



No Limits Adventures & Tips and Tricks

Time to Get Moving!

Spring is in the air! Warm weather, sunshine, and blooming trees are all around us. With Nature coming out of its winter cubbyhole, we, too, are anxious to get outside and enjoy the freedom this season gives us. A lot of people will participate in outdoor sports and activities, continuing through summer and fall. We're here to let you know these activities are not limited to those without disabilities. Through adaptive technology and sheer determination, more and more individuals with disabilities are learning how to enjoy being active in the great outdoors. So if you fall in this category, it's time to get moving!

Most people would be surprised at what disabled individuals are capable of doing when it comes to sports; there really are no limits. One of Justin Cochran's new favorite activities is hang gliding. It turns out that one doesn't need the controlled use of arms or legs to enjoy this exhilarating act of flying through the air. All you need is a trusted establishment with tandem hang gliding guides and a willingness to try something new. If you have these two things, you're ready to soar like the birds.

Justin took a group of individuals from Atlanta to Lookout Mountain Flight Park in Chattanooga last year to experience the excitement of this activity. None of the group members had ever been hang gliding before, but they were more than up for the challenge. Everyone had a blast.



There are many activities that individuals with disabilities can participate in across the Southeast and the nation. Here are a few options that caught our eye:

Waterskiing – (sit ski) Adaptive technology enables participants to “sit” while skiing. Dedicated individuals can even compete! There are three levels according to the WSDA (Water Skiers with Disability Association): MP1 (mostly quads with some forearm or wrist ability), MP2 (paraplegics above T10), and MP3 (majority of trunk muscle use).

Cycling – This sport has grown immensely in recent years. Depending on the functional ability, athletes use a bicycle, tricycle, tandem or hand cycle.

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Archery – This is a great way to get outside and even enjoy some healthy competition. Quadriplegics use a release mechanism to aid in shooting the arrow. Adaptations are also made for paraplegics depending on the level of mobility.

Wheelchair (Quad) Rugby – This sport can be played year round. According to the U.S. Quad Rugby Association, most players have sustained some type of cervical spinal cord injury. In fact, the rules limit the amount of combined functional ability on the team.

Skydiving – While skydiving is not heavily advertised for individuals with disabilities, our own Justin Cochran accomplished a jump last year in Florida for the first time since his injury occurred. An avid skydiver before his accident, Justin was determined to make it work. With a C2 injury level, he was strapped to his instructor while using his diaphragmatic pacer to control breathing during the tandem jump. Talk about an adventure of a lifetime! Justin was ecstatic about the opportunity, "After my injury, I thought life was over. No more independence. No more adventure. But I decided that I would be the one to determine whether or not that was true. I was thrilled to be able to jump again. "



Well, you don't have to fly through the air or learn how to water ski to enjoy outdoor activities. You can go nearly anywhere to enjoy the fresh air and warm weather. For a more leisurely experience, we've compiled a list of the Tennessee State Parks with wheelchair accessible walking trails and fishing piers according to the tennessee.gov website. Please call before visiting to ensure the amenities are still intact. To find accessible trails in local communities or other states, visit the appropriate local websites or call the local government office to obtain information.

State Park Accessible Walking Trails

Tennessee (city)

- Big Cypress Tree (Greenfield)
- Cove Lake (Caryville)
- Indian Mountain (Jellico)
- Long Hunter (Hermitage)
- Radnor Lake (Nashville)
- South Cumberland (Monteagle)
- Tims Ford (Winchester)
- Warriors Path (Kingsport)

State Park Fishing Piers

Tennessee (city)

- Big Hill Pond (Pocahontas)
- Bledsoe Creek (Gallatin)
- Cove Lake (Caryville)
- Fall Creek (Pikeville)
- Harrison Bay (Harrison)
- Long Hunter (Hermitage)
- Mousetail Landing (Linden)
- Paris Landing (Buchanan)

For a more complete list of sports ideas for individuals with disabilities, visit disaboom.com. We found their website helpful for some ideas. As always, please exercise sound judgment before participating in any physical activity.

Living with a Spinal Cord Injury...Tips and Tricks

Justin is always looking for things to make his life and daily routine a little easier, as well as help others to do the same. Here, he and family members share their experiences.

Can't Find the Right Wheels?

Justin was initially told that the only means of private transportation that could accommodate his 6 ft. frame and his sip and puff motorized wheelchair was a full-sized van. He was determined to find a less assuming, more fuel-efficient alternative. He contacted Handicapped Driver Services in Marietta, GA and found that he could actually fit into a mini-van, provided that it was accommodated with a 12 inch lowered floor instead of the standard 10 inch that are found on most conversions. Only 3 models currently can be converted by Eldorado National or Braun with that special feature: Pontiac Montana (Justin's choice), Buick Terraza, and the Chevy Uplander. More information can be found on their website, www.hdsvans.com

A Convenient Mobile Workspace

Through a friend Justin discovered that a polycarbonate board could be attached to his wheelchair using Velcro. This allowed him to have a removable workspace on which he could mold a mouth stick holder on one side and attach his cell phone on the other. This makes it possible to use his cell phone easily without any assistance. He reads textbooks and magazines, turning the pages himself with his mouth stick, and has a rubber gripper to keep calculators and other gadgets from sliding around on his board. A small clip is attached on the front to hold business cards, receipts, etc. All supplies can generally be found at a plastic specialty store which you can find locally through your yellow pages.

For more information or questions about any of the information shared in this section, please contact us at our e-mail address: info@jcscifoundation.org.

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