



Spinal Cord Injury

The website of the **Christopher & Dana Reeve Foundation Paralysis Resource Center** (PRC) www.paralysis.org offers a wealth of information. There is a section specifically for the newly injured as well as for those living with SCI. You can find valuable links to other organizations as well as information specific to advances in SCI research. Please also ask for a free copy of our Paralysis Resource Guide book.

Spinal cord injury involves damage to the nerves within the spinal canal; most SCIs are caused by trauma to the vertebral column, thereby affecting the spinal cord's ability to send and receive messages from the brain to the body's systems that control sensory, motor and autonomic function below the level of injury.

The spinal cord and the brain together make up the central nervous system (CNS). The spinal cord coordinates the body's movement and sensation.

The spinal cord includes neurons and long nerve fibers called axons. Axons in the spinal cord carry signals downward from the brain (along descending pathways) and upward toward the brain (along ascending pathways). Many axons in these pathways are covered by sheaths of an insulating substance called myelin, which gives them a whitish appearance; therefore, the region in which they lie is called "white matter."

The nerve cells themselves, with their tree-like branches called dendrites that receive signals from other nerve cells, make up "gray matter." This gray matter lies in a butterfly-shaped region in the center of the spinal cord.

Like the brain, the spinal cord is enclosed in three membranes (meninges): the pia mater, the innermost layer; the arachnoid, a delicate middle layer; and the dura mater, which is a tougher outer layer.

The spinal cord is organized into segments along its length. Nerves from each segment connect to specific regions of the body. The segments in the neck, or cervical region, referred to as C1 through C8, control signals to the neck, arms, and hands.

Those in the thoracic or upper back region (T1 through T12) relay signals to the torso and some parts of the arms. Those in the lumbar or mid-back region just below the ribs (L1 through L5) control signals to the hips and legs.

Finally, the sacral segments (S1 through S5) lie just below the lumbar segments in the mid-back and control signals to the groin, toes, and some parts of the legs. The effects of spinal cord injury at different segments along the spine reflect this organization.

Several types of cells carry out spinal cord functions. Large motor neurons have long axons that control skeletal muscles in the neck, torso, and limbs. Sensory neurons called dorsal root ganglion cells, whose axons form the nerves that carry information from the body into the spinal cord, are found immediately outside the spinal cord. Spinal interneurons, which lie completely within the spinal cord, help integrate sensory information and generate

coordinated signals that control muscles.

Glia, or supporting cells, far outnumber neurons in the brain and spinal cord and perform many essential functions. One type of glial cell, the oligodendrocyte, creates the myelin sheaths that insulate axons and improve the speed and reliability of nerve signal transmission. Other glia enclose the spinal cord like the rim and spokes of a wheel, providing compartments for the ascending and descending nerve fiber tracts.

Astrocytes, large star-shaped glial cells, regulate the composition of the fluids that surround nerve cells. Some of these cells also form scar tissue after injury. Smaller cells called microglia also become activated in response to injury and help clean up waste products. All of these glial cells produce substances that support neuron survival and influence axon growth. However, these cells may also impede recovery following injury.

After injury, nerve cells, or neurons, of the peripheral nervous system (PNS), which carry signals to the limbs, torso, and other parts of the body, are able to repair themselves. Injured nerves in the CNS, however, are not able to regenerate.

Nerve cells of the brain and spinal cord respond to trauma and damage differently than most other cells of the body, including those in the PNS. The brain and spinal cord are confined within bony cavities that protect them, but this also renders them vulnerable to compression damage caused by swelling or forceful injury. Cells of the CNS have a very high rate of metabolism and rely upon blood glucose for energy – these cells require a full blood supply for healthy functioning. CNS cells are particularly vulnerable to reductions in blood flow (ischemia).

Other unique features of the CNS are the "blood-brain-barrier" and the "blood-spinal-cord barrier." These barriers, formed by cells lining blood vessels in the CNS, protect nerve cells by restricting entry of potentially harmful substances and cells of the immune system. Trauma may compromise these barriers, perhaps contributing to further damage in the brain and spinal cord. The blood-spinal-cord barrier also prevents entry of some potentially therapeutic drugs.

Finally, in the brain and spinal cord, the glia and the extracellular matrix (the material that surrounds cells) differ from those in peripheral nerves. Each of these differences between the PNS and CNS contributes to their different responses to injury.

