



## Recreation and Leisure After SCI

### Challenges after SCI (that affect leisure):

- Mobility
- Bowel and Bladder issues
- Strength
- Pain
- Accessibility issues (physical barriers to places, events, activities, etc.)
- Attitudes of others
- Self Esteem issues (the way you feel about yourself)
- Finances
- Transportation
- Medical Problems
- Family/friends support
- Need for more practice or teaching on newly learned skills

### Activities to Consider After a Spinal Cord Injury:

#### Horticulture Activities:

Gardening, flower arranging, indoor plants, landscaping, farming or lawn care.

#### Art Activities:

Painting, drawing, pottery, photography, woodworking, dancing, drama, singing or playing an instrument.

#### Aquatic Activities:

Swimming, water skiing, scuba diving, water exercises, jet skiing, canoeing or kayaking.

#### Sports and Fitness Activities:

Handcycling, basketball, tennis, bowling, golf, racquetball, weightlifting, aerobics classes, softball, track and field, self-defense, fencing, ping pong, billiards, power soccer, road racing or quad rugby.

#### Outdoor Activities:

Fishing, camping, boating, water skiing, snow skiing, flying, horseback riding, hunting, riflery, skeet shooting, bird watching, rafting or all-terrain vehicles.

#### Indoor Activities:

Board games, computer/internet, video games, cards, reading, cooking, model building or crossword puzzles.

#### Community Activities:

Concerts, restaurants, movies, sporting events, museums, theater, malls, grocery stores, church or synagogue and community service activities.