



## Empowering those living with disabilities through sports.

MedStar National Rehabilitation Hospital is dedicated to making it possible for individuals of all abilities to lead active, healthy lives. Through initiatives like its Adaptive Sports and Fitness program, the hospital facilitates the participation of individuals with disabilities in sports, helping them build self-confidence, improve their health and well-being, and gain greater independence.

“Adaptive sports is a type of recreational therapy that utilizes activity-based interventions to improve the psychological and physical health of individuals with illnesses or disabling conditions,” explains Elizabeth Parker, CTRS/RRT, a certified community recreation therapist at the hospital. “It’s a whole-person approach to therapy that is based on a person’s unique needs and interests. At MedStar National Rehabilitation Hospital, it’s a standard of care.”

Parker leads the hospital’s Adaptive Cycling program, an initiative that she says, “epitomizes how this type of recreational therapy is customized for each participant. We offer a weekly cycling clinic March through October that is open to anyone in the community with a physical or neurological impairment. We have participants with spinal cord injuries, some recovering from strokes, and others who have had amputations.”

Participants register in advance and are provided with an appropriate adaptive cycle for their functional needs. The program has 15-20 adaptive cycles including handcycles and recumbent trikes.

### Letter from the president.

At MedStar National Rehabilitation Network, we are dedicated to helping all individuals with disabling illnesses or injuries throughout their recovery journeys and beyond. So, we work hard to offer a variety of programs and services to ensure the health and well-being of everyone in the communities we serve.

For individuals living with disabilities, the challenges can sometimes feel overwhelming. But through initiatives like our Adaptive Sports and Fitness program, we can facilitate their participation in sports, helping them build self-confidence, enhance their health, and improve their lives.

Sincerely,

John D. Rockwood  
Senior Vice President,  
MedStar Health  
President,  
MedStar National Rehabilitation Network



"The Adaptive Cycling program is an initiative that epitomizes how our Adaptive Sports and Fitness Program is customized for each participant"  
–Elizabeth Parker, CTRS/RRT

Plus, like all of the hospital's adaptive sports programs, it's offered at no cost.

Whitney Fauntleroy is a big fan of the Adaptive Cycling program. "I have a spinal cord injury that initially left me confined to a wheelchair," the 37-year-old says. "I had always been active, so I was feeling a huge loss."

Fauntleroy was introduced to the program as an inpatient at the hospital. "The therapists had to hoist me onto the bike using a lift...it was difficult at first." She now attends the cycling clinics on a regular basis, where she enjoys riding with others on the trails around the Anacostia River using a recumbent bike. "Cycling has really improved my strength...I can now get on the bike with minimal assistance."

"Whitney's progress has been remarkable," says Parker. "Riding has helped her with balance and endurance, and has built her self-confidence."

"I think the world of MedStar National Rehabilitation Hospital. They helped me figure out how to be Whitney in a different body," Fauntleroy says.



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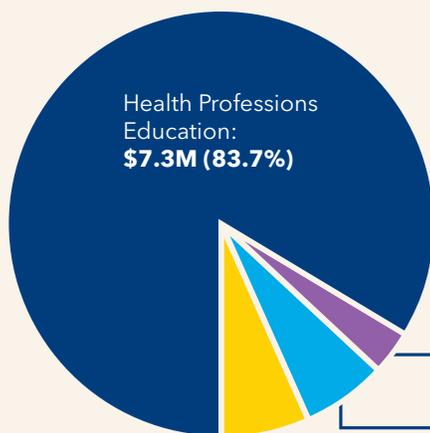
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### 2021 Community benefit contribution: \$8.7M

\*Includes subsidies, community health improvement services, community building activities, financial contributions, and community benefit operations

Research:  
**\$0.3M (3.4%)**

Charity Care/Bad Debt:  
**\$0.6M (6.3%)**

Community Services\*:  
**\$0.6M (6.6%)**

## It's how we treat people.