



Physical Disability Definitions

Everyone has differences. Name 3 things that make you different from the person sitting next to you?

1. _____
2. _____
3. _____

A physical disability makes it difficult or impossible for a person to walk, see, hear, speak, learn, or do other important things. Some disabilities are permanent, or last forever. Others are temporary, or last for only a short time. A disability can be something a person was born with. Or it can be the result of an illness or an accident.

Learn about physical disabilities below:

Paraplegic or quadriplegic – a person with limited movement in their legs and/or arms due to a spinal cord injury. Athletes will use special designed wheelchairs to participate in sports.

Limb Loss/Amputee – a person might be missing some or all of a leg or an arm. Athletes will use different types of prosthetics, for example a running leg, to participate in sports.

Visually Impaired or blind – a person has limited or no eye sight. Athletes will be tethered to a guide for running or swimming, use a tandem bike or use equipment that beeps.

Dwarfism - Short statured (typically 4 feet and 10 inches or shorter). Athletes may use different sizes and shapes of equipment to participate in sports.

Spina Bifida - When the spine and spinal cord did not form properly when they were developing before or at birth. Athletes may use additional equipment to help them participate in sports.