

# Sports & activities for amputees

## Physical Activity

Being physically active is important to maintain good health and wellbeing, this is even more so following an amputation.

The general benefits of being physically active are:

- Maintain and improve cardiovascular health.
- Control blood glucose levels to manage diabetes
- Reduce risk of stroke
- Reduce general aches and pains
- Maintain mental health
- Control weight and help obesity

There is a difference between being physically active and doing sports. Many sports and activities are suitable for amputees, both with and without a prosthesis and you do not need a special prosthetic to do many of these activities. Some activities have been adapted, but you can do many activities with family and friends.

## What Activities can I do?

In Cumbria, there are many activities you can do without the need of a specialist prosthetic or wheelchair.

There are many paths and walks around the Lake District and local parks which are accessible and have seating and parking.

**Boccia** - a team game which tests muscle control and is similar to French Boules. All players are seated and throw a ball as close to a jack as possible, the winning team are these who have the ball closest to the Jack.

Wheelchair Basketball - players are in sports wheelchairs (provided at sessions) and use skill, co-ordination and muscle control

## Amputee Tennis

This includes tennis played in the traditional way, wearing a prosthesis. The game can also be played by those without a prosthesis from a sports chair (provided). Both can play alongside each other.

## **Amputee Football**

Played (mainly) without a prosthetic and using crutches. Those with an upper limb amputation play in goal while lower limb amputees play in the outfield positions. In some cases, a prosthetic may be worn.

## **Cycling**

For many amputees, you can ride a bike without any adaptations to the bike or prosthesis. Places like Watchtree Nature Reserve have many adapted cycles and can help you gain bike confidence in a traffic free environment.

## **Swimming**

You do not need a prosthetic to swim. You may find that your balance is a little thrown in the water, but your core will quickly adapt to assist you. Many amputees wear their prosthesis onto poolside and then leave at the poolside while swimming.

Some local pools have sloping steps, hoists or moveable pool floors to help you get in / out of the water.

## **Useful contact numbers:**

Cumbria Wheelchair Sports Club:

[www.cumbriawsc.org](http://www.cumbriawsc.org) contact Ray McBride on 07827447274

Bitts Park Tennis:

[www.better.org.uk/leisure-centre/carlisle/bitts-park](http://www.better.org.uk/leisure-centre/carlisle/bitts-park) contact Tracey Burrus on 07515947790

The Cumberland FA:

[www.cumberlandfa.com](http://www.cumberlandfa.com) contact Ray Sempill on ray.sempill@cumberlandfa.com 07807665543

Watchtree Wheelers:

[www.watchtree.co.uk/wheelers/about/](http://www.watchtree.co.uk/wheelers/about/) contact Ryan Dobson on 01228 712539

Swimming:

Please contact your local leisure centre for more details.

If you have any questions please contact us at;

**Disablement Services Centre  
Rehabilitation Department  
Lower Ground Floor  
Cumberland Infirmary  
CA2 7HY  
Tel; (01228) 618686  
Mon-Fri : 08;30-16;30**

**Contact us [ if not included elsewhere]**

This factsheet has been produced by the ..... service.

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[SACCIC@ncuh.nhs.uk](mailto:SACCIC@ncuh.nhs.uk) or [SACWCH@ncuh.nhs.uk](mailto:SACWCH@ncuh.nhs.uk)

**Feedback**

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email [PALSCIC@ncuh.nhs.uk](mailto:PALSCIC@ncuh.nhs.uk).

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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