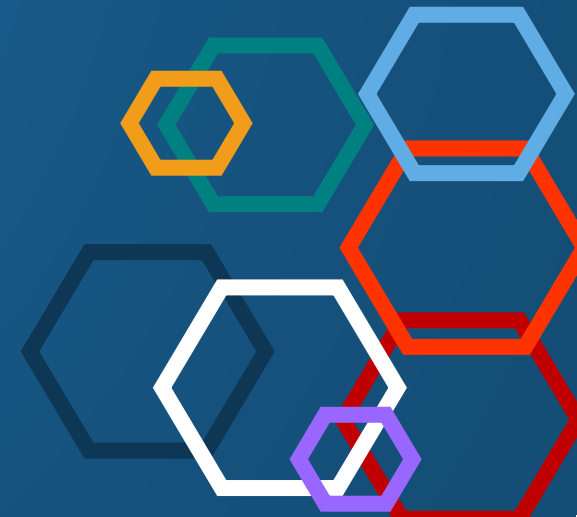


# Spinal Injury Games: Facilitating Wellness through Participation

Jennifer Bashar, OTD, OTR/L, BCPR, CBIST

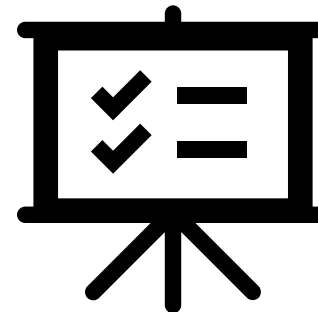
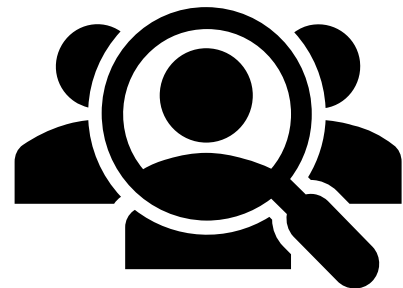
Elvy Fuentes, OTR/L

Tiffany Yonemoto, MBA-HCM, CTRS



# Objectives

- Understand how to plan and execute a hospital-based community event
- Value the event planning process and its influence on building occupational engagement and identity
- Gain firsthand experience by engaging in adaptive sports
- Learn about various resources for adaptive sports programs and adaptive equipment





# AGENDA



- OBJECTIVES
- WHO WE ARE
- RANCHO MISSION
- SIG BACKGROUND
- GREG THOMAS
- SPORT AS OCCUPATION
- ROLE OF OT
- ROLE OF RT
- SIG PLANNING & PROCESS
- TSHIRT DESIGN CONTEST
- VOLUNTEERS
- FLYER/EVENTS
- CASE STUDIES
- RESOURCES
- PRACTICAL ACTIVITY

# Who we are:

- Part of the Los Angeles County Department of Health Services, it is the second largest municipal health system in the United States
- One of the largest rehabilitation hospitals in the nation
- Serve approximately 2,500 unique inpatients each year
- Service 75,000 outpatient visits each year
- 60 OTRs/OTAs
- 10 Recreation Therapists





# Rancho Mission

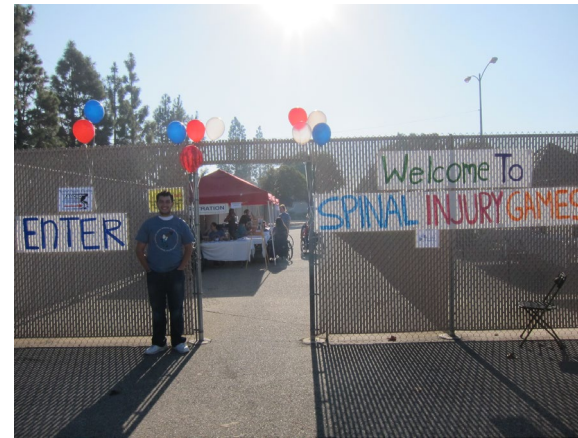
To restore health, rebuild life, and revitalize hope for persons with a life-changing illness, injury or disability.



