



The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website.

<http://www.christopherreeve.org/site/c.mtKZKgMWKwG/b.4453493/k.C3D4/Fitness.htm>

**Please check with your physician when starting or changing your exercise or rehab routines.**

## **Fitness and Exercise**

Exercise is good for everyone, regardless of functional capabilities. Some people exercise to lose weight or shape up. Others do it to get stronger, to build endurance and stamina, to help keep joints loose and flexible, to reduce stress, to get more restful sleep, or just because it makes them feel better. Whatever motivates you to exercise is a good reason.

There is an epidemic of obesity in the U.S. Unfortunately, people with disabilities are even more prone to carrying excess weight – this is due to a combination of changed metabolism and decreased muscle mass, along with a generally lower activity level.

There are compelling reasons to shed the extra pounds. Research shows that people in wheelchairs are at risk for shoulder pain, joint deterioration, even rotator cuff tears, due to the amount of stress they place on their arms. Quadriplegics, too, have pain in their shoulders. The more weight to push, the more stress on the shoulder. Plus there's the risk the skin faces: as people gain weight, skin folds develop which trap moisture, greatly increasing the risk of skin sores.

It's never too late to get a fitness program going. According to the President's Council on Physical Fitness and Sports, people with disabilities are less likely to engage in regular moderate physical activity than people without disabilities, yet they have similar needs to promote their health and prevent unnecessary disease. Here's more:

- Physical activity need not be strenuous to achieve health benefits. Significant health benefits can be obtained with a moderate amount of physical activity, preferably daily. The same moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as 30–40 minutes of wheeling oneself in a wheelchair) or in shorter sessions of more strenuous activities (such as 20 minutes of wheelchair basketball).

- Additional health benefits can be gained through greater amounts of physical activity. People who can maintain a regular routine of physical activity that is of longer duration or of greater intensity are likely to derive greater benefit.
- Previously sedentary people who begin physical activity programs should start with short intervals of physical activity (5–10 minutes) and gradually build up to the desired level of activity.
- People with disabilities should first consult a physician before beginning a program of physical activity to which they are unaccustomed.

Source: The President's Council on Physical Fitness and Sports, Craig Hospital

### Web Sites

[www.ncpad.org/](http://www.ncpad.org/)

#### **The National Center on Physical Activity and Disability (NCPAD)**

The National Center on Physical Activity and Disability (NCPAD), based at the University of Illinois at Chicago, believes everyone can reap benefits from regular physical activity. NCPAD offers numerous resources to help people with disabilities become more active, plus resources for health, fitness and exercise professionals. See also their database of fitness trainers for people with disabilities at:

<http://www.ncpad.org/trainers/>

Also see their factsheet on ergometers:

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=5&view=all](http://www.ncpad.org/exercise/fact_sheet.php?sheet=5&view=all)

[http://www.cdc.gov/ncbddd/documents/Physical%20Inactivity%20Tip%20sheet%20\\_PHPa\\_1.pdf](http://www.cdc.gov/ncbddd/documents/Physical%20Inactivity%20Tip%20sheet%20_PHPa_1.pdf)

#### **Centers for Disease Control and Prevention (CDC): Physical Inactivity and People with Disabilities by State**

<http://www.cdc.gov/chronicdisease/resources/publications/aag/nutrition.htm>

#### **Centers for Disease Control and Prevention (CDC): Chronic Disease Prevention and Health Promotion:**

##### **Nutrition and Physical Activity**

Features numerous articles and resources on fitness, nutrition and healthy living.

<http://fescenter.org/index.php>

#### **Cleveland FES Center**

Promotes advanced techniques to restore function for persons with paralysis. The focus is on functional electrical stimulation (FES) systems that improve health, productivity and quality of life. FES exercise can be beneficial to persons with paralysis.