Complete vs. Incomplete

What is the difference between a "complete injury" and a "incomplete injury?" Persons with an incomplete injury have some spared sensory or motor function below the level of injury – the spinal cord was not totally damaged or disrupted. In a complete injury, nerve damage obstructs every signal coming from the brain to the body parts below the injury.

While there's almost always hope of recovering function after a spinal cord injury, it is generally true that people with incomplete injuries have a better chance of getting some return.

In a large study of all new spinal cord injuries in Colorado, reported by Craig Hospital, only one in seven of those who were completely paralyzed immediately after injury got a significant amount of movement back. But, of those who still had some movement in their legs immediately after injury, three out of four got significantly better.

About 2/3 of those with neck injuries who can feel the sharpness of a pin-stick in their legs eventually get enough muscle strength to be able to walk. Of those with neck injuries who can only feel light touch, about 1 in 8 may eventually walk.

The sooner muscles start working again, the better the chances are of additional recovery. But when muscles come back later - after the first several weeks - they are more likely to be in the arms than in the legs.

As long as there is some improvement and additional muscles recovering function, the chances are better that more improvement is possible.

The longer there is no improvement, the lower the odds it will start to happen on its own.

Statistics

Approximately 1,275,000 people in the United States have sustained traumatic spinal cord injuries. Males account for 61 percent of all SCI's and females 39 percent.

Spinal cord injuries are most commonly caused by motor vehicle accidents. The next most frequent causes are falls and acts of violence. Sports-related spinal cord injuries occur more commonly in children and teenagers, while work-related injuries (especially from construction work) predominate in adults.

Most spinal cord injury patients are in their teens or twenties. Approximately 77.8% are male. This male preponderance decreases beyond age 65, at which age falls become the most common mechanism of spinal cord injury. More than half of all spinal cord injuries occur in the cervical area, i.e., in the neck. Almost a third occur in the thoracic area (where the ribs attach to the spine). The remainder occur in the lumbar area, i.e., the lower back.

Currently, there is no cure for spinal cord injuries. However, ongoing research to test surgical and drug therapies is progressing rapidly. Injury progression prevention drug treatments, decompression surgery, nerve cell transplantation, nerve regeneration, and complex drug therapies are all being examined as a means to overcome the effects of spinal cord injury.

Source: American Association of Neurological Surgeons, Craig Hospital, Christopher and Dana Reeve Foundation, The National Institute of Neurological Disorders and Stroke

Web Sites

Websites for Choosing a Rehab Facility:

Commission on Accreditation of Rehabilitation Facilities (CARF)

4891 E. Grant Road

Tucson, AZ 85712

USA

(520) 325-1044 or toll-free (888) 281-6531 voice/TTY

(520) 318-1129 fax

Email: medical@carf.org for Medical Rehabilitation

www.carf.org

To locate an accredited rehabilitation facility near you contact CARF. They have information on rehab facilities accredited in spinal cord injury, brain injury, pain management. The CARF website has a provider search tool, where you can look for rehab programs by state. You can find it at

<http://www.carf.org/Consumer.aspx?Content=ConsumerSearch> At the “select a program” dropdown box, you can pick “MED Spinal Cord System” or “MED Brain Injury” or “MED Interdisciplinary Pain”, etc.

See CARF's website for their article entitled “What will happen to me when I enter a CARF-accredited spinal cord injury program?”

<http://www.carf.org/consumer.aspx?Content=Content/ConsumerServices/spinal.htm&ID=13>

National Rehabilitation Information Center (NARIC) 14 Model Spinal Cord Injury Facilities in the U.S.

<http://www.naric.com/research/pd/results.cfm?type=type&display=detailed&criteria=Model%20Spinal%20Cord%20Injury%20Systems>

Model SCI Centers across the United States work together to demonstrate improved care, maintain a national database, participate in independent and collaborative research, and provide continuing education relating to spinal cord injury. Projects are currently located in the following states: Alabama, Colorado, District of Columbia, Georgia, Illinois, Massachusetts, Michigan, New Jersey, New York, Ohio, Pennsylvania, Texas, and Washington.

Model Systems Knowledge Translation Center

http://msktc.washington.edu/sci/sci_model_systems.htm

Lists the 14 model SCI centers in the U.S.