# Spinal Injury Games



- Started in 1984 by one of Rancho's Recreation Therapist- Greg Thompson
- Annual event
- Evolved over the years to better meet the needs of the persons served
  - Patient/Community centered
  - Changing day of event
  - Changing locations
  - Increasing variety of activities
  - Increased number of vendors and community partners





# Founder of Spinal Injury Games



**RANCHO LOS AMIGOS**  
NATIONAL REHABILITATION CENTER

Greg Thompson, MSW







# Spinal Injury Games Then to Now



- 2012
  - 87 participants
  - 83 volunteers
  - 36 vendors and community partners
  - 10 activities
- 2013
  - 98 participants
  - 91 volunteers
  - 35 vendors and community partners
  - 11 activities
- 2014
  - 116 participants
  - 115 volunteers
  - 36 vendors and community partners
  - 11 activities
- 2015
  - 204 participants
  - 243 volunteers
  - 40 vendors and community partners
  - 11 activities
- 2016
  - 198 participants
  - 262 volunteers
  - 33 vendors and community partners
  - 11 activities
- 2017
  - 186 participants
  - 224 volunteers
  - 34 vendors and community partners
  - 11 activities
- 2018
  - 226 participants
  - 267volunteers
  - 36 vendors and community partners
  - 12 activities
- 2019
  - 235 participants
  - 283 volunteers
  - 35 vendors and community partners
  - 11 activities
- **2020-2022 COVID break**
- 2023
  - 312 participants
  - 296 volunteers
  - 35 vendors and community partners
  - 11 activities
- 2024
  - 287 participants
  - 300 volunteers
  - 44 vendors and community partners
  - 15 activities

# Sport as Occupation

## Health Management

- Social and emotional health promotion and maintenance
- Physical activity

## Social Participation

- Community participation
- Friendships
- Peer group participation

## Leisure

- Leisure exploration
- Leisure participation

## Work

- Volunteer exploration
- Volunteer participation

## Education

- Formal educational participation
- Informal educational participation



## Health Management

- Social and emotional health promotion and maintenance
  - Identifying personal strengths and assets
  - Managing emotions
  - Seeking occupations and social engagement to support health and wellness
  - Developing self identity
  - Making choices to improve quality of life in participation
- Physical activity
  - Cardiovascular exercise, strength training, and/or balance training to improve or maintain health and decrease risk of health episodes



# Leisure

- Leisure exploration
  - Identifying interests, skills, opportunities and leisure activities
- Leisure participation
  - Planning and participating in leisure activities
  - Maintaining a balance of leisure activities with other occupations



# Social Participation

- Community participation
  - Engaging in activities that result in successful interaction at the community level
- Friendships
  - Engaging in activities that support a relationship between two people... in which partners provide support to each other in times of need
- Peer group participation
  - Engaging in activities with others who have similar interests, age, background, or social status



## Education

- Formal educational participation
  - Participation in nonacademic and extracurricular activities
- Informal educational participation
  - Participation in classes, programs, and activities that provide instruction outside of a structured curriculum in identified area of interest



# Work

- Volunteer exploration
  - Identifying and learning about community causes, organizations, and opportunities for unpaid work consistent with personal skills, interests, location, and time available
- Volunteer participation
  - Performing unpaid work activities for the benefit of selected people, causes, or organizations



# Benefits of participation in sports

- Greater cardiorespiratory fitness and cardiovascular function
- Improved self esteem
- Increased social interaction and participation
- Positive perception of health and well-being
- Fewer depressive symptoms





- Kljajic et al, (2012): Engagement in sport significantly increases the quality of life of people with spinal cord injuries.
- Szeliga et al (2022): People participating in regular physical activity- wheelchair rugby- after spinal cord injury have a better relationship with fitness, greater independence, and better functional status

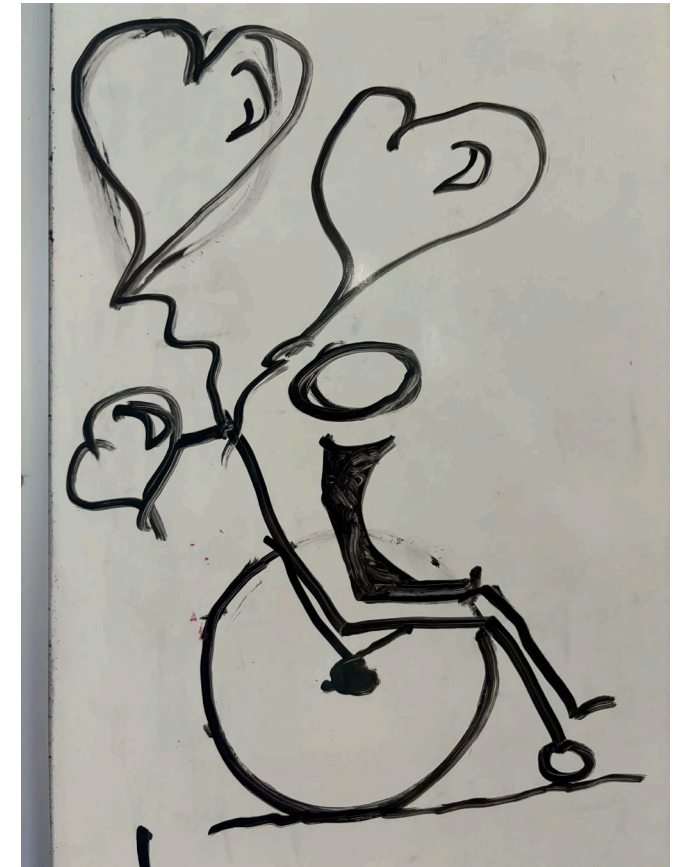


- Rayes et al (2022): Adaptive sports are effective methods of increasing health and overall quality of life for people with SCI and other disabilities.
- Cheung et al (2022): Sport plays a crucial role in facilitating the progression to living an enriching life following SCI.



