

INTERNATIONAL PARALYMPIC COMMITTEE'S BRIEF DESCRIPTION OF THE 10 ELIGIBLE IMPAIRMENT TYPES (AS A GUIDELINE FOR THE ICU PARACHEER/ADAPTIVE ABILITIES PROGRAMME)

Impairment	Explanation
Impaired muscle power	Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
Impaired passive range of movement	Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute 42 conditions, such as arthritis, are not considered eligible impairments.
Limb deficiency	Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
Leg length difference	Bone shortening in one leg due to congenital deficiency or trauma.
Short stature	Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction
Hypertonia	Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis
Ataxia	Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
Athetosis	Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
Visual impairment	Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
Intellectual Impairment	A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
Hearing Impairment*	Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices

* Hearing impairment isn't included in the IPC's eligible impairment types however due to the nature of our sport and the use of music, ICU include this as an eligible impairment.

For more information on eligible impairments and exclusions you can read Chapter 3 of the [IPC Handbook](#)