[www.craighospital.org/SCI/METS/exercise.asp](http://www.craighospital.org/SCI/METS/exercise.asp)

**Craig Hospital: SCI Health and Wellness: Exercise**

With funding from the US Department of Education's National Institute on Disability & Rehabilitation Research, Craig Hospital has developed educational materials to help people with spinal cord injuries live in the community maintain their health. Topics include exercise, heart disease, diet, weight control, alcohol abuse and conditions related to the aging paralyzed body.

[www.incfit.org](http://www.incfit.org)

**Inclusive Fitness Coalition**

Addresses the policy, environmental and societal issues associated with the lack of access to physical activity among people with disabilities

<http://www.ilru.org/html/publications/SCI/information/index.htm>

<http://www.ilru.org/html/publications/SCI/library/abstracts-consumer.htm#exercise>

**Independent Living Research Utilization (ILRU): RRTC on SCI: Exercise Information**

Articles and resources on exercise for people with disabilities including a section on accessible workout facilities by state.

<http://www.themiamiproject.org/Page.aspx?pid=430>

**The Miami Project to Cure Paralysis**

The Miami Project to Cure Paralysis has studied functional electrical systems for exercise. Put "exercise" or similar terms in the search box on this page to find info on exercise.

<http://www.ncperid.org/>

**National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID)**

NCPERID promotes research, professional preparation, service delivery, and advocacy of Physical Education and Recreation for individuals with disabilities. Membership is open to all persons who are or have been involved in professional preparation, demonstration, or research activity related to physical education and recreation for individuals with disabilities. University faculty in adapted physical education and therapeutic recreation as well as public school and residential facility personnel are encouraged to become members.

<http://www.physiotherapyexercises.com/>

**Physiotherapy Exercises for People with Spinal Cord Injuries and Other Neurological Conditions**

Developed by Physiotherapists, NSW Department of Health in Sydney, Australia. This website lets physical therapists search for appropriate exercises for their client's level of injury or condition and by other factors including age, degree of difficulty, equipment, body part and exercise type.

[www.fitness.gov/disab.htm](http://www.fitness.gov/disab.htm)

<http://www.fitness.gov/disab.pdf>

**The President's Council on Physical Fitness and Sports:** A Report of the Surgeon General on Physical Activity and Health for Persons with Disabilities  
Information on making exercise an important part of your life.

<http://www.projectmobility.org/>

**Project Mobility**

A non-profit organization that builds and distributes adapted bicycles for children and adults.

<http://www.sciactioncanada.ca/guidelines/>

**SCI Action Canada**

Physical Activity Guidelines for Adults with SCI (one for consumers, one for health care practitioners). The Guidelines were developed by an expert panel from across Canada, led by researchers at McMaster University, with support from the Rick Hansen Institute, and in partnership with SCI Action Canada.

<http://calder.med.miami.edu/pointis/upper.html>

**The University of Miami School of Medicine**

Offers clinical information on stretching and range of motion exercises for people with paralysis.

[www.yogainchairs.com](http://www.yogainchairs.com)

**Yoga in Chairs**

Offers videos on doing yoga in chairs.

### **Community-Based or Home-Based Fitness Programs**

While a patient is hospitalized, rehabilitation programs are often covered by the patient's insurance. Unfortunately, people often need more rehab than their insurance covers. If a person tries to continue exercise-based rehabilitation at home or in the community (that is outside of a medical facility), that person should do so under the guidance of their physician. While medical facility rehab is staffed by physical therapists and occupational therapists, that may not be the case in a local gym or community program.

If money is not an issue there may be a possibility of renting or buying an e-stim machine or other exercise equipment to assist with home rehab. Exercising on a regular basis is important to maintain your strength and range of motion. As progress is made, consider expanding your maintenance program to include resources in your community. Local health clubs, community recreational centers, the Y and community colleges often have established programs with athletic trainers and therapists on staff.

Community Based Fitness Programs host an activity-based exercise program created specifically for people with disabilities who are living in their local communities. To evaluate the quality of a community based fitness program, you will want to ask what

credentials the staff has. Are they occupational therapists or physical therapists? If the staff is certified, who certified them? (i.e. the program itself or an outside accreditation agency?). Please see the United Spinal Association article below which includes more questions to ask your fitness program or rehab program.