“Participating in physical activity facilitates a positive self-identity, providing an opportunity for choice and control, promoting social interaction, and enhancing quality of life” (Cunningham et al, 2012)

“Engaging in occupation provides an opportunity to construct a unique, complex, and ever-changing identity” (Costalonga et al, 2020)





## Promoting participation

- Individual/group OT sessions that address *client factors* such as range of motion, strength, motor control, proprioception and *performance skills/patterns* such as gripping a golf club, swinging a tennis racket, and shooting a basketball



# FES Bike





# Role of Occupational Therapy





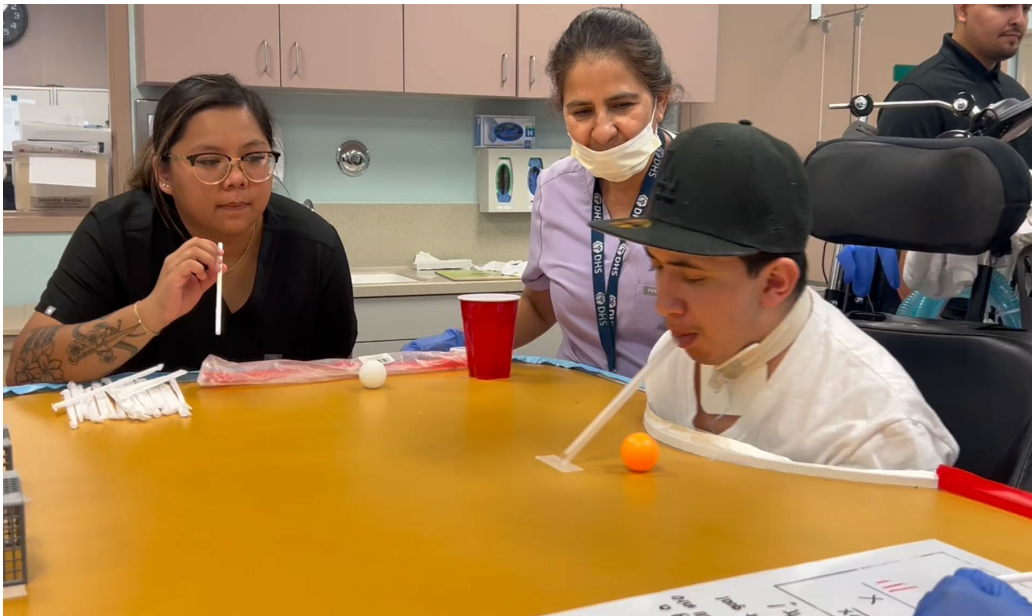
# Role of Occupational Therapy



- Individual/group OT/RT sessions to explore and trial leisure interests
  - Field Day (basketball, volleyball, pickleball)
  - Olympics (adapted soccer, basketball, shuffleball, cycling)
  - Art groups (mouthstick painting, drawing)



- Individual/group OT/RT sessions to increase confidence with social interaction
  - Activity groups
  - Education groups
  - Selling, folding, distributing t-shirts







## Leadership and Coordination

- Event Planning
- Team Management
- Budgeting and Funding
- Partnership Development

## Therapeutic Responsibilities

- Participant Assessment
- Activity Facilitation
- Education and Support
- Encouragement and Motivation





