

References

- Declerck, L., Kaux, J-F., Vanderthommen, M., Lejeune, T., Stoquart, G. (2019). The effect of adaptive sports on individuals with acquired neurological disabilities and its role in rehabilitation: A systematic review. *International Federation of Sports Medicine* 19(12), 458-473.
- DelGrande, B., LaCoppola, C., Moriello, G., Sanicola, K. (2020) Outcomes following an adaptive rock climbing program in a person with an incomplete spinal cord injury: A case report. *Physiotherapy Theory and Practice*, 36(12), 1466-1475, DOI: 10.1080/09593985.2019.1587799
- Gassner, L., Dabnichki, P., Langer, A., Pokan, R., Zach, H., Ludwig, M., & Santer, A. (2022). The therapeutic effects of climbing: A systematic review and meta-analysis. *PM & R: The journal of injury, function, and rehabilitation*, 15(9), 1194–1209.
<https://doi.org/10.1002/pmrj.12891>
- Griswold, A., & MacDermott, S. (2022). Barriers and Resources for Competitive Adaptive Rock Climbing. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from
<https://soar.usa.edu/otdcapstones-spring2022/7>
- International Federation of Sport Climbing. (n.d.). *Paraclimbing*.
<https://www.ifsc-climbing.org/index.php/paraclimbing>
- Isidoro-Cabañas, E., Soto-Rodríguez, F. J., Morales-Rodríguez, F. M., & Pérez-Mármol, J. M. (2023). Benefits of Adaptive Sport on Physical and Mental Quality of Life in People with Physical Disabilities: A Meta-Analysis. *Healthcare* (2227-9032), 11(18), 2480.
<https://doi-org.ezproxy.library.tufts.edu/10.3390/healthcare11182480>
- Langer, A., Hasenauer, S., Flotz, A., Gassner, L., Pokan, R., Dabnichki, P., Wizany, L., Gruber, J., Roth, D., Zimmel, S., Treven, M., Schmoeger, M., Willinger, U., Maetzler, W., Zach, H. (2021). A randomized controlled trial on effectiveness and feasibility of sport climbing in

parkinson's disease. *Parkinson's Disease*, 7(49), 1-9.

<https://doi.org/10.1038/s41531-021-00193-8>

Lape, E. C., Katz, J. N., Losina, E., Kerman, H. M., Gedman, M. A., & Blauwet, C. A. (2018).

Participant-Reported Benefits of Involvement in an Adaptive Sports Program: A Qualitative Study. *PM & R: Journal of Injury, Function & Rehabilitation*, 10(5), 507–515.

<https://doi-org.ezproxy.library.tufts.edu/10.1016/j.pmrj.2017.10.008>

NCHPAD. (2012). *Accessibility Instruments Measuring Fitness and Recreation Environments* [Measurement tool]. <https://www.nchpad.org/426/2254/AIMFREE~Manuals>

Paradox Sports. (2015). Adaptive Climbing: A Manual for Instructors & Climbers (D. MacDonald, P. Davis, & S. Leone, Eds.) [Review of Adaptive Climbing: A Manual for Instructors & Climbers].

Steimer, J., & Weissert, R. (2017). Effects of Sport Climbing on Multiple Sclerosis. *Frontiers in Physiology*, 8(1021), 1-11.

Velikonja, O., Curic, K., Ozura, A., Jazbec, S. S. (2010). Influence of sports climbing and yoga on spasticity, cognitive function, mood and fatigue in patients with multiple sclerosis.

Clinical Neurology and Neurosurgery, 112, 597-601. DOI: 10.1016/j.clineuro.2010.03.006