<http://www.unitedspinal.org/publications/action/2010/09/15/is-gait-training-right-for-me/>  
United Spinal Association article “Is Gait Training Right for Me?”

### **General Resources:**

[http://www.christopherreeve.org/site/c.mtKZKGMWKwG/b.4453185/k.951D/Active\\_life\\_styles.htm](http://www.christopherreeve.org/site/c.mtKZKGMWKwG/b.4453185/k.951D/Active_life_styles.htm)

**Reeve Foundation’s Paralysis Resource Center** Our site offers information about incorporating exercise and healthy living into your lifestyle. Wheelchair bowling, hand cycling, sailing, wheelchair racing are all excellent hand strengtheners.

<http://www.ymca.net/programs/>

#### **YMCA**

Interested in a YMCA? There are more than 2,400 YMCAs in the United States, and each one offers different programs and events.

<http://www.ywca.org/>

#### **YWCA**

<http://www.aacc.nche.edu/pages/ccfinder.aspx>

#### **Community College Finder**

Select a state or link below for a complete listing of local area community colleges. They often have exercise programs available.

<http://www.determined2heal.org/exercise/developing-a-home-therapy-program/>

#### **Determined2Heal: Developing a Home Therapy Program**

### **Specific Community Based Fitness Programs:**

<http://www.abil.org/category/image-galleries/-virginia-g-piper-sports-and-fitness-center>

#### **ABIL’s Virginia G. Piper Sports and Fitness Center for Persons with Disabilities**

Phoenix, Arizona

The center will be located on the grounds adjacent to the Disability Empowerment Center at 5025 E. Washington Street.

<http://www.adapttraining.com/>

#### **ADAPT Training**

9923 SW Arctic Drive

Beaverton, OR 97005

Phone: 503-646-8482

The **ADAPT Advanced training system** is offered to people with spinal cord injuries and other neurological disorders.

<http://www.shepherd.org/patient-care/exercise/beyond-therapy>

### **Beyond Therapy**

Shepherd Center

2020 Peachtree Road, NW

Atlanta, GA 30309-1465

Phone: 404-352-2020

Beyond Therapy is a rigorous, activity-based therapy program designed by Shepherd Center to help people with a variety of neurological disorders, including spinal cord injury and brain injury, improve their lifelong health, minimize secondary complications and get the most out of any new neural links to their muscles. Beyond Therapy is available at Shepherd Center in Atlanta and its satellite in Franklin, Tennessee.

<http://www.corecenters.info/>

### **Center of Restorative Exercise (C.O.R.E.)**

9667 Reseda Blvd.

Northridge, Calif. 91324

818-718-CORE

A gym that focuses on restorative exercise for people with chronic illness or debilitating conditions.

<http://www.couragecenter.org/ContentPages/nrn.aspx?FromNavPK=914>

### **Courage Center**

3915 Golden Valley Rd.

Minneapolis, MN 55422

**ABLE** is Courage Center's **Activity-Based Locomotor Exercise** program, an innovative new approach for people living with paralysis or neurological conditions. It promotes improvements in overall health, fitness, strength and quality of life for people living with paralysis or neurological conditions. **ABLE** is based on locomotor movement training, and includes Functional Electrical Stimulation (FES) and other fitness activities that challenge muscles below the level of injury.

<http://www.walkagain.com/index.htm>

### **The Dynamics WalkAgain Rehabilitation Unit**

1830 W. Olympic Blvd., Suite 123

Los Angeles, CA 90006

Phone (213) 383-9212

The Dynamics WalkAgain Rehabilitation Unit has taken the medical and ethical position that is important to understand the goals of each patient. If a patient can become more functional and/or ambulatory, the health care benefits can lessen the overall cost by several thousands of dollars and the quality of life enhanced. Benefits of ambulation of the spinal cord injured are multifold, including a decrease of bone fractures-osteoporosis,

decubitus ulcer, thrombophlebitis, pulmonary embolisms, urinary tract infections, and hospitalization is reduced. The positive side of all this is that patient self esteem is increased along with general health. The upright position promotes kidney and urethral drainage, improved respiration, upper body strength is increased, and all the benefits of aerobic exercise are realized.