## Community Building

- Social Interaction
- Feedback and Improvement

## Safety and Accessibility

- Risk Management
- Adaptive Equipment Management

## Advocacy

- Raise Awareness





# Planning & Process

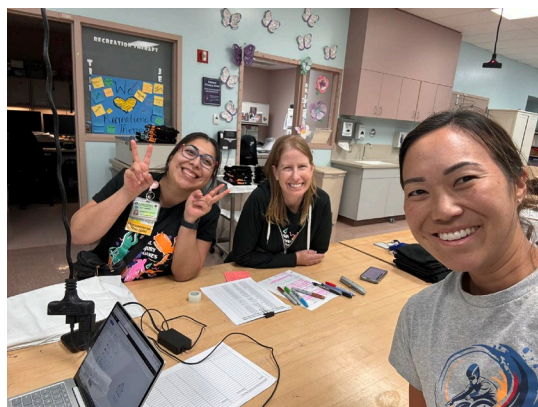
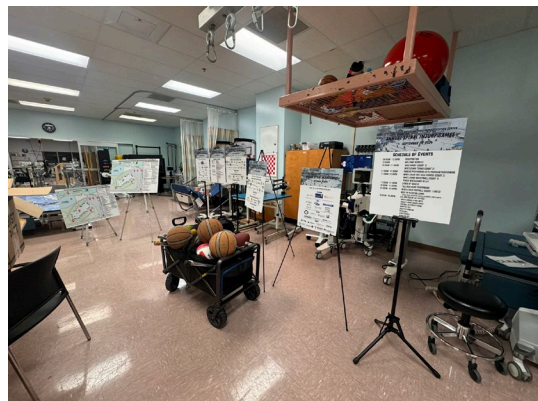


## Spinal Injury Games Timeline



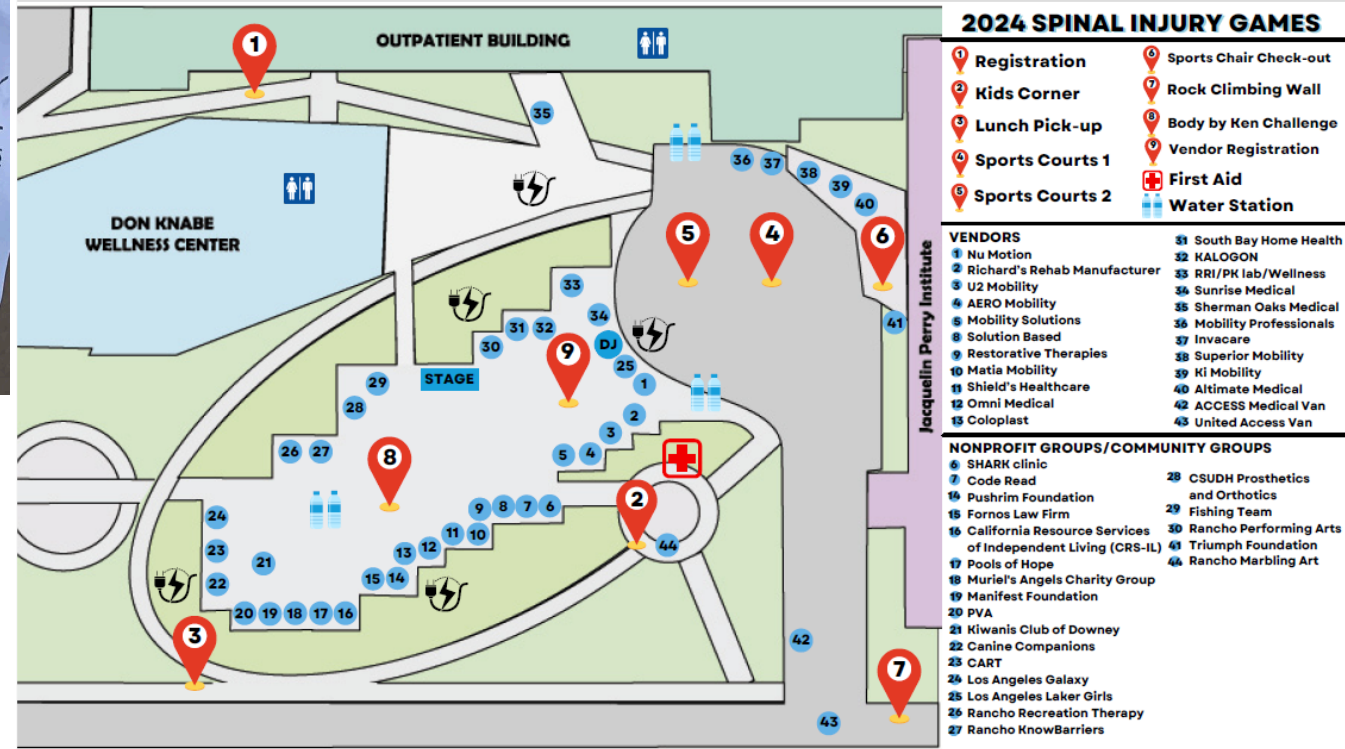
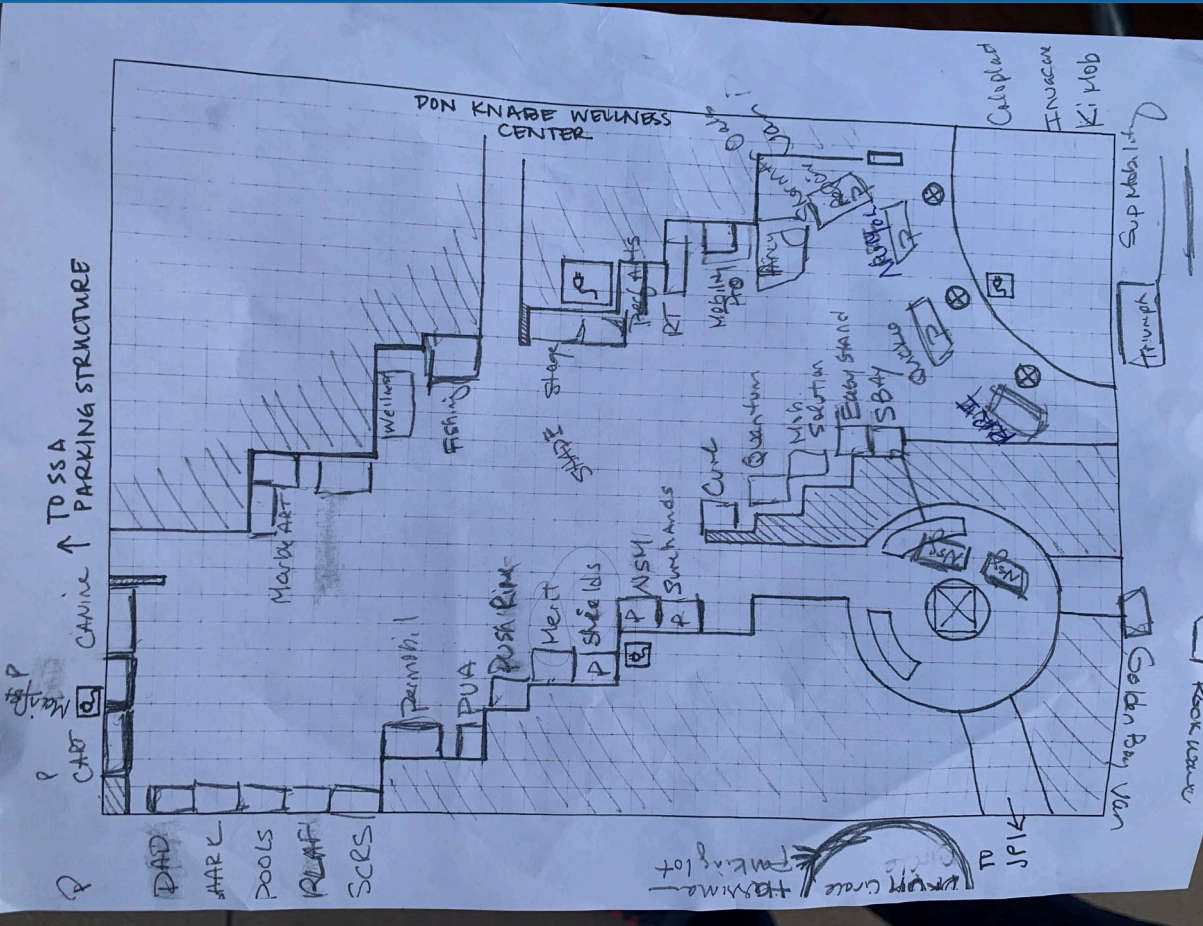