Choosing a High-Quality Medical Rehabilitation Program: An NRH Field Guide for People with Disabilities. (book) National Rehabilitation Hospital, Medstar Research Institute, 2004. For copies call 1-866-380-4344

General Websites:

<http://www.neurosurgerytoday.org/media/fact/spinal.asp>

American Association of Neurological Surgeons' Spinal Cord Injury FAQ

<http://www.asia-spinalinjury.org/>

American Spinal Injury Association (ASIA)

<http://www.aota.org/Consumers/consumers/Health-and-Wellness/SCI/35189.aspx>

AOTA's Living with Spinal Cord Injury

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

Brain and Spinal Cord Injuries

Information and blogs on these two topics.

<http://sci.rutgers.edu>

CareCure Community

An online moderated community with some answers from Dr. Wise Young of Rutgers' W.M. Keck Center. Please be sure to register and then post your issues in the appropriate forum. The caregiver forum is specifically designed to provide support for family members. You may receive replies from others in similar situations. You can also post in the Care Forum and the SCI nurses may be able to assist with any specific medical questions. The Cure Forum is excellent in outlining new advances and promising treatments. In contacting any of the moderators, please indicate in the subject line that you were referred by the PRC.

<http://www.determined2heal.org/>

Determined to Heal

8112 River Falls Dr.

Potomac, MD 20854

Phone: 703-795-5711

Josh Basile was injured at C5 and created this website to help others with new spinal cord injuries.

<http://www.disaboom.com>

Disaboom: Spinal Cord Injury

Type in Spinal Cord Injury in the search box

www.facingdisability.com

Facing Disability: For Families Facing Spinal Cord Injury

Hill Foundation

737 N. Michigan Ave., Suite 1560

Chicago, IL 60611

Phone: 312-284-2526

Facing Disability has over 1,000 videos drawn from personal interviews with people who live with spinal cord injuries and their caregivers and families as well as experts in the field. It also offers a peer counseling service.

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

FES Information Center

This is an information and referral service on FES (Functional Electrical Stimulation).

Resources available include professional literature, educational programs and bibliographical reference services.

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

Florida SCI Resource Center

Phone: 1.866.313.2940

Florida resource information clearinghouse that provides ready-access to the most recent magazines, books, videos and reference materials related to SCI. It also provides listings of Florida's designated SCI treatment centers, independent living centers and support groups. The center serves spinal cord injured individuals, their families, support groups and rehabilitation professionals. They list some pediatric resources and materials, which can be downloaded. Many of their information sheets are excellent and the information is the same regardless of where you live.

<http://www.spinalcordcenter.org/consumer/manual.html>

Jefferson and Magee Hospital: Spinal Cord Injury Patient-Family Teaching Manual

<http://www.medicinenet.com/script/main/art.asp?articlekey=82660&pf=3&page=1>

MedicineNet.com: Spinal Cord Injury Treatments and Rehabilitation

<http://www.nlm.nih.gov/medlineplus/spinalcordinjuries.html>

MedlinePlus: Spinal Cord Injuries

<http://www.nlm.nih.gov/medlineplus/tutorials/spinalcordinjury/htm/index.htm>

MedlinePlus: SCI Interactive Tutorial

<http://www.naric.com>

National Rehabilitation Information Center

This Center provides a computerized listing of commercially available products for rehabilitation and independent living. In addition, they will provide a computerized listing of rehabilitation literature and materials.

www.spinalcord.org

National Spinal Cord Injury Association

Founded in 1948, the National Spinal Cord Injury Association is the nation's oldest and largest civilian organization dedicated to improving the quality of life for hundreds of thousands of Americans living with the results of spinal cord injury and disease (SCI/D) and their families.

<http://www.ninds.nih.gov/disorders/sci/sci.htm>

NINDS Spinal Cord Injury Information Page

http://www.ninds.nih.gov/disorders/sci/detail_sci.htm

NINDS Spinal Cord Injury: Hope Through Research

http://www.ninds.nih.gov/news_and_events/proceedings/sci_report.htm

NINDS Spinal Cord Injury: Emerging Concepts

<http://www.pva.org>

Paralyzed Veterans of America (PVA)

Phone: 800-424-8200

This is a federally chartered national veterans' service organization. In addition to a strong national presence in the areas of legislation, advocacy, research and education, they have chapter and service offices located throughout the United States. PVA has many excellent publications available in areas of interest to people with spinal cord injury. PVA also publishes two nationally distributed magazines, Paraplegia News and Sports 'n Spokes.

<http://www.tbi-sci.org>

Santa Clara Valley Medical Center Brain and Spinal Cord Injury Project

This California-based TBI-SCI Project strives to meet the information, education and support needs for injured persons and their families through a resource center and peer support programs. There are excellent fact sheets that can be downloaded from this site.

