



Northridge Hospital Medical Center
Center for Rehabilitation Medicine
A member of CHW

Wheelchair Sports

The Center for Rehabilitation Medicine's Wheelchair Sports Program is sponsored by Northridge Hospital Medical Center and is designed to help men, women and teens with permanent disabilities live more active and productive lives. Wheelchair Sports can play a critical role in a person's psychological well-being in addition to physical benefits, which include toning, strengthening, increasing aerobic capacity and improving overall health. Just as importantly, it can motivate an individual who has led a very isolated life to participate with others who have had similar experiences. We offer a range of sports activities – all of which share the proud "Northridge Knights" team name.

Wheelchair Hockey

This high-contact competitive game is based on inline skate hockey rules with several additions to accommodate for manual wheelchairs. For example, the hockey sticks can be modified for the player and some participants may need to tape the stick to their hand or wheelchair. In addition, a lightweight plastic ball is substituted for a puck. We are particularly proud of our "Northridge Knights" who were named the 2000 National Champions at the Amateur Athletic Union National Wheelchair Hockey Tournament.

Wheelchair Basketball

Wheelchair Basketball was originally developed by World War II veterans in the United States in 1946. Adhering to the same rules as on a regulation basketball court, the goal of each team is to score into the opponents' basket and prevent the other team from gaining control of the ball or scoring. One exception is that a player with the ball

may push the wheelchair two times in any direction without bouncing the ball, but must bounce the ball to the floor before the third push. Players undergo similar training as typical basketball players to improve their ball control, stamina, defensive skills and shooting skills, as well as learning to run various plays on offense and defense.

Wheelchair Quad Rugby

This highly-competitive contact sport is played on a regulation basketball court. Two teams of four players attempt to carry a regulation volleyball over the defensive team's end line while the defensive team tries to force the offense to turn over the ball in some manner. To score a point, a player must cross the goal line with two of their four wheels while retaining possession of the ball. Northridge Hospital's Quad Rugby team, the "Northridge Knights" have competed at the national level for several years. Some team members have even been invited to participate in worldwide competitions.

Wheelchair Tennis

The Wheelchair Tennis program follows the same rules endorsed by the International Tennis Federation except in wheelchair tennis, the ball can bounce twice before being returned. The team is comprised of four players who fine tune their skills at local Los Angeles City Recreation and Parks tennis courts so they are at the top of their game to compete nationwide.