# Planning & Process





# Planning & Process





# T-Shirt Design Contest

## 2024 SPINAL INJURY GAMES

### T-SHIRT DESIGN CONTEST

**PRIZE \$100**

SUBMIT YOUR ORIGINAL DESIGN TO THE JPI BLDG., ROOM 1180-OT GYM OR VIA EMAIL TO [JBASHAR@DHS.LACOUNTY.GOV](mailto:JBASHAR@DHS.LACOUNTY.GOV) BY **FRIDAY, AUGUST 2ND, 2024**

QUESTIONS?  
CALL JENNIFER BASHAR (OT) AT (562) 385-6294  
TIFFANY YONEMOTO (RT) AT (562) 385-6322



#### CONTEST RULES:

- DESIGNS MUST INCLUDE THE WORDS:
  - "2024 SPINAL INJURY GAMES"
  - "RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER"
- USE NO MORE THAN 4 COLORS + BLACK

7601 Imperial Highway · Downey, CA 90242 · 562-385-7111 · TTY/TDD: 562-385-8450  
[www.rancho.org](http://www.rancho.org)  
[www.twitter.com/ranchorehab](https://www.twitter.com/ranchorehab)  
[www.facebook.com/rancholosamigos](https://www.facebook.com/rancholosamigos)  
[www.instagram.com/ranchorehab](https://www.instagram.com/ranchorehab)

To request reasonable accommodation, contact the ADA Coordinator's Office at (562) 385-7428 or by email at [lawong@dhs.lacounty.gov](mailto:lawong@dhs.lacounty.gov) 5 days in advance.