<http://www.bu.edu/sciguide/>

SCI Guide from Boston Medical Center

<http://www.sci-info-pages.com/>

SCI Info Pages

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

SCIRE: Spinal Cord Injury Rehabilitation Evidence

<http://www.neurotechnetwork.org/index.htm>

Society to Increase Mobility (STIM) and NeuroTech Network

Dedicated to users of neurotechnology, the application of medical electronics to improving and restoring the function of the human nervous system.

<http://www.makoa.org/sci.htm>

Spinal Cord Injury and Disease Resources

<http://www.sonic.net/~spinal/>

Spinal Cord Injury Network International

Spinal Cord Injury Nursing Advice Line at 800-247-0257 or 303-789-8508 (in Denver area) is a service of Craig Hospital in Englewood CO.

www.spineuniverse.com

Spine Universe has articles on spinal cord injury as well as back pain and other spinal problems.

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

Step Now

Email: info@stepnow.org

Stepnow aims to bring about global actions that will raise awareness and encourage support for a cure for paralysis. Includes a global forum or chat room.

<http://www.spinalcord.uab.edu/show.asp?durki=22408>

UAB's InfoSheet #4 Understanding SCI and Functional Goals and Outcomes--Basic

<http://www.spinalcord.uab.edu/show.asp?durki=22409>

UAB's InfoSheet #5 Understanding SCI and Functional Goals and Outcomes--Advanced

<http://www.spinalcord.uab.edu/show.asp?durki=30166>

UAB's Functional Goals Following SCI (chart by level of SCI)

<http://www.spinalcord.uab.edu/>

UAB--University of Alabama Birmingham: Spinal Cord Injury Information Network

UAB has a wide variety of fact sheets specific to SCI. UAB also sponsors the Spinal Cord Injury Information Network, which provides a comprehensive and organized source

of SCI information and resources from recognized centers, organizations, researchers and educators.

www.unitedspinal.org

United Spinal Association (formerly Eastern Paralyzed Veterans Association EPVA)

United Spinal Association is a non-profit organization dedicated to serving the needs of spinal cord injured/diseased veterans and others residing primarily in NY, NJ, Eastern PA and CT. Offers wheelchair repair.

<http://unite2fightparalysis.org/>

Unite 2 Fight Paralysis

5640 Alder Rd

Hood River OR 97031

Phone: 1-888-202-1992

Concentrates on education and advocacy

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

University of Miami: PoinTIS - Point of Care, Team Information System

PoinTIS is a prototype community and web-based information system designed for primary care professionals and consumers. They provide resources on SCI and traumatic brain injury (TBI).

Moderated Chat Rooms:

Care Cure Community

<http://sci.rutgers.edu>

The online home of neuroscientist Wise Young, Ph.D., M.D., Professor II and Director at the W. M. Keck Center for Collaborative Neuroscience at Rutgers University. This site offers lively Internet forums with news and comment on spinal cord injury care, caregiving, cure, funding, active living, pain treatment, sexuality, biomedical research, clinical trials and more.

Dangerwood

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

You may post any questions and/or topics related to SCI and paralysis. Visit the section to the right of the page for the newly injured.

The Reeve Foundation Paralysis Community

<http://www.spinalcordinjury-paralysis.org/forums/default.aspx>

Is an online community and social networking website from the Christopher & Dana Reeve Foundation Paralysis Resource Center. The Paralysis Community is a place for dialogue about spinal cord injury or disease, and about all issues related to paralysis. Members of The Paralysis Community will be able to connect with other members who have spinal cord injuries and/or paralysis or care for those who do. You may participate

in discussion groups, post personal profiles with an optional photo, invite members to be friends, and build your own online support network.

Please note there are more chat rooms. Please ask for our list of SCI chat rooms if you would like the name of more chat rooms and email discussion groups.

Print Magazines: Consumer

New Mobility

This monthly magazine covers wheelchair life topics including travel, relationships and a clinical column. This magazine is published monthly

<http://newmobility.com/magazine.cfm>

SCI Life

This magazine is published quarterly by the NSCIA. It covers news and health issues for those living with SCI. Call NSCIA at (800) 962-9629 for more information.

<http://www.spinalcord.org/news.php?dep=19&page=102>

PN/Paraplegia News

This magazine is published monthly by Paralyzed Veterans of America but the content is not solely for veterans.

