

**St. Louis VA Medical Center - Spinal Cord Injury Service
VA Heartland Network (VISN 15)**

Recreational Therapy

Therapeutic Recreation or Recreational Therapy (RT) uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life.

Often with SCI/D not only is your body physically changed, but your spirit may have suffered too. RT will help you renew your inner spirit while increasing your physical and functional abilities. Leisure activities are plentiful and learning ways to adapt leisure activity to your needs is how RT fits into the picture. What activities bring you happiness? Do you enjoy sports, crafts, social events or travel? Do you prefer independent activities or do you prefer to be within a group. These are just a few of the questions that will be addressed to assist you in living an active and fulfilling leisure lifestyle.

RT programs are available to both inpatient and outpatient veterans. Our programs include aquatics, bowling, community reintegration, outings and adapted sports to name a few. RT also assists in training veterans who would like to participate in national events such as the National Disabled Veterans Winter Sports Clinic or National Disabled Veterans Wheelchair Games.

Whether you need a CD player to get you through a lengthy hospital stay or you are ready to order a handcycle so that you can ride in a 10k, RT is here for you! Please contact us with your questions or concerns



**Amy Will, CTRS or
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800-228-5459
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**Location: Jefferson
Barracks, Building 52,
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Room 2S19**