

Sled Hockey as an Introduction to Adaptive Sports

Mike Uihlein, MD, CAQ

The logo for SMART SERIES. The word "SMART" is in large, bold, blue capital letters. To the left of the "S" is a stylized graphic of a hand with fingers pointing upwards. To the right of "SMART" is the word "SERIES" in smaller, blue capital letters, oriented vertically.



Disclosures

- I have no relevant financial interests/relationships to disclose



Objectives !

- Sled Hockey!!
- Adaptive Equipment and Event Coverage
- Concussion and Skin





Adaptive Sports and Sports Medicine

- Maintain the integrity of the sport
- Benefits of Adaptive Sports
- Disability medicine
- Knowledge of specialized equipment
- Specific injury patterns
 - Skin
 - Infections
 - Overuse injuries
 - Concussion





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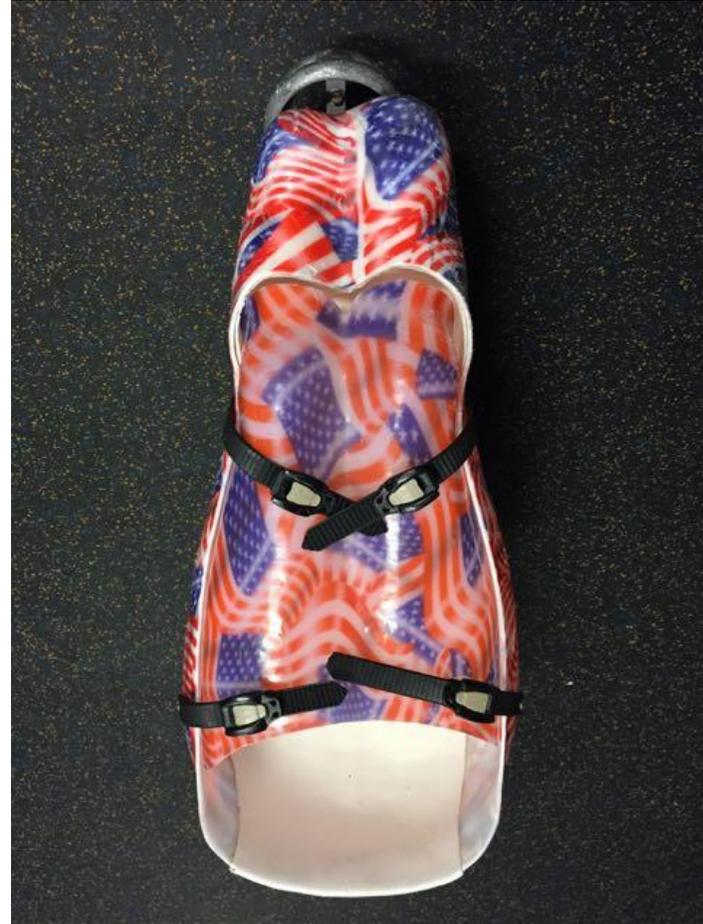
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Equipment knowledge

- Each sport has unique equipment that affect injury patterns
- Skin protection for athletes with spinal cord injuries