**RANCHO LOS AMIGOS**  
NATIONAL REHABILITACIÓN CENTER



# Role of Volunteers



- The event would not be possible without all volunteers
- Volunteer staff: OT, PT, SLP, Nursing, MDs, peer mentors, retirees, family
- Students: MD residents, OT, OTA, PT, PTA, SLP, undergrad, high school
- Azusa Pacific University, Cerritos College, CSUDH, CSUF, CSULA, CSULB, Mount Saint Mary University, Santa Ana College, Stanbridge, USC, Downey Kiwanis Club, Chapman University, Warren High School
- Expose the community to persons with disabilities, interprofessional collaboration, careers in health sciences





# Volunteers







# Volunteers



# THE ANNUAL SPINAL INJURY GAMES

Saturday September 28, 2024

10:00AM to 2:00PM

7601 Imperial Highway, Downey, CA 90242

Event will take place at the Don Knabe Plaza

(Please park in the parking structure off Old River School Road)

Event is FREE to all Participants!

## SCHEDULE OF EVENTS

09:00am - 12:00pm	Registration
10:00am	Welcome Address
10:30am - 11:30am	Quad Rugby, Tennis
11:30am - 12:30pm	Basketball, Wheelchair Obstacle Course, Powerchair Relay
11:30am - 01:00pm	Lunch
01:00pm - 02:00pm	Football, Body by Ken Challenge (Bench press, Rickshaw, & Wheelies)
All Day Event Activities	Rock Climbing, Rohan's Wheelchair Course, Football Accuracy Throw, Golf, Bowling, Pickleball, Kiddie Corner

Register Online at [www.ranchofoundation.org/SIG](http://www.ranchofoundation.org/SIG)

Register by September 26, 2024 to receive a free shirt for participants only

(On-site Registration will be available on the day of the event)



For more information or questions please contact:

Tiffany Yonemoto, Recreation Therapist

[tyonemoto@dhs.lacounty.gov](mailto:tyonemoto@dhs.lacounty.gov)

(562) 385-6322

7601 Imperial Hwy, Downey, CA 90242  
(562) 385-7111 TTY/TDD: (562) 385-8450  
[www.rancho.org](http://www.rancho.org)

[www.twitter.com/ranchorehab](https://twitter.com/ranchorehab)  
[www.facebook.com/rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab)  
[www.instagram.com/ranchorehab](https://www.instagram.com/ranchorehab)



To request reasonable accommodations please contact the ADA Coordinator's office at (562) 385-7428 or by email at [lawong@dhs.lacounty.gov](mailto:lawong@dhs.lacounty.gov) 5 days in advance.



Rancho Los Amigos National Rehabilitation Center

# THE ANNUAL SPINAL INJURY GAMES

*Saturday September 28, 2024*

*10:00AM to 2:00PM*

7601 Imperial Highway, Downey, CA 90242

Event will take place at the Don Knabe Plaza

(Please park in the parking structure off Old River School Road)

Event is FREE to all Participants!

## SCHEDULE OF EVENTS

09:00am - 12:00pm

Registration

10:00am

Welcome Address

10:30am - 11:30am

Quad Rugby, Tennis

11:30am - 12:30pm

Basketball, Wheelchair Obstacle Course,





**THE RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER**

# **ANNUAL SPINAL INJURY GAMES**

**SEPTEMBER 28, 2024**

## **SCHEDULE OF EVENTS**

**09:00AM - 12:00PM**

**REGISTRATION**

**10:00AM**

**WELCOME ADDRESS**

**10:30AM - 11:30AM**

**QUAD RUGBY (COURT 1)**

**WHEELCHAIR TENNIS (COURT 2)**

**11:00AM - 11:30AM**

**RANCHO PERFORMING ARTS PROGRAM PERFORMING**

**11:30AM - 12:30PM**

**WHEELCHAIR OBSTACLE COURSE (COURT 2)**

**WHEELCHAIR BASKETBALL (COURT 1)**

**POWER WHEELCHAIR RELAY**

**11:30AM - 01:00PM**

**LUNCH BY SODEXO**

**11:45AM - 01:00PM**

**LIMITLESS DANCE GROUP FALL RISK BAND PERFORMING**

**01:00PM - 02:00PM**

**WHEELCHAIR FOOTBALL (COURT 1 AND 2)**

**BODY BY KEN CHALLENGE**

(BENCH PRESS, RICKSHAW, & WHEELIES (UNDER LARGE CANOPY))

**10:00AM - 02:00PM**

**ALL DAY EVENT ACTIVITIES**

**ROCK CLIMBING BY NO LIMITS**

**ROHAN'S WHEELCHAIR COURSE**

**FOOTBALL ACCURACY THROW**

**ADAPTIVE GOLF**

**ADAPTIVE BOWLING**

**PICKLEBALL**

**KIDDY CORNER**

**MARBLING ART**



# 2024 Spinal Injury Games Recap Video



**RANCHO LOS AMIGOS**  
NATIONAL REHABILITATION CENTER



2024 SPINAL INJURY GAMES  
RANCHO LOS AMIGOS



# Case Study #1

A.M.