[www.futuresunlimited.com/](http://www.futuresunlimited.com/)

**Futures Unlimited**

1315 N Division Street  
Spokane, WA 99202-1899  
Phone: (509) 242-1198

Futures Unlimited is an outpatient physical therapy and rehabilitation service providing a broad range of physical and rehabilitation services, modalities and techniques. During the past few years, Futures Unlimited has been working with various problems related to the functions of the nervous system, using very basic techniques to allow the nervous system to correct itself. They have seen improvements in a number of different problems. The most notable improvements have been observed in the treatment of Cerebral Palsy (CP), Traumatic Brain Injuries (TBI), Spinal Cord Injuries (SCI) and Post-Polio Syndrome (PPS). Their services are provided by licensed physical therapists according to the laws of the state in which the service is provided. Patients are treated only through proper medical referrals. All treatment methods, modes, techniques, modalities, equipment, facilities, personnel, etc. are within the purview of usual and accepted standards of physical therapy and physical therapy clinical practice.

<http://www.journey-forward.org/index.htm>

**Journey Forward**

755 Dedham Street  
Canton, MA 02021  
Toll Free: 866.680.5636  
Main: 781.828.3233

Journey Forward is an exercise based program designed to assist those with Spinal Cord Injuries so they too can achieve some of these most basic lifelong functions and benefits. We are focused on making our program accessible to those who need it as much as possible and are working on opening many locations across the country.

[http://www.kennedykrieger.org/kki\\_cp.jsp?pid=1402](http://www.kennedykrieger.org/kki_cp.jsp?pid=1402)

**Kennedy-Krieger Institute: Home and Community Rehabilitation**

707 North Broadway  
Baltimore, MD 21205  
Contact: Joan Carney  
Phone: (443) 923-4555

Email: [carney@kennedykrieger.org](mailto:carney@kennedykrieger.org)

An integral part of the Kennedy Krieger Institute continuum of rehabilitation care, the Home & Community program is an acute comprehensive rehabilitation program designed to address the complex issues that confront individuals with neurological injuries. The program assists patients and their family, on a temporary basis, toward continued long-

term recovery. In the patient's home, school, or local community, a coordinated treatment team provides the following therapies: physical, occupational, speech and language, psychological and social work. Each interdisciplinary treatment team designs and implements a plan of care specific to the needs of individual patients and their families.

[www.mrklab.com](http://www.mrklab.com)

**Medical Rehabilitation & Kinematics Lab, Inc.**

7340 Trade St., Suite H  
San Diego, CA 92121  
Phone: 858-689-9643

A physician run practice with physical therapists on staff, MRK Lab has advanced exercise equipment and a Lokomat machine for adults and children. They do not accept insurance though they will provide information for you to bill your insurer.

[www.northeastcenter.com/](http://www.northeastcenter.com/)

**Northeast Center for Special Care (NCSC)**

300 Grant Ave.  
Lake Katrine, NY 12449  
845-336-3500

The Northeast Center for Special Care offers a special care center designed to serve medically complex and multiply impaired needs such as: brain injury, neurological disease, spinal cord injury, neurobehavioral disorders, complex medical recovery and ventilator care/management.

<http://pressingontx.com/>

**Pressing On**

San Antonio, TX  
Phone: 210-877-2228

A non-profit devoted to fitness for people with spinal cord injuries, stroke, and other disorders.

<http://www.projectwalk.org/>

**Project Walk**

2738 Loker Avenue  
Carlsbad, CA 92010  
Phone: 760-431-9789

Project Walk exists to provide an improved quality of life for people with spinal cord injuries through intense exercise-based recovery programs, education, support and encouragement

[www.pushtowalknj.org](http://www.pushtowalknj.org)

**Push to Walk**

6 North Corporate Drive  
Riverdale, NJ 07457  
Phone: 862-200-5848

Offers one on one workouts to people with spinal cord injuries with certified trainers.

