

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Recreation

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Access Adventures

Melwood Recreation Center
9035 Ironsides Road
Nanjemoy, MD 20662
301-870-3226 (V)

E-mail: recreation@melwood.org
www.melwoodrecreation.org/travel

Provide year round, community-based, small group, affordable vacations to persons with disabilities 18 years and older. Travelers are supported by dedicated staff that provide a safe and caring atmosphere.

Access Maryland: State Park Pass for Persons with Disabilities - Maryland Department of Natural Resources - Universal Disability Pass

1804 West Street, Suite 300
Annapolis, MD 21401
1-877-620-8367 (Toll Free)

<http://dnr2.maryland.gov/publiclands/Pages/udpfaq.aspx>

The Universal Disability Pass is a free lifetime entrance pass to State operated parks with entrance service charges. It is issued to persons who have a permanent physical or mental impairment that substantially limits one or more major life activities. The Pass admits the card holder and one other person only. Download an application online and send to the above address.

Accessible Journeys

1-800-846-4537 (Toll Free)

E-mail: sales@accessiblejourneys.com
www.accessiblejourneys.com

Accessible lifestyle vacations for slow walkers, wheelchair travelers, their families and friends. Assistance with vacation planning, group tours, group cruises, and individual cruises. Provide licensed travel companions and disability travel resources.

ArtStream

620 Pershing Drive
Silver Spring, MD 20910
301-565-4567 (V)

www.art-stream.org

Interactive workshops and productions, on-going classes, seminars, performances, and training. Offer inclusive performing arts classes specifically designed for the needs of adult actors with cognitive and/or physical disabilities. Classes include theater, puppetry, visual arts, multimedia, music and dance.

Autism On The Seas

1-800-516-5247 (Toll Free)

E-mail: info@autismontheseas.com

www.autismontheseas.com

Service the cruising travel needs of families and individuals faced with Autism and Asperger Syndrome, and all Cognitive, Intellectual and Developmental Disabilities as well as (but not limited to) Cerebral Palsy and Down Syndrome. Provide "Individual Autism Cruise Services" for those individuals and families who wish to cruise on any date or ship of their choice on Royal Caribbean, Celebrity, NCL, Carnival, Princess or Disney.

Baltimore Adapted Recreation & Sports (BARS)

P.O. Box 878
Sparks, MD 21152
478-227-7386 (V)

www.barsinfo.org

Non-profit organization that hosts different sporting and recreational events throughout Maryland for individuals with physical and developmental disabilities. Events include camping, water skiing, sailing, canoeing, cycling, wheelchair tennis, sea kayaking, snow skiing, rock climbing, skeet shooting, and white water rafting.

Boy Scouts of America

National Capital Area Council

Marriott Scout Service Center
9190 Rockville Pike
Bethesda, MD 20814
301-530-9360 (V)

www.boyscouts-ncac.org

Units in the area are always open to children and young men with physical, mental and emotional disabilities. These units are completely funded, organized and run by volunteer leaders who can help – along with local Scouting professionals – find a suitable unit and possible mentor in that unit for your child. Scouts with disabilities and special needs participate in the same program as their peers.

Boys & Girls Clubs of Greater Washington

Germantown Branch

19910 South Frederick Road
Germantown, MD 20876
301-353-9600 (V)

E-mail: germantown@bgcgw.org
www.bgcgw.org/montgomery

Provides sports, fitness, health and life skills, early intervention, educational, character-building, and recreational and supportive services to youth and families.

Catholic Charities - Community Companions

1010 Grandin Avenue
Rockville, MD 20851
301-251-2860 x 604 (V)

From school dismissal to 6:00 p.m., students ages six to 21 engage in social, therapeutic and recreational activities such as arts and crafts, music, computers and outdoor games. Program vans take students on field trips, and a snack is provided. Accept Autism Waiver and Developmental Disabilities Administration funding, and private payment.

Chesapeake Region Accessible Boating (C.R.A.B.)

177 Defense Highway, Suite 9
Annapolis, MD 21401
410-266-5722 (V)

E-mail: info@crabsailing.org
www.crabsailing.org

Non-profit organization offering boating experiences to people with disabilities through sailing programs for children, families and the elderly. Events are free. By appointment.

