

Adaptive sports: Making the impossible possible

By Allison Torres Burtka, Sierra

You might think outdoor adventure sports like skiing and kayaking are off limits to people with severe physical disabilities. But a range of adaptive gear and programs, designed to accommodate various physical challenges, can open up worlds of possibility.

People with disabilities are redefining what's possible. For example, Dani Burt surfs on a prosthetic leg and became the U.S. adaptive surfing champion in June. Stacey Kozel, who has lupus and lost the use of her legs, is hiking the Appalachian Trail this summer with the aid of highly sophisticated leg braces.

For some people, preparing for outdoor adventure sports might be as simple as learning the best way to use a prosthetic limb. For others, equipment made specifically to accommodate certain needs allows them to get out on the trail, water, or slopes.

Read the whole story