[www.RehabStrong.com](http://www.RehabStrong.com)

**Rehab Strong**

860-329-REHAB

Based in the Hartford, Conn. area, Rehab Strong provides one on one in-home rehabilitation services for people with disabilities. They also have a bus equipped with gym equipment that offers a mobile rehab gym.

[www.SCItotalfitness.com](http://www.SCItotalfitness.com)

**SCI Total Fitness**

Kristin McNealus, PT

7105 Marina Pacifica Dr. South

Long Beach, CA 90803

Phone: 562-645-6348

Located in Southern California, classes may be joined in person or via Internet. Class is led by a physical therapist who is experienced with spinal cord injury patients. Some private in home classes may be arranged in the Southern California area. Fitness, strength training and weight loss services are offered as well as wheelchair evaluation.

[www.victorywalkinc.com](http://www.victorywalkinc.com)

**Victory Walk Inc.**

1200 N. 40<sup>th</sup> St.

Springdale, AR 72762

Phone: 479-549-7337

A non-profit organization that provides high intensity exercise therapy for people with spinal cord injury with the goal of regaining as much recovery of physical functioning as possible.

**The Reeve Foundation has 5 Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program.**

**NRN Community Fitness and Wellness Facilities:**

- [Courage Center](#), Minneapolis, MN  
Contact Rachel Kath-Dvorak at [rachel.kath-dvorak@couragecenter.org](mailto:rachel.kath-dvorak@couragecenter.org)
- [Frazier Rehab Institute](#) – Community Fitness and Wellness Facility, Louisville, KY  
Contact Karey McDowell at [Karey.McDowell@jhsmh.org](mailto:Karey.McDowell@jhsmh.org).
- [NextSteps Chicago](#), Willow Springs, IL  
Contact Jon O'Connor, Director, [nextstepschicago@gmail.com](mailto:nextstepschicago@gmail.com)
- [NextStep Fitness](#), Lawndale, CA  
Contact Janne Kouri, [management@nextstepfitness.org](mailto:management@nextstepfitness.org)

- [Neuroworx](#), South Jordan, UT  
Contact Dale Hull, M.D., Executive Director, [info@neuroworx.org](mailto:info@neuroworx.org)

## **Exercise Equipment**

[www.Flexiciser.com](http://www.Flexiciser.com)

### **Flexiciser**

800 Grand Ave.  
Suite B2  
Carlsbad, CA 92008-1805  
888-353-9462

[www.restorative-therapies.com](http://www.restorative-therapies.com)

Restorative Therapies

### **The RT300-S**

A motorized FES system pioneered by Dr. John McDonald.

[www.exercycle.com/](http://www.exercycle.com/)

### **Theracycle**

Exercycle Company manufactures and sells the Theracycle, the only motor-driven stationary exercise bike designed for people with disabilities that lack strength but need exercise. The Theracycle is different from other exercise bikes and home exercise equipment because the motor detects when to help you to exercise. If you are looking for a piece of fitness equipment that will help you to exercise, Theracycle is for you. Many people who have purchased the Theracycle are using it to help with Multiple Sclerosis, Parkinson's and other neurological disabilities. The Theracycle can help in rehabilitation, physical therapy, and maintaining fitness.

[www.gpk.com](http://www.gpk.com)

### **The Uppertone System**

Introduced in 1990 by a C4-C5 quadriplegic, the Uppertone System allows people with C4-C5 paralysis and below to do upper body exercises necessary for rehabilitation and maintenance, without assistance.

[www.WheelFlex.com](http://www.WheelFlex.com)

### **Wheel Flex**

Allows for exercising/rehab of arms while seated in wheelchair.

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

## Books

**ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities.** Edited by J. Larry Durstine, et al. Champaign, Ill.: Human Kinetics, 2009. 3rd ed.