CHI Centers

10501 New Hampshire Avenue
Silver Spring, MD 20903
301-439-4330 (V)

E-mail: recreation@chicenters.org
www.chicenters.org/recreation.html

Recreation opportunities and special events and activities for individuals with developmental disabilities. The **Small Group Recreation Program** provides after-work leisure time such as dining out and movies. The **Milton Lodge Vacation Program** provides participants a summer vacation at a beach resort.

Circle of Hope Therapeutic Riding, Inc.

Pleasant View Farm
22500 West Harris Road
Barnesville, MD 20838
301-916-2040 (V)

E-mail: chtrinc@aol.com
www.chtr.org

Offer horseback riding lessons to children and adults with disabilities. Equine-facilitated approach incorporates cognitive, behavioral, psychological, and physical goals to increase self-confidence, self-esteem, physical independence, and social awareness. Financial assistance available on a limited basis.

City of Gaithersburg - Parks, Recreation and Culture

506 S. Frederick Avenue
Gaithersburg, MD 20877
301-258-6350 (V)

E-mail: parksrec@gaithersburgmd.gov
www.gaithersburgmd.gov

Accessible pools. A variety of programs are available for competitive play as well as the development of life-time skills. Senior and youth services.

Club1111

Baltimore, MD
410-323-0500 ext 377 (V)
www.club1111.org

Dance and social club for people with disabilities. Cost is \$5.00 per person and includes drinks and snacks. Guests must be independent or with a caregiver, who can attend for free. Alcohol free. Hosted by The League for People with Disabilities.

DateAble

301-657-3283 (V)
E-mail: robert@dateable.org
www.dateable.org

Nonprofit social organization for people with and without disabilities who seek new friendships and relationships.

Disabled Sports USA

451 Hungerford Drive, Suite 100
Rockville, MD 20850
301-217-0960 (V)

E-mail: info@dsusa.org
www.disabledsportsusa.org

Offer nationwide sports rehabilitation programs to anyone with a permanent disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events.

Downtown Sailing Center

1425 Key Highway, Suite 110
Baltimore, MD 21230
410-727-0722 (V)

E-mail: jack@downtownsailing.org
www.downtownsailing.org

Committed to making sailing accessible to the entire community. Specialty adapted boats allow persons with disabilities to sail with a coach or independently. Youth and adult sailing programs and memberships available. Access-Ability is a free volunteer-run program that allows individuals with disabilities to learn to sail. Program meets one or two Saturdays each month from April to August. RSVP's required. Freedom Accessible Camp is a tuition-based summer camp for youth with disabilities.

Dreams for Kids DC

301-742-7787 (V)

E-mail: gfu@dreamsforkids.org
www.dreamsforkidsdc.org

Non-profit provides activities that empower children with physical and developmental disabilities to unite with their peers and realize their potential. Clinics include waterskiing, dance, football, ice hockey, soccer, basketball, and baseball.

Equine Therapy Associates

P. O. Box 59253
Potomac, MD 20859
301-972-7833 (V)

E-mail: director@equinetherapyassociates.com
www.equinetherapyassociates.com

Offers lessons for individuals aged three and up, and focuses primarily on learning disabilities, ADHD/ADD, sequencing and processing disorders, Autism, mild to moderate Cerebral Palsy, emotional disabilities, hearing impairments, mental retardation, Downs Syndrome, developmental delays, strokes, Fibromyalgia Syndrome, speech impairments, and visual impairments. Financial aid available. Free scholarships for wounded warriors.

Ex n' Flex

1-888-298-9922 (Toll Free)

E-mail: info@exnflex.com
www.exnflex.com

Motorized passive/active exercise therapy for the disabled. Potential benefits for para and quadriplegics include continuous range of motion, increased circulation/flexibility, and decreased spasm/edema.

Eyre Bus, Tour & Travel

13600 Triadelphia Road
Glenelg, MD 21737
410-442-1330 (V)
1-800-321-3973 (Toll Free)

E-mail: eyre@eyre.com
www.eyre.com

Wheelchair accessible motorcoaches and full service travel agency. Leisure travel includes cruises, caribbean, family vacations, hotels, rail travel, car rentals, worldwide tour packages, airline ticketing, customized tours, and travel designed for the disabled. One day and multi-day trips available.

