



## Getting back into recreation

**Recreation is very important after amputation.**

Following the loss of a limb or limbs, it is important that you continue some kind of physical activity.

This information sheet outlines the benefit of sport and recreation, along with giving you some ideas about which activities might be of interest to you.

### Why?

Just like everyone else you still need:

- fun things to do
- ways to socialise
- to look after your physical and mental health.

Sports and recreation can:

- help your motor skills and independence
- increase your quality of life and confidence
- decrease other health problems.

**Remember - after amputation, the rest of your body will be under greater pressure to do more. Look after your body. Research shows that being active is good for your health.**

## Which activity is right for you?

Ask yourself, "Do I want to do the same things as before or is it a good time to try something new?"

Some sports are easier than others following amputation but there are still so many to choose from.

There are lots of sport and recreation activities that amputees can be involved in, these include:

Archery, Basketball, Fencing, Hand Cycling, Lawn Bowls, Powerlifting, Wheelchair Rugby, Shooting, Swimming, Table Tennis, Wheelchair Tennis, Athletics, Skiing/ Snowboarding, Ice Hockey, Cycling, Canoeing, Rowing, Sailing and Volleyball.

**Remember - Paralympians are amazing but most of us were never aiming to be an Olympian before we had an amputation. You can enjoy sport and recreation and just do it for fun!**

## Not into sport?

What about recreational activities instead?

Have you ever considered flying an aircraft, fishing, dancing, playing a musical instrument, gardening, horse riding and/or taking part in local community-based activities?

Some organisations make it easier to join in and have a go. For example: 'Come and Try days' allow you to try an activity or piece of equipment that you have not used before.

## How can I get involved?

Depending on the activity, your level of amputation, general health, fitness and ability, you may be able to return to a previous activity, or you may need support from a healthcare provider and/or assistive device to participate.



**TIP - if it's safe, take a video of yourself trying to do the activity or take a video of someone else doing it and show this to your healthcare provider to help them understand what you need help with.**

To figure out if you need assistance and what that assistance might be, answer these questions honestly and take your responses to the healthcare provider who can best help you:

1. Can you do your chosen activity the way you need/want to?
2. Do you know which activities you would like to try?
3. If yes, have you tried any of them?
4. If no, what is stopping you?  
(For example: problems bending down, poor balance, your prosthesis gets in the way, you don't have the right equipment).