C6-7 tetraplegia due to motorcycle accident  
Injured in India, came to Rancho 1 Year post injury

OT sessions initially focused on increasing strength, endurance, static and dynamic sitting balance





# Case Study #1

A.M.

C6-7 tetraplegia due to motorcycle accident  
Injured in India, came to Rancho 1 Year post injury

OT sessions initially focused on increasing strength, endurance, static and dynamic sitting balance





# Case Study #1

## A.M.

- OT/RT session  
hand cycling
- Field Day
- SI Games
- Now... quad rugby





## W.Y.

- SCI T4 Complete Paraplegia
- Injured when he was 5 years old due to a gun shot wound
- Attended 1st Spinal Injury Games at 6 years old
- Introduced to adaptive sports, handcycling, Disneyland during inpatient rehab
- Joined the Rancho Wheelchair Sports Program shortly after he was discharged
- Currently, he is 13 years old and plays competitively on the Rancho Wheelchair Basketball team





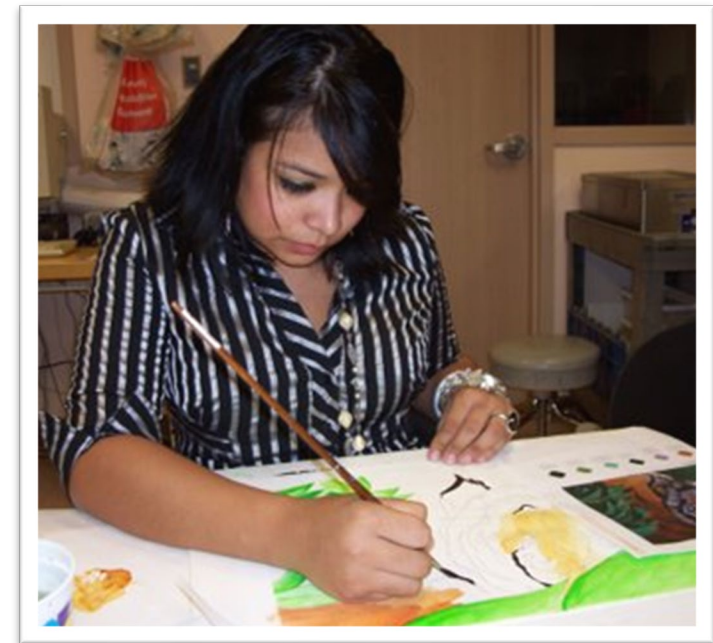
# Case Study #2

W.Y.



## Z.A.

- 17 y.o. with T10 paraplegia due to MVA
- Injured in El Salvador, came to Rancho for rehab 1 year post injury
- Had been restricted to home due to lack of DME, poor adjustment to diagnosis, medical complications
- During OT sessions working on upright sitting tolerance, static and dynamic sitting balance as Z.A. would draw and/or paint



Z.A.

- Started to attend a 1x/week art group for pediatric patients
- Submitted a design for SCI games t-shirt...and won!





# Resources



- Rancho Los Amigos Wheelchair Sports Program- <https://dhs.lacounty.gov/rancho/patient-programs-and-services/wheelchair-sports-program/>
- Rancho Los Amigos National Rehabilitation Center- [www.rancho.org](http://www.rancho.org)
- Triumph Foundation- [www.triumph-foundation.org](http://www.triumph-foundation.org)
- Play LA (Adaptive Youth Sports Program)- [www.adaptivesportsla.org](http://www.adaptivesportsla.org)
- Kelly Brush Foundation- [www.kellybrushfoundation.org](http://www.kellybrushfoundation.org)
- Challenged Athletes Foundation- [www.challengedathletes.org](http://www.challengedathletes.org)
- Angel City Sports- [www.angelcitysports.org](http://www.angelcitysports.org)
- United States Tennis Association (USTA)- [www.usta.com](http://www.usta.com)
- No Limits- Adaptive Rock-Climbing Wall- [www.nolimitstahoe.com](http://www.nolimitstahoe.com)