Great Strides

Terry Lewis, LCSW-C, Founder / Director
26771 Howard Chapel Drive
Damascus, MD 20872
301-253-1166 (V)

E-mail: info@greatstrides.org
www.greatstrides.org

Offer equine-assisted psychotherapy (individual and group) with licensed mental health professionals. Through specially designed interactive experiences that promote emotional healing, they build confidence, improve social skills, and help clients make positive changes in their lives.

Guided Tour, Inc.

7900 Old York Road, Suite 111-B
Elkins Park, PA 19027
215-782-1370 (V)
1-800-783-5841 (Toll Free)

E-mail: director@guidedtour.com
www.guidedtour.com

Supervised travel and vacation program for persons ages 17 and up with developmental and physical disabilities. Trips include Disney World, Hawaii, Dollywood, Atlantic City, Ireland and Las Vegas.

Imagination Stage

Diane Nutting, Director of Access & Inclusion

4908 Auburn Avenue
Bethesda, MD 20814
301-280-1627 (Access Programs)
301-961-6060 (Reception)
301-280-1660 (Box Office)

E-mail: dnutting@imaginationstage.org
www.imaginationstage.org

Arts Access Classes and Teen Workshops are designed for students with cognitive/developmental disabilities. These classes offer the same curriculum covered in our general education classes, allowing students to have a deep exploration of their art form. Students will be provided a variety of entry points to the material with supports such as higher student-teacher ratios. Past offerings have included Improvisation, Musical Theatre, Physical Comedy, Improvisation, and Hip Hop Dance. The Pegasus Ensemble is a two-year conservatory program for students with cognitive and/or developmental disabilities, providing the opportunity to further develop their theatre arts technique and life skills while working together as an ensemble. Students explore movement, text, and improvisation which leads to a full production. Financial aid available.

Interplay Company Band at Strathmore

Paula R. Moore, Artistic Director
301-229-0829 (V)
E-mail: paularmoore@comcast.net
www.interplayband.org

A full band of percussion and traditional musical artists for adults ages 23 and over with cognitive disabilities.

Jewish Community Center of Greater Baltimore

Sara Rubinstein, Special Needs Coordinator
3506 Gwynnbrook Avenue
Owings Mills, MD 21117
410-356-5200 x 384 (V)
E-mail: srubinstein@jcc.org
www.jcc.org

Provide appropriate social and recreational programs for children, teens and adults with a range of disabilities.

Sunday Funday: Afternoons of recreational and social activities for children in grades K through 8 include games, arts and crafts, athletics and more.

Getting Together Club: For ages 18 and older. Week nights. Adults can improve their social and life skills, as well as their emotional well-being. This weekly social group offers activities both at the JCC and in the community.

Chaverim Club: For ages 18 and older. This weekly social group creates its own schedule of recreational and leisure time activities and programs, including arts and crafts, music, cooking, and holiday celebrations. This program is for adults who have mild to severe delays or other developmental and/or physical disabilities.

Arts with Yachad: For adults 18 and older with developmental disabilities, or without. Individuals have fun crafting and creating projects at this inclusive arts class.

For more information see listing under “Day and Summer Camps”.

Jewish Community Center of Greater Washington

6125 Montrose Road
Rockville, MD 20852
301-881-0100 (V)
www.jccgw.org

Classes include crafts, cooking, swimming, social groups, and fun and games. See listing under “Day and Summer Camps” for more information. **Gudelsky**

Exceptional Swim: A swim program for children, teens and adults with physical, orthopedic related disabilities. Professional staff members (a coordinator, physical therapist, three adaptive aquatics instructors) and volunteers work with participants. Individuals interested in participating must complete medical forms to apply. For more information or to apply, contact Melanie and Herb Dubin at 301-622-1780 (V) or e-mail Dubinm5@verizon.net.

Kennedy Center for the Performing Arts

Office for Accessibility
202-416-8727 (V)
E-mail: access@kennedy-center.org
www.kennedy-center.org/accessibility

Information on accessible events, performances, and facilities. Provide assistive listening devices, sign language interpreters, captioning, audio description, and Braille and large print programs.

