

Craig Hospital Therapeutic Recreation Program

For more than 4 decades, Craig's recreational programs have set the standards for rehab hospital recreation programs in the U.S., with our 14 nationally certified specialists who have more than 250 years of combined experience.

At Craig Hospital, we understand that leisure-time activities help define who we are. Recreation is "re-creation", helping to give life fullness and meaning to keep people healthy. We have seen, over and over again, patients make dramatic improvements in their rehabilitation program after they have rediscovered their leisure-time activities. Our goal is to see that patients are given a chance to participate in a wide variety of satisfying recreational endeavors, because we know that fun is serious business. Our staff will investigate potential resources, maximize skill development, and promote community reintegration through one to one and group intervention.

Our former patients have discovered that there are no limits to their recreational opportunities. They have participated in everything from hunting big game in Africa to developing camps, foundations, and organizations that provide for others. We would not be able to do what we do without the full support and relationships with local state parks, community, and private partners.

"There were things I thought I couldn't do anymore that they showed me I still could do. The more I found I could do, the more things I wanted to try." – Core Fairbanks, Littleton, Colorado

In our Therapeutic Recreation department we offer a variety of resources and opportunities. We schedule regular outings in the community conducted by trained staff to ensure safety and appropriateness for all participants. We also strive to promote overall fitness and well-being by being very action oriented utilizing our full court gymnasium, on sight weigh training room and engaging in the opportunities listed below.

Program Components:

Arts and Crafts

Music

Aquatics and Water Activities

Outdoor Recreation

Wheelchair Sports

Recreational Sports

Horticulture (gardening, houseplants)

Ranching, Farming

Outings

*This is not an all-inclusive list

Patients not only learn how to enjoy these activities, but also how to adapt equipment to meet new physical needs. We incorporate key therapeutic elements acquired from other therapeutic disciplines such as sip and puff technology for some of our recreational activities. Individual needs and interests are always taken into consideration for outings and activities, with program and equipment adaptations tailored for individual needs.

“I have water-skied. I’ve gone on a hot-air-balloon trip. I’ve ridden horse back. I went to an amusement park and rode a roller coaster twice. It was my first time on a roller coaster since my injury. It was a great coaster. I’ve learned the essential hot tub transfer. It’s good. At Craig you work hard and play hard. That is the way I’m going to live when I get home.” – Jim Penta, Womelsdorf, Pennsylvania

Adventure Program

The Craig Hospital Therapeutic Recreation Department invites current inpatients, outpatients, and alumni to join us in exploring new adventures in recreation. Adventures range from hot air ballooning, week long ski trips, whitewater rafting, cross country skiing, hand cycle racing to scuba diving the deep waters of Cozumel and sea kayaking in Alaska.

Community Resources

This section of our site provides a variety of resources for people interested in recreational opportunities across the country and even around the world. Please note that the information changes quickly. We will update this section on a regular basis to the best of our abilities. Any user of the resource information provided is fully responsible for determining that the contacts from this list are safe and appropriate for his/her use. Explore these sites for pertinent information which you may find of value.