

Overcoming barriers to participation



At LimbPower, we understand that your journey with an amputation or limb difference is unique to you. You may face specific challenges when it comes to participating in physical activity and sports, but we're here to support you every step of the way. With the right approach and

encouragement, you can overcome many of the obstacles you encounter. This guide is designed to help you navigate these barriers and discover the joy of physical activity tailored to your needs. Let us embrace this journey together!

Societal and socio-economic barriers		
Financial barriers	Challenge:	High costs for equipment, travel, and coaching.
	Solution:	Free online classes, workshops, exercise videos, and low-cost programmes like reVAMP, our 12-week fitness and nutrition programme. We can also help with finding funding for equipment.
Lack of organised suitable local opportunities	Challenge:	Limited access to specialist coaches, adapted club sessions, competitions, and access to adapted equipment.
	Solution:	Join our Introduction programmes with experienced coaches in a safe space. Contact our Sports Development Team for support finding a club with adapted sessions and equipment. Help finding local clubs through the National Governing Bodies of Sports club finders
Physical barriers		
Access	Challenge:	Facilities may not be accessible due to narrow entrances, stairways or lack of suitable transport.
	Solution:	We offer new amputees at home and community programmes. Our team assess all sports venues we use and ensure they are accessible for ambulant amputees and wheelchair users. Where we can, we use bespoke venues. LimbPower works with partners to promote equal access and can support you in finding accessible local opportunities.
Transport	Challenge:	Difficulties with transportation and the need for accessible and reliable transport.
	Solution:	Travel – Many disabled people rely on the transport network to get to the gym, leisure centre or sports events, which can present obstacles as much as convenience. Tips for using accessible public transport and booking support in advance: National Rail Access Map https://accessmap.nationalrail.co.uk Transport for London https://tfl.gov.uk/transport-accessibility/ https://tfl.gov.uk/transport-accessibility/wheelchair-access-and-avoiding-stairs For accessible Taxis contact your local provider. National Express https://www.nationalexpress.com/en/help/accessibility At Home – LimbPower have a comprehensive online programme! LimbPower offers free online videos, live online classes, activity cards, printable paper resources, at-home programmes such as reVAMP, advice and support within the limb centres to help you stay active.
Prosthetics	Challenge:	Challenges related to prosthetic fit, comfort, and functionality.
	Solution:	LimbPower work with you and healthcare providers to advocate for your prosthetic provision. We provide self-help guides to support prosthetic management including <i>Making the Most of your Limb Centre Visit</i> , <i>Socket Comfort</i> and <i>Hygiene for Sport</i> . We also provide sports specific guides. LimbPower educates coaches and instructors about the ongoing challenges of prosthetic fit, comfort and function to support participation in physical activity and sport.

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Physical barriers (continued)		
Wheelchairs and mobility devices	Challenge:	Manual and powered wheelchairs, sports-specific wheelchairs, and adaptive bikes.
	Solution:	LimbPower can connect you with wheelchair services and charities to support access to physical activity and sports, sports wheelchairs, adapted bicycles or handcycles and trikes.
Psychological barriers	Challenge:	Feeling down, low self-esteem or anxious?
	Solution:	<p>LimbPower creates a supportive community through our programmes, fostering positive, inclusive environments. We understand that engaging in physical activities can be daunting.</p> <p>Boosting Confidence and Self-Esteem:</p> <ul style="list-style-type: none"> • We offer physical activities and sports for different abilities and interests, like wheelchair basketball, adaptive cycling, or swimming. • Our programmes help you develop new skills and improve existing ones, boosting confidence and self-esteem. • Coaches, mentors and volunteers provide continuous positive feedback, enabling you to see progress and celebrate your achievements. <p>Reducing Fear of Failure or Judgment:</p> <ul style="list-style-type: none"> • All activities are supportive, inclusive, and welcoming. Everyone participates at their own pace. • Being part of a community with similar impairments reduces feelings of isolation and anxiety. • We share success stories to highlight what is possible for amputees of differing abilities.
Uncertain of your ability	Challenge:	Being unsure of your ability to participate.
	Solution:	LimbPower supports you through all rehabilitation stages, from inactivity to participation to competition, via our programme pathway. We include social engagement in all activities to create a positive environment. Our online fitness programme reVAMP (seated, standing, upper limb), workshops, and live classes cater to all levels. Our multisport events introduce disability sports and pathways to club or competition.
Opportunity and awareness	Challenge:	Lack of awareness about organisations, programmes and facilities for disabled individuals.
	Solution:	Many disabled people are unaware of participation opportunities. LimbPower, with 50+ years of experience, connects you to local, regional, and national opportunities. Our comprehensive programme supports movement, physical activity, and sport for all ages and abilities.
Social barriers	Challenge:	Isolation and limited social networks, which can affect motivation.
	Solution:	Join one of our regional and/or social groups on Facebook or come along to one of our participation events. We are here to support you and to help you build a supportive community.
Communication	Challenge:	Lack of information about what is available to me.
	Solution:	We work hard to connect the networks that support you, sharing information with the limb centres, Active Partnerships, National Governing Bodies of Sport and other charities and healthcare professionals to inform them about the opportunities available to you.