Kennedy Shriver Aquatic Center

5900 Executive Boulevard, N
Bethesda, MD 20852
240-777-8070 (V)

www.montgomerycountymd.gov/rec/thingstodo/aquatics/montgomery.html

Learn to swim program for children ages 4 - 15 who have special needs. Pool is accessible with ramps, elevators, therapeutic ladders and lifts. Fee.

Kids Enjoy Exercise Now (KEEN) Greater DC

P.O. Box 341590
Bethesda, MD 20827
301-770-3200 (V)

E-mail: info@keengreaterdc.org
www.keengreaterdc.org

National, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. Activities include swim, sports, music, tennis, tae kwon do, bowling and more.

Klien's Educational & Health Care Services

Therapeutic and Recreational Services

13439 New Hampshire Avenue
Silver Spring, MD 20904
301-879-7980 (V)

E-mail: klienseducation@yahoo.com
www.kliensedu-hcs.com

Arts and crafts, computer skills, field trips, sports and games, swimming, drum and piano lessons, horseback riding, community outings, speech and language, and more for individuals with Autism and other related disorders.

Maryland 4-H Youth Development

Cathy Yingling, Principal Administrative Assistant
18410 Muncaster Road
Derwood, MD 20855

E-mail: yingling@umd.edu
www.extension.umd.edu/montgomery-county

Offers a "learning by doing" experience in cooking, sewing, computing, public speaking, conservation, animal sciences, environmental sciences, and human sciences to students ages 5 to 18. Part of the University of Maryland Extension. Open to all interested Montgomery County youth.

Making Connections - Community Support Services

9075 Comprint Court
Gaithersburg, MD 20877
E-mail: css@css-md.org

www.css-md.org/makingconnections

Social group for young adults with mild cognitive disabilities who live in the Greater Washington Metropolitan Area. The program was established to help individuals combat loneliness and develop the interpersonal skills they need to lead more dynamic, rewarding lives. Activities include dances, watching live performances, seeing sporting events live, and indoor game facilities.

Maryland Sport Fishing and Crabbing Licenses

Maryland Department of Natural Resources

410-260-3220 (V)
1-886-535-8319 (Toll Free)

E-mail: customerservice.dnr@maryland.gov
http://dnr.maryland.gov/service/fishing_license.asp

Complimentary tidal and non-tidal fishing licenses are available to Maryland residents and non-residents who are blind or who are 100% service connected disabled veterans.

Maryland Ravens Wheelchair Basketball

1413 Glendale Road
Baltimore, MD 21239
410-825-5359 (V)

E-mail: mdravens@aol.com
www.marylandravens.org

Provide wheelchair basketball as a competitive recreational program for many of Maryland's physically impaired adults and youths. Always seeking new basketball players who are interested in competing locally or nationally.

Maryland Youth Ballet

926 Ellsworth Drive
Silver Spring, MD 20910
301-608-2232 (V)

E-mail: info@marylandyouthballet.org
www.marylandyouthballet.org/outreach/music-and-motion

Therapeutic dance instruction to dancers with physical disabilities through its "Music and Motion" classes.

Mattie J.T. Stepanek Park

1800 Piccard Drive
Rockville, MD 20850

www.rockvillemd.gov/Facilities/Facility/Details/Mattie-JT-Stepanek-Park-37

26.29-acre accessible park located at the corner of Gaither Road and Piccard Drive in Rockville, ½ mile from Shady Grove Road and Gaithersburg.

**MedStar National Rehabilitation Hospital
Adaptive Sports & Fitness Program**

102 Irving Street, NW
Washington, DC 20010
202-877-1420 (V)

www.medstarnrh.org/our-services/adaptive-sports-fitness/services/adaptive-sports-fitness-program/#q={

Programs are open to anyone with a physical disability at no cost. Provide coaching, training, equipment and travel assistance in nine sports including basketball, boccia ball, cycling, quad rugby, rowing, sled hockey, and tennis. Provide circuit training, open gym and cardio fitness classes both at the hospital and the community. Also host adaptive sports tournaments and special events throughout the year.

Miracle League Baseball

17950 Germantown Park Drive
Germantown, MD 20874

E-mail: mlmcbb@gmail.com

www.miracleleaguemocomd.org

Located in South Germantown Recreational Park, the Miracle Field serves as the new home for the Miracle League of Montgomery County, which will provide children with mental and/or physical challenges the opportunity to safely play baseball. The field incorporates a cushioned synthetic turf that allows children using wheelchairs and walkers to “run” the bases without fear of injury.