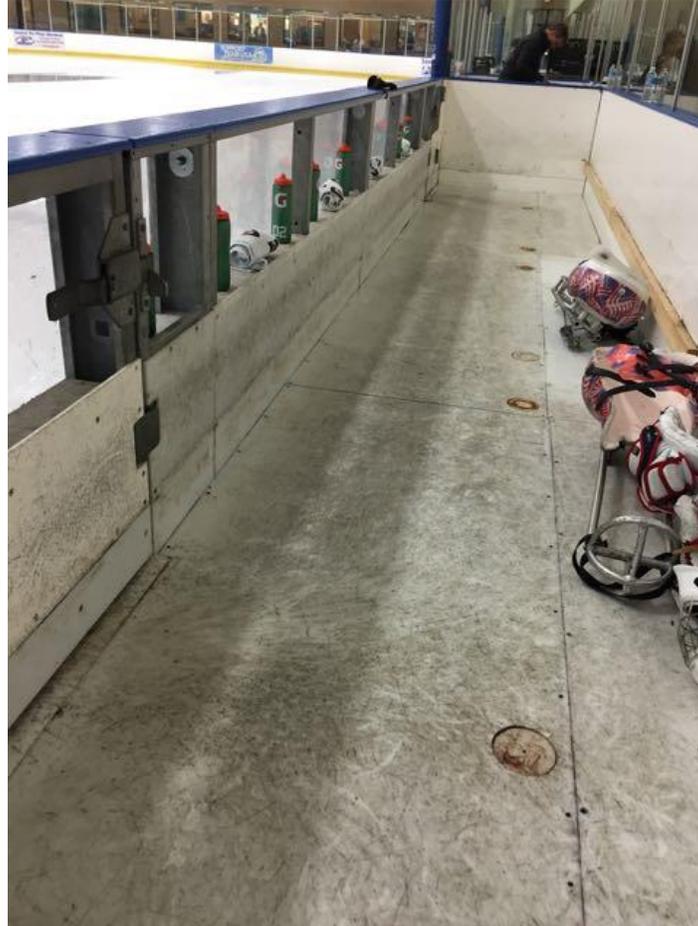
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Concussion

- Baseline Testing
- Scat5
- BESS
- Computer Based Testing
- Clinical Reaction Time
- King-Devick
- WESS
- Sway



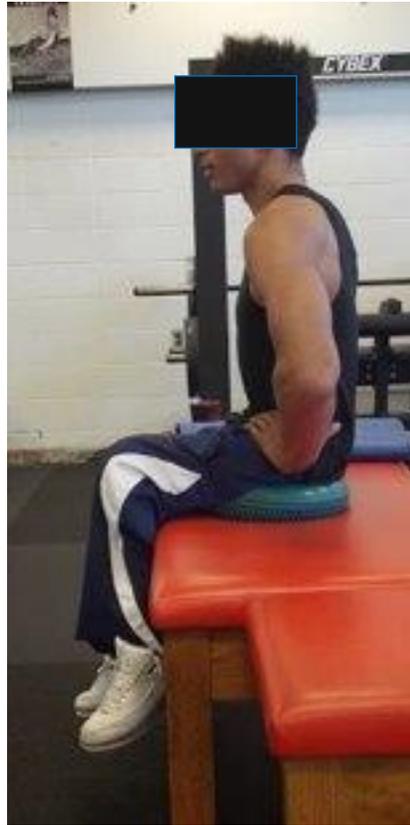
Wheelchair Error Scoring System

- There are 3 testing positions
- Each position will be tested with eyes open and eyes closed
- Each task is 20 seconds





Seated on table



Seated on balance disc



Wheelie

Wheelchair Error Scoring System

- Athlete must be able to sit unsupported.
- Manual chair must be available for wheelie testing.
- Athlete must be able to and be comfortable performing a wheelie.



National Veterans Wheelchair Games

- We had 81 athletes volunteer for baseline concussion testing
 - 43% reported a history of concussion
- Preliminary data demonstrates
 - Increased Symptom Scores
 - Higher Number of Errors on Cognitive screen
- We utilized the Wheelchair Error Scoring System
 - 54 of the 81 could not complete the WESS
 - Athletes unable to sit unsupported (use powerchair at baseline)
 - Athletes unable to perform a wheelie (do not use manual wheelchair at baseline, i.e. amputee)



One More Time

- Knowledge of the equipment leads to understanding
- Only skin deep can still end up as a severe injury
- What is the baseline for the baseline
- Research opportunities are wide open

Adaptive Sports Resources

- Wisconsin Adaptive Sports Association
 - <https://www.wasa.org>
 - sam@wasa.org
- Southern Wisconsin Sled Hockey
 - Skeeters
 - <https://www.skeeterssledhockey.com>
- Coulee Region Frost
 - <https://www.starcenterprograms.org/programs/sled-hockey/>
 - crsledhockey@yahoo.com
- Great Lakes Adaptive Sports Association
 - <https://www.glasa.org/event/sled-hockey/>
 - info@glasa.org
- USA Hockey Disabled Section
 - <https://www.usahockey.com/disabledhockey>





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