

Adaptive Reconditioning Activities at Warrior Transition Units (WTUs)

What is Adaptive Reconditioning?

Adaptive reconditioning includes any physical activities that wounded, ill and injured Soldiers participate in regularly to support their physical and emotional well-being, both during their recovery at [Warrior Transition Units \(WTUs\)](#) and after their transition to the force or to civilian life. At WTUs, medical professionals work to include adaptive reconditioning in each Soldier's recovery plan, and adaptive reconditioning coordinators are onsite at more than 20 WTUs. These activities support the individual's personalized goals and [Comprehensive Transition Plan \(CTP\)](#) by connecting physical activity to the six CTP components: physical, emotional, social, spiritual, Family and career.

What types of Adaptive Reconditioning Activities are available?

With the popularity of [Warrior Games](#), many people believe that adaptive reconditioning activities focus only on sports. A unique partnership with the Department of Defense (DoD) and U.S. Olympic Committee Paralympic Military Program, Warrior Games bring athletes representing all branches of the military together to compete in seven sports: archery, cycling, shooting, sitting volleyball, swimming, track and field and wheelchair basketball.

Adaptive reconditioning encompasses many other activities that allow recovering Soldiers to hone different skills, focus and relax. Each adaptive reconditioning activity can aid recovery and transition in different ways. While sports build camaraderie and foster healthy competition, other recreational activities such as fishing and music can be therapeutic and provide every day skills that will help Soldiers in their lives after recovery.



Therapeutic riding, a non-traditional adaptive reconditioning activity, can help improve tactical skills and reduce anger, anxiety, depression and other symptoms.

Adaptive reconditioning activities include:

- Physical training exercises
- Competitive and non-competitive adaptive sports
- Therapeutic recreational activities (community or Morale, Welfare and Recreation (MWR) based)
- Gym-based exercise programs
- Arts and cultural programs
- Outdoor events (i.e. hiking, fishing, horseback riding, cycling, skiing, kayaking, canoeing)

Warrior Care and Transition Adaptive Reconditioning Branch

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Non-traditional adaptive reconditioning activities include:

Cooking is an instrumental daily living skill that can be helpful for Soldiers as they transition. An activity that requires planning, multi-tasking, safety and budgeting, Soldiers can continue using this skill as they transition either back to the force or to civilian life.

Fishing is an activity that many people participate in from childhood. It provides physical, mental and social benefits while the outdoor experience frequently provides emotional and spiritual healing for recovering Soldiers.

Gardening is something many Soldiers work on as a recovery activity. Recent research demonstrates positive outcomes from exposure to gardens in healthcare environments. Healing, medication, contemplation and restorative gardens all can be beneficial. The process of planting, caring and harvesting can be rewarding to Soldiers and their Families. Additionally, it is an activity that many Soldiers continue to engage in as they transition.

Music is a fun activity that many Soldiers have experienced or always desired to learn. Through instruction, guidance, and modified instruments, Soldiers can learn to play music or improve on skills. Additionally, many recovering Soldiers find therapeutic value in playing instruments and listening to music.

Photography is an activity that many Soldiers may have experienced. Through instruction and guidance, Soldiers can improve on basic skills. Photography can also be combined with a physical event such as hiking or participation in a team activity.

Therapeutic Riding involves basic human/horse interactions such as grooming, leading, learning how to saddle a horse and progressing up to riding. With modification, Soldiers with stable upper body, lower body or back injuries, behavioral health and traumatic brain injuries (TBI) can benefit greatly from

interaction with horses. Soldiers may also be able assist in making repairs to facilities, farm equipment, mowing the fields, cleaning stalls or many other functions necessary to run an equestrian program. Soldiers with TBI and/or post-traumatic stress disorder (PTSD) may enjoy working with an equestrian program as it helps them reduce their anger, depression, anxiety and other symptoms.

Where can I find more resources?

- [WCT Adaptive Reconditioning Website](#)
- [Adaptive Reconditioning Fact Sheet](#)
- [WCTP Policy Memo 14-003 Adaptive Reconditioning for Soldiers in Warrior Transition Units \(WTUs\) and Community Care Units \(CCUs\)](#)
- [WCTP Policy Memo 14-02, Comprehensive Transition Plan \(CTP\) Policy](#)
- [U.S. Army Medical Command: Performance Triad](#)
- [Army Regulation 40-61, Medical Logistics Policies](#)

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