<http://www.pn-magazine.com/>

Print Magazines: Professional

Spinal Cord: Official Journal of the International Spinal Cord Society (monthly)

<http://www.nature.com/sc/index.html>

Topics in Spinal Cord Injury Rehabilitation—a quarterly journal

www.thomasland.com

E-mail and Online Newsletters:

Spinal Column

This is a free quarterly publication from Shepherd Center in Atlanta, GA. Also available in print. (<http://www.shepherd.org>). See <http://www.shepherd.org/news/publications> or <http://shepherd.org/news/releases/2009/12/shepherd-center-s-magazine-launches-new-web-site>

Spinal Cord Injury Update

This is a free quarterly publication from the Dept. of Rehabilitation Medicine at the University of Washington in Seattle, WA. Also available in print.

<http://sci.washington.edu/info/index.asp>

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click the Borrow from our Lending Library tab.

Books

There is a separate list for autobiographies and biographies of people with SCI.

After and Beyond Spinal Cord Injury: Resource Manual to Help Guide You From Rehabilitation Back into the Community. Richmond Hill, Ont.: Canadian Spinal Research Organization, 2005. Note some resources and advice may apply only to Canadians.

Alpert, Michelle J. and Saul Wisnia. **Spinal Cord Injury and the Family: A New Guide.** Cambridge, Mass.: Harvard University Press, 2008.

Autonomic Dysfunction After Spinal Cord Injury. New York: Elsevier, 2005. Progress in Brain Research volume no. 152.

Back on Track: A Basic Introduction for Those Learning to Live with a Spinal Cord Injury. Christchurch, New Zealand: New Zealand Spinal Trust, 2004. Edited by Julian Verkaaik.

Boyles, Carolyn. **A Complete Guide Plain-English Guide to Living with a Spinal Cord Injury.** New York: iUniverse, 2007. Part autobiography, part guidebook.

Choices Manual: Spinal Cord Injury: You Do Have Choices. Lawrence, KS: University of Kansas. Research and Training Center on Independent Living, 2000. Can be ordered in print for \$25.00 or downloaded for free at:

<http://www.rtcil.org/products/index.shtml>

<http://www.rtcil.org/products/RTCIL%20publications/Health%20Issues/CHOICES.pdf>

Christian, Adrian. **Living with Spinal Cord Injury: A Wellness Guide.** New York, NY: Demos, 2004. www.demosmedpub.com

Corbet, Barry, Jean Dobbs, and Bob Bonin (editors). **Spinal Network: The Total Wheelchair Resource Book**. 3rd ed. Horsham, PA: Leonard Media Group, 2002. Order information: <http://www.newmobility.com/bookstore.cfm>

Craig, Ashley and Yvonne Tran, editors. **Psychological Aspects Associated with Spinal Cord Injury Rehabilitation: New Directions and Best Evidence**. New York: Nova Biomedical Books, 2008.

Glass, Clive. A. **Spinal Cord Injury: Impact and Coping**. Leicester: British Psychological Society, 1999.

Hammond, Margaret C. and Stephen C. Burns (editors). **Yes, You Can! A Guide to Self-Care for Persons with Spinal Cord Injury**. 4th ed. Washington, DC: Paralyzed Veterans of America, 2009. Order information:

http://www.pva.org/site/PageServer?pagename=pubs_main

For online version: <http://www.nxtbook.com/nxtbooks/pva/yesyoucan4/>

Holtz, Anders and Richard Levi. **Spinal Cord Injury**. New York: Oxford University Press, 2010. Textbook for clinicians.

Johnston, Laurance. **Alternative Medicine and Spinal Cord Injury: Beyond the Banks of the Mainstream**. New York: Demos Medical Publishing, 2006.

Karp, Gary. **Life on Wheels: The A to Z Guide to Living Fully with Mobility Issues**. New York: Demos Health, 2008. 2nd edition

Kennedy, Paul. **Coping Effectively with Spinal Cord Injuries: A Group Program Workbook**. New York: NY: Oxford University Press, 2009.

Litigating Spinal Cord Injuries: Law, Medicine and Economics. Mark R. Kosieradzki editor. New York: John Wiley and Sons, 1995.