Montgomery County Department of Parks

9500 Brunett Avenue
Silver Spring, MD 20901
301-495-2595 (V)

E-mail: info@montgomeryparks.org

www.montgomeryparks.org

Classes, programs and camps, event and nature centers, public gardens, historical sites, playgrounds, athletic fields, lakes, and park and trail directory.

Montgomery County Recreation Department

4010 Randolph Road
Silver Spring, MD 20902
240-777-6840 (Customer Service)

E-mail: recreation.customerservice@montgomerycountymd.gov

www.montgomerycountymd.gov/rec

Offers a range of activities: swimming, social clubs, sports, music, arts, dance, camps, etc. Seasonal brochures are available. Registration required for all activities. Call for information about costs. The customer service desk is open Monday through Friday, 10:00 a.m. to 2:00 p.m.

Therapeutic Recreation

240-777-6870 (V)

240-777-6974 (TTY)

E-mail: rec.mainstream@montgomerycountymd.gov

<http://montgomerycountymd.gov/rec/thingstodo/therapeutic/index.html>

Programs are specifically designed for individuals with disabilities and available to suit all ages, interests, and skill levels. Activities include swimming classes, craft classes, trips, camps, children’s programs, special events, and varied offerings every season. Adult clubs are designed to enhance community participation, skill development, and decision making skills. Activities include social outings to restaurants, theatres, sporting events, and more.

Montgomery Special Hockey

David Lucia, Head Coach / Director of Hockey Operations

E-mail: headcoach@montgomerycheetahs.com

www.montgomerycheetahs.com

Ice hockey for children and teens with developmental disabilities, ages 5 through 18.

NFB-Newsline®

1-866-504-7300 (Toll Free)

www.nfb.org/audio-newspaper-service

Free 24-hour telephone service available nationwide for people who are blind, visually impaired and/or unable to read a printed newspaper or magazine. Over 300 publications available. Also available on the iPhone. Offered by the National Federation of the Blind and the National Museum and library services.

Potomac Community Resources, Inc. (PCR)

9200 Kentsdale Drive
Potomac, MD 20854
301-365-0561 (V)

www.pcr-inc.org

Non-profit organization serving teens and adults with developmental disabilities and their caregivers. Provides social, recreational, therapeutic and educational programs, as well as ongoing groups for parents and other caregivers. Registration required.

Quadriciser

6624 Central Avenue Pike
Knoxville, TN 37912
1-865-689-5003 (Toll Free)
www.quadriciser.com

Moves all four extremities through a smooth and functional range of motion, allowing multiple joints to be worked on all at the same time.

Rolling Knights Wheelchair Basketball Team

301-424-8335 (V)
E-mail: scin.kimball@yahoo.com
www.spinalcordinjury.net/services/services_basketball.htm
Co-sponsored by Adventist Rehabilitation Hospital of Maryland and the Spinal Cord Injury Network of Greater Washington, DC. You do not need a spinal cord injury to play.

Sitar Arts Center

1700 Kalorama Road, NW, Suite 101
Washington, D.C. 20009
202-797-2145 (V)
www.sitarartscenter.org
Foster development of musical and artistic skills. Offer classes in music, dance, writing, visual arts, drama and multimedia.

Special Olympics, MD, of Montgomery County

Pam Yerg, Area Director
10204 Colebrook Avenue
Potomac, MD 20854
1-888-924-6965 (Toll Free)
E-mail: director@somdmontgomery.org
www.somdmontgomery.org
Provide free year-round sports training and athletic competition in 21 Olympic-type sports for persons 8 years and older with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. Programs are designed to serve all ability levels.

S.P.I.R.I.T. Club

Jared Ciner, Director & Founder, Certified Personal Trainer
10408 Montgomery Avenue
Kensington, MD 20895
303-883-4364 (V)
E-mail: jciner@spirit-club.com
www.spirit-club.com
Health and fitness group programs for teens and adults with developmental disabilities. SPIRIT Fit & Health partners with the Jubilee Association of Maryland 501(c)(3) to provide scholarships for individuals who are unable to afford personalized and group programs.

