



National Intrepid  
Center of Excellence

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## Recreational Therapy Program

The Recreational Therapy Program at the NICoE provides service members with methods of treatment individually tailored to address their needs with the goal of improving their social, cognitive, emotional and physical functionality and independence. Designed to restore the service member's ability to perform daily occupational, interpersonal and cognitive activities that pave the way towards reintegration, the Recreational Therapy Program incorporates fitness, leisure, fine arts, education, and recreation activities to re-build self-esteem, promote independence and allow self-expression. As such, the Recreational Therapy Program is an essential part of the NICoE's interdisciplinary model and every patient at the NICoE benefits from Recreational Therapy group sessions as well as individual sessions by request.

### Aspects of the Program

Groups and individual sessions are held two to three times a day on a weekly basis. Service members are encouraged to attend as many sessions as they would like during their time at the NICoE.

Group and individual sessions may include:

- Yoga: A discipline focused on coordinating breath and movement to improve the health and function of body and mind. Yoga improves physical, emotional, and cognitive functionality.
- Tai-Chi: An ancient form of martial arts that combines gentle flowing movement, with breathing.
- Aquatic Exercise: Individualized exercise program designed to enhance physical functional abilities. It addresses individual needs and preferences to improve cardiovascular endurance, flexibility and strength.
- Music: The use of music interventions to promote healing.
- Exercise: An individualized program that provides service members with the tools to increase functionality through various forms of physical activity.
- Mind Body Skills: Various techniques used to induce relaxation and self-regulation of the body.
- Therapeutic Outdoor Recreation or Community Outings: These are activities planned to improve social and emotional functionality while promoting community reintegration.

### Recreational Therapy Assessment

- During an individual session, service members and a Recreational Therapist will:
  - Discuss overall service member's needs, interests, and abilities
  - Explore health and wellness goals, interpersonal needs, concerns and expectations
  - Discuss leisure activities of interest prior to injury, and motivation for those choices
- Based on the information obtained during the assessment session, activities are planned to leverage the service members' strengths and physical abilities to develop exercise and life-style modifications needed to achieve the highest level of functionality.

### Recreational Therapy Program Benefits

- Increased involvement in fun and enjoyable leisure activities
- Increased level of engagement in social activities
- Improved self-confidence, functionality, and self-regulation
- Heightened sense of independence and overall sense of personal satisfaction