

Willing and able to get back into social sport

NOUR AZHAR

MORE than 200 people attended Royal Rehabilitation's Return to Sport forum in Ryde on Tuesday, May 17.

The program, created as an opportunity for people with disabilities to get back to sport or try a new activity, was considered a great success by everyone.

Senior physiotherapist Clare Goodman said the program addressed the gap between rehabilitating people back into work and also enabling them to resume their social and active life.

"It is usually that they are good enough to return to work and go

home, but the emphasis is never there on getting them back to what they used to do for leisure and social interaction," Ms Goodman said.

"It is important to have a social activity, and for many Australians that means getting into some sort of sports, which is great because it generates great psychological benefits."

Ms Goodman, who has been working with Royal Rehab for three years, said she received great feedback about the forum and the plan was to have a more expanded version of the event in

November.

"We had about 30 sport organisations representatives, which included the Australian Paralympic Committee and NSW Disability Sports organisations," Ms Goodman said.

"And the participants came from hospitals, clinics and physiotherapy units from all over NSW.

"Our focus wasn't on finding a sport star or Olympic gold medalist. It was about providing an opportunity for people to know there are ways to resume an active and healthy life."



The Return2sport session at the Royal Rehabilitation Centre Sydney last week.