FUNfitness Clinical Director

Special Olympics Health
MADE POSSIBLE BY Golisano FOUNDATION

FUNfitness is a physical therapy screening that examines the **flexibility, strength, balance and aerobic fitness** of Special Olympics Athletes and people with Intellectual Disability (ID). These areas can impact pain and proper sport performance in individuals, which is something many athletes and people with ID struggle with every day.
During these screenings, volunteers take athletes through a variety of tests and measures to provide athlete-specific education and follow-up recommendations.

Purpose & Goals

The goal of FUN fitness is to improve the overall fitness of Special Olympics athletes and people with ID, while minimizing the risk of injury during sport training, competition, and everyday life. This is achieved by:

- Educating athletes, coaches, and caregivers on home exercises for sport training and everyday life.
- Increasing access to community care by:
  - Training Physical Therapists on how to meet the needs of people with ID.
  - Linking local community PT's, who are willing to work with people with ID, to athletes, coaches, families and caregivers.

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Importance & Impact

During FUNfitness screenings we learned that a large percentage of Special Olympics athletes have fitness concerns that could affects their ability to compete in sport and/or prevent injury including:

- **77.5%** have flexibility concerns
- **44%** had a balance concern
- **14%** have strength concerns
- **38%** do not exercise regularly