Maddox, Sam. **Paralysis Resource Guide**. Short Hills, NJ: Christopher and Dana Reeve Foundation, 2011. 2nd ed. Available for free in English or Spanish. www.paralysis.org

For online version: <http://www.nxtbook.com/nxtbooks/crf/paralysisresourceguide/>

Management of Spinal Cord Injuries: A Guide for Physiotherapists. New York: Elsevier, 2008.

Managing Spinal Cord Injury: A Guide to Living Well with Spinal Cord Injury. Suzanne L. Groah ed. St. Petersburg, Fla.: ABI Professional Publications, 2005.

Mayo Clinic Guide to Living with a Spinal Cord Injury: Moving Ahead with Your Life. New York: Demos, 2009.

Palmer, Sara, Kay Harris Kriegsman, and Jeffrey B. Palmer. **Spinal Cord Injury: A Guide for Living**. Baltimore, MD: Johns Hopkins University Press, 2008. 2nd ed. Order information: <http://www.amazon.com/>.

Paralyzed Veterans Association. **Consumer Guide: Expected Outcomes Series. Expected Outcomes: What You Should Know—A Guide for People with (C1-3, C4, C5, C6, C7-8, T1-9, T10-L1 or L2-S5) Spinal Cord Injury**. This is a series of 8 books (divided by level of injury). See http://www.pva.org/site/PageServer?pagename=pubs_generalpubs for free downloads.

Paralyzed Veterans Association. **On the Move: A Financial Guide for Persons with Spinal Cord Injury**. Available for free download: http://www.pva.org/site/PageServer?pagename=pubs_generalpubs

Parker, Steve. **Spinal Cord and Nerves: Injury, Illness and Health**. Chicago: Heinemann Library, 2003.

Saab, Carl Y. **The Spinal Cord**. Philadelphia: Chelsea House Publishers, 2006. (Gray Matter series)

Somers, Martha Freeman. **Spinal Cord Injury: Functional Rehabilitation**. New York: Pearson, 2010. 3rd ed.

Spinal Cord Injuries: Management and Rehabilitation. Sisto, Sue Ann, Erica Druin and Martha Macht Sliwinski, editors. St. Louis: Mosby Elsevier, 2009.

Stewart, Rich. **As Real As It Gets: A Rehab Chaplain Remembers**. Seattle: Classic Day Publishing, 2007. Stewart was a chaplain at Craig Rehabilitation Hospital, a model spinal cord injury facility in Colorado.

Wilder, Esther Isabelle. **Wheeling and Dealing: Living with Spinal Cord Injury**. Nashville: Vanderbilt University Press, 2006. 32 people talk about various aspects of living with a spinal cord injury.

Videos:

Understanding Spinal Cord Injury: What You Should Know About Spinal Cord Injury and Recovery. Atlanta, Ga.: Shepherd Center, 2011. DVD (50 minutes) Produced by the Shepherd Center in collaboration with the American Trauma Society, the National Spinal Cord Injury Association, and the **Christopher and Dana Reeve Foundation**. www.SpinalInjury101.org to view the video online and download a copy of the companion booklet. Free copies of the DVD can be obtained from the Reeve Foundation 1-800-539-7309.

The Spinal Cord Injury Handbook: The Video by Richard Senelick, M.D. 85 minutes long. Order information: www.amazon.com.

The Toughest Break: Christopher Reeve on Spinal Cord Injury. 57 minutes long. This videotape records Martin Schmieg's spinal cord injury from reenactment of injury to release from the hospital. Christopher Reeve narrates it. Order information: http://www.films.com/id/374/The_Toughest_Break_Christopher_Reeve_on_Spinal_Cord_Injury.htm

Never Give Up.

This video provides a profile of Ron Heagy who was spinal cord injured at the age of seventeen in a surfing accident and has gone on to get two masters degrees, marry, adopt a child, and open a camp for the disabled. Order information: <http://www.ronheagy.com/shop-books-videos.php>

After Spinal Cord Injury: The Return to Yourself. 28 minutes long.

This videotape interviews many people with SCI on how they have adapted to life after their injuries. It has a positive attitude and theme. The video also interviews doctors on some of the clinical changes to expect in the body after SCI. It is free to individuals with spinal cord injury and is produced by the Paralysis Care Network. Call The Turnstone Center at (260) 483-2100 for a copy.

<http://www.spinalcord.uab.edu/show.asp?durki=97417>

University of Alabama at Birmingham's streaming video on Understanding Spinal Cord Impairments and Functional Goals (26 minutes).

For a more complete list of videos on SCI, please ask for our list called SCI Videos.

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.