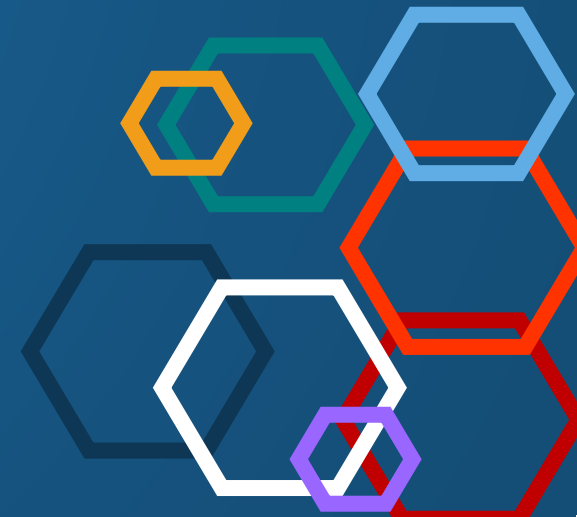


# References



- American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process (4th ed.). American Journal of Occupational Therapy, 74(Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>
- Brown, S., Bewernitz, M., Krauss, A., Summers, L. (2021). Investigation of Testimonials From Participants in an Adaptive Sports and Recreation Program. The American Journal of Occupational Therapy, August 2021, Vol. 75, Supplement 2. DOI: 10.5014/ajot.2021.75S2-PO120
- Bullen D, Clarke C. Occupational therapists' experiences of enabling people to participate in sport. British Journal of Occupational Therapy. 2021;84(11):703-712. doi:10.1177/0308022620973944
- Cahill, S. M., Egan, B. E., & Seber, J. (2020). Activity- and occupation-based interventions to support mental health, positive behavior, and social participation for children and youth: A systematic review. American Journal of Occupational Therapy, 74, 7402180020. <https://doi.org/10.5014/ajot.2020.038687>
- Cheung, L., McKay, B., Chan, K., Heffernan, M. G., Pakosh, M., & Musselman, K. E. (2022). Exploring sport participation in individuals with spinal cord injury: A qualitative thematic synthesis. *The Journal of Spinal Cord Medicine*, 46(4), 658–676. <https://doi.org/10.1080/10790268.2021.2009676>
- Costalonga, D. A., Crozier, A. J., Stenner, B. J., & Baldock, K. L. (2020). Sport as a leisure occupation in occupational therapy literature: A scoping review. American Journal of Occupational Therapy, 74, 7403205100. <https://doi.org/10.5014/ajot.2020.035949>
- Cunningham C, Wensley R, Blacker D, Bache J, Stonier C. Occupational Therapy to Facilitate Physical Activity and Enhance Quality of Life for Individuals with Complex Neurodisability. British Journal of Occupational Therapy. 2012;75(2):106-110. doi:10.4276/030802212X13286281651234
- Dimitropoulou, K., Blanchard, A., Newell, A., Hester, G., Boscarino, K., Weiland, P., Kim, H. (2019). The Effects of an Adapted Community Sports Camp (“GAME ON”) on Functional Mobility, and Fitness in Children and Adolescents With Cerebral Palsy (CP). The American Journal of Occupational Therapy, Vol. 73, No. 4\_Supplement\_1, August 2019
- Kljajić D, Eminović F, Dopsaj M, Pavlović D, Arsić S, Otašević J. The impact of sports activities on quality of life of persons with a spinal cord injury. Zdrav Var 2016; 55(2): 104-111.
- Rayes, R., Ball, C., Lee, K. *et al.* Adaptive Sports in Spinal Cord Injury: a Systematic Review. *Curr Phys Med Rehabil Rep* 10, 145–153 (2022). <https://doi.org/10.1007/s40141-022-00358-3>
- Szeliga E, Brzozowska-Magoń A, Borys R, Wolan-Nieroda A, Walicka-Cupryś K. The Relationship between Physical Activity Level and Functional Status of Subjects with High Spinal Cord Injury. *International Journal of Environmental Research and Public Health*. 2022; 19(3):1787. <https://doi.org/10.3390/ijerph19031787>

# NOW YOU TRY!



Jennifer Bashar, OTD, OTR/L, BCPR, CBIST

[jbashar@dhs.lacounty.gov](mailto:jbashar@dhs.lacounty.gov)

Elvy Fuentes, OTR/L

[efuentes@dhs.lacounty.gov](mailto:efuentes@dhs.lacounty.gov)

Tiffany Yonemoto, MBA-HCM, CTRS

[tyonemoto@dhs.lacounty.gov](mailto:tyonemoto@dhs.lacounty.gov)







תודה  
Dankie Gracias  
Спасибо شكري  
Köszönjük Merci Takk  
Grazie Dziękujemy Terima kasih  
Děkujeme Vielen Dank Paldies  
Kiitos Täname teid 谢谢  
**Thank You** Tak  
感謝您 Obrigado Teşekkür Ederiz  
Σας ευχαριστούμε 감사합니다  
Bedankt Děkujeme vám  
ありがとうございます  
Tack