**Adapted Physical Education and Sport.** Joseph P. Winnick, editor. Champaign, Ill.: Human Kinetics, 2011. 5<sup>th</sup> ed.

Davis, Ronald W. **Teaching Disability Sport: A Guide for Physical Educators.** Champaign, Ill.: Human Kinetics, 2010. 2<sup>nd</sup> ed.

Fishman, Loren M. and Eric L. Small. **Yoga and Multiple Sclerosis: A Journey to Health and Healing.** New York: Demos, 2007.

Horvat, Michael et al. **Developmental and Adapted Physical Activity Assessment.** Champaign, Ill.: Human Kinetics, 2007.

Lieberman, Lauren J. **Paraeducators in Physical Education: A Training Guide to Roles and Responsibilities.** Champaign, Ill.: Human Kinetics, 2007.

Lieberman, Lauren J. and Cathy Houston-Wilson. **Strategies for Inclusion: A Handbook for Physical Educators.** Champaign, Ill.: Human Kinetics, 2009. 2<sup>nd</sup> ed.

**Promoting Physical Activity: A Guide for Community Action.** Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity and Obesity. Champaign, Ill.: Human Kinetics, 2010. 2<sup>nd</sup> ed. See Appendix A for info on physical activity and disability.

## Videos

**Basic Strength Training For Wheelchair Users:** Monterey, Ca: Healthy Learning, 2002. 25 min.

**Carol Dickman's Bed Top Yoga.** New York, NY: Yoga Enterprises Inc., 1999. 33 min. VHS and DVD

**Carol Dickman's Seated Yoga.** New York, NY: Yoga Enterprises Inc., 1999. 43 min.

**Chair Aerobics for Everyone.** Endless Graphics, 2004. DVD features Nikki Glazer. Please note that this product is not necessarily marketed to people with disabilities, please

consult your physician first. There are others in this series: Chair Boxing, Chair Salsa, Chair Yoga, Chair Tai Chi, Chair Circuit Training, Chair Bellydance.

**Chair Aerobics for Everyone: Exercises for the Bedridden and Physically Challenged.** Endless Graphics, 2008. DVD features David Stamp  
[www.chairaerobics.com](http://www.chairaerobics.com)

**Chair Aerobics for Everyone: Wheelchair Workout.** Endless Graphics, 2009. DVD  
[www.chairaerobics.com](http://www.chairaerobics.com)

**Chair Yoga: A Seated Practice with Ann Richmond.** Momm Yoga Productions, 2008. DVD.

**Circuit Resistance Training for Persons with Spinal Cord Injuries.** Patrick Jacobs. Monterey, Calif.: Healthy Learning, 2002. 25 minutes VHS

**Dr. Chen's Tai Chi GongFa 001: Tai Chi Qigong Workout for Wheelchair People Level I.** Crystal Tai Chi Co., 2004. [www.ctaichi.com](http://www.ctaichi.com) (23 minutes) DVD

**Dr. Chen's Tai Chi GongFa 002: Tai Chi Qigong Workout for Wheelchair People Level II.** Crystal Tai Chi Co., 2004. [www.ctaichi.com](http://www.ctaichi.com) (27 minutes) DVD

**Exercise for the Body, Mind, and Soul: A Cardiovascular Workout with Jann Gillespie.** Culpepper, Va.: Seat-A-Robics Inc., 1999. VHS  
Gillespie is a paraplegic fitness instructor.

**Exercise Program for Individuals with Spinal Cord Injuries: Paraplegia.** National Center on Physical Activity and Disability, 2004. DVD or VHS. Distributed by NCPAD  
[www.ncpad.org](http://www.ncpad.org) and Reeve Foundation [www.paralysis.org](http://www.paralysis.org)

**Exercise Program for Individuals with Spinal Cord Injuries: Tetraplegia.** National Center on Physical Activity and Disability, 2006. DVD or VHS. Distributed by NCPAD  
[www.ncpad.org](http://www.ncpad.org) and Reeve Foundation [www.paralysis.org](http://www.paralysis.org)

**Exercise Program for Stroke Survivors.** Chicago, Ill.: NCPAD, 2007. DVD

**Jodi Stolove's Chair Dancing: A New Concept in Aerobics Fitness.** Del Mar, Calif.: Chair Dancing International, 1991. VHS 45 min.  
Please note that this product is not necessarily marketed to people with disabilities, please consult your physician first.