Sports Plus

P.O. Box 83274
Gaithersburg, MD 20883
301-452-3781 (V)
E-mail: info@playsportsplus.org
www.playsportsplus.org

Non-profit organization that offers year-round, uniquely structured, co-ed sports and swimming programs for verbal children able to follow multi-step directions between the ages of 5 and 14 with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. Mainstream sports programs and adaptive sports programs. Indoor and outdoor programs.

TheraFit Gym

7 Tuc Road, Suite A
Westminster, MD 21157
410-871-2494 (V)
61 East Padonia Road, Suite E
Timonium, MD 21093
410-415-1992 (V)
www.therafitgym.com

TheraFit Gym is a non-profit fitness center for the disabled. Provides assisted access to a motorized, full body P/A therapy system called the Quadriciser that has been specially adapted for individuals with physical limitations. Activity-based rehabilitation and fitness programs for children, adults and seniors with disabilities. Fully accessible and adaptive equipment. One-on-one fitness trainers. Physical therapy treatments (including the Quadriciser) are covered by some private insurance programs including Medicare and BlueCross.

Therapeutic & Recreational Riding Center

3750 Shady Lane
Glenwood, MD 21738
410-489-5100 (V)
E-mail: info@trrcmd.org
www.trrcmd.org

Provide both physical and occupational therapy on horseback, treating a range of physical, cognitive, and emotional disabilities including cerebral palsy, spina bifida, muscular dystrophy, post-traumatic brain injury, autism, ADHD, and cognitive disorders. It also provides recreational riding opportunities for clients, with and without disabilities.

U Can Do Inc.

1-866-822-6362 (Toll Free)
E-mail: sales@ucandocentral.com
www.ucandocentral.com
Custom designed arcade pinball machines that can be played by anyone with or without disabilities. Motion sensor compatible.

United States Association of Blind Athletes

Mark Lucas, Executive Director
719-866-3224 (V)
E-mail: mlucas@usaba.org
www.usaba.org

USABA's mission is to increase the number and quality of grassroots-through-competitive, world-class athletic opportunities for Americans who are blind or visually impaired. They provide athlete and coach identification and support, program and event management, and national and international representation. Sports Camps include cycling, goalball, judo, powerlifting, skiing, swimming, tenpin bowling, wrestling, 5-A-Side football, gymnastics, showdown, sailing, rowing, equestrian, biathlon and archery.

YMCA - Bethesda/Chevy Chase

9401 Old Georgetown Road
Bethesda, MD 20814
301-530-3725 (V)
E-mail: bethesdaemail@ymcadc.org
www.ymcadc.org

Offers a Saturday morning adaptive swim program for children and adults with developmental or physical disabilities. There is no fee and membership is not required, but registration is necessary due to space limitations.

VisArts

155 Gibbs Street, Suite 300
Rockville, MD 20850
301-315-8200 (V)
E-mail: info@visartscenter.org
www.visartscenter.org

Provide visual art education and experiences for children starting at age 5. Goals are to promote creativity and to have fun. Students should be able to work with minimal assistance, or be accompanied by an adult who can provide help.

VSA Arts - John F. Kennedy Center for the Performing Arts

2700 F Street, NW
Washington, DC 20566
202-628-2800 (V)
1-800-933-8721 (Toll Free)
202-737-0645 (TTY)
E-mail: sslitvak@kennedy-center.org
www.kennedy-center.org/education/vsa

International, non-profit organization where all people with disabilities learn through, participate in and enjoy the arts. From pre-K through 12th grade and beyond.

Wheelchair and Ambulatory Sports, USA Eastern Regional Point Organization

www.wsusa.org
Organized geographically into three regional associations, each responsible for developing local wheelchair sports programs. Sports include archery, athletics/track and field, shooting, swimming, table tennis, basketball, billiards and weightlifting.

Wheelchair Gym - Lotech Solutions, Inc.

914-591-9552 (V)
E-mail: sales@lotechusa.com
www.lotechusa.com

Unique wheelchair accessible exercise machine that allows anyone in a wheelchair, power chair or regular chair to perform upper body movement therapy. It can be adapted to accommodate the user's physical limitations.