**Keep Fit While You Sit: An Aerobic Workout for the Physically Challenged.** Slabo Productions 1986 40 min.

**Lisa Ericson's Seated Aerobic Workout!** Aspen Fitness Associates 1992 60 min.

**Liz Franklin's Yoga in Chairs: The Journey Begins—Beginning Practice.**  
[www.yogainchairs.com](http://www.yogainchairs.com) DVD

**Liz Franklin's Yoga in Chairs: New Possibilities—Intermediate Practice.**  
[www.yogainchairs.com](http://www.yogainchairs.com) DVD

**MS Exercise Series: Compilation DVD.** (Yes You Can!, All About Awareness, Balance in Motion). MS Awareness Foundation, 2004. DVD

**MS Exercise Series, Vol. 2: Balance and Relaxation DVD. (Yes, You Can Tai Chi! and Yes, You Can Yoga!).** MS Awareness Foundation, 2005. DVD

**Pathways: Exercise Video for People with Limited Mobility.** Morro Bay, CA: MobilityLimited, 1993. (available from Demos Medical Publishing  
[www.demosmedpub.com](http://www.demosmedpub.com)

For those with multiple sclerosis and other mobility restrictions.

**Richard Simmons: Reach for Fitness: A Complete Fitness Program for the Physically Challenged.** Irvine, CA: Karl-Lorimar Home Video, 1986. VHS 40 minutes.

**Richard Simmons Sit Tight.** Good Times Entertainment, 2001. VHS 25 minutes.

**The ROM Dance Seated Version: For Wheelchair Use.** St. Mary's Hospital Medical Center 1993 45 min. (available from Amazon [www.amazon.com](http://www.amazon.com))  
ROM stands for Range of Motion.

**Sesame Street: ElmoCize.** Sony Wonder, 1996. Approx. 30 minutes on DVD or VHS. Features a young wheelchair user in "Workout in a Chair" segment.

**Sit and Be Fit for MS.** Sit and Be Fit Inc. [www.sitandbefit.com](http://www.sitandbefit.com) 1993. 30 min.

**Sit and Be Fit for Stroke.** Sit and Be Fit Inc. [www.sitandbefit.com](http://www.sitandbefit.com) 1993. 30 min.

**Special Needs Yoga with Bea Ammidown.** YogAbility Institute. DVD 60 min.

**Tai Chi in a Chair.** Health Media Productions, 2004. 50 minutes.  
[www.21stcenturymed.org](http://www.21stcenturymed.org)

**Teens on the Move: An Exercise Video for Teens with Spina Bifida.** NCPAD, DVD and VHS. 76 minutes.

**Walkerobics.** West Long Branch, NJ: Scott & K.C. Enterprises Inc., 1986. Distributed by Flaghouse (phone 800-793-7900). 30 min.  
Maura Casey is a PT who designed this daily exercise program to be followed after rehabilitation. For those who use walkers.

**Wheelchair Workout with Beginning Karate.** Senkai Productions. (available at Amazon [www.amazon.com](http://www.amazon.com))

**Wheelercise.** West Long Branch, NJ: Scott & K.C. Enterprises Inc., 1986. Distributed by Flaghouse. 30 min.

Maura Casey is a PT who designed this daily exercise program to be followed after rehabilitation.

**Yogability and You with Shelly Sidelman: A Therapeutic and Rehabilitative Approach to Yoga,** 2003. [www.yogabilityandyou.com](http://www.yogabilityandyou.com) 60 minutes VHS

“Chair” yoga for those with MS and other physical conditions or those recovering from surgery.

Please consult your physician before beginning any exercise program.

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**