

Fitness and Exercise

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



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

National Center on Health, Physical Activity and Disability (NCHPAD)

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

3810 Ridgeway Drive

Birmingham, Alabama 35209

Phone: 1-866-866-8896 (Toll-free, voice and TTY)

E-mail: email@nchpad.org

NCHPAD, based at the University of Alabama at Birmingham, believes everyone can reap benefits from regular physical activity. NCHPAD offers numerous resources to help people with disabilities become more active, plus resources for health, fitness and exercise professionals.

NCHPAD: Personal Trainers Database

<http://www.nchpad.org/Directories/19/Personal~Trainers>

A directory of personal trainers who work with clients with disabilities and health conditions.

NCHPAD: Ergometers and Exercise Cycles

<http://www.nchpad.org/6/5/Ergometers~and~Exercise~Cycles>

This page has illustrated information on benefits and types of ergometers, which are exercise devices that allow people to exercise their upper and lower extremities while in a stationary position.

NCHPAD: Exercise for People with a Traumatic Brain Injury

<http://www.nchpad.org/1407/6273/Exercise~for~People~with~a~Traumatic~Brain~Injury>

NCHPAD: Inclusive Yoga

<http://www.nchpad.org/1263/5963/Inclusive~Yoga>

An online video series for people with spinal cord injuries.

Centers for Disease Control and Prevention (CDC): Chronic Disease Prevention and Health Promotion – Nutrition and Physical Activity

<http://www.cdc.gov/nutrition/data-statistics/index.html>

This page features numerous articles and resources on fitness, nutrition and healthy living.

Cleveland FES Center

<http://fescenter.org/>

10701 East Boulevard

Cleveland, Ohio 44106-3056

Phone: 216-231-3257

The FES Center is a consortium of three Cleveland-based institutions founded to introduce FES into clinical practice. FES, or functional electrical stimulation, is the application of electrical currents to either generate or suppress activity in the nervous system. It can produce and control the movement of otherwise paralyzed limbs. The Center's information specialists can provide fact sheets, references, and background on FES and its other applications.

Craig Hospital: SCI Health and Wellness: Exercise

<https://craighospital.org/resources/exercise>

This brochure has information on exercises people with spinal cord injuries can do to improve flexibility, increase strength, increase endurance or aerobic conditioning, or improve body shape.

Foundation for PM&R: Rx for Exercise--Spinal Cord Injury

<http://foundationforpmr.org/old/physicians/diagnostic-population/spinal-cord-injury/>

An online tool for physicians and their patients living with spinal cord injury to encourage increased participation in exercise, fitness, and adaptive sport.

Inclusive Fitness Coalition

<http://committoinclusion.org/inclusive-fitness-coalition/>

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

Model Systems Knowledge Translation Center (MSKTC)

<http://www.msktc.org/sci/factsheets/exercise>

MSKTC offers a fact sheet on Exercise After Spinal Cord Injury

Project Walk: Paralysis Recovery Centers

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

521 Fellowship Rd #155

Mt Laurel, NJ 08054

Phone: 856-439-6772

Project Walk provides activity-based recovery programs designed around industry leading research, training, and state-of-the-art technology to increase mobility in clients who have a spinal cord injury and other forms of paralysis.

Northwest Regional SCI System: Finding An Accessible Fitness Center

http://sci.washington.edu/info/newsletters/articles/09_fall_fitness_centers.asp

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

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

This site 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. The site was developed by physiotherapists employed by government-funded organizations in Sydney, Australia.

The President's Council on Physical Fitness and Sports: A Report of the Surgeon General – Physical Activity and Health – Persons with Disabilities

<http://www.cdc.gov/nccdphp/sgr/pdf/disab.pdf>

This report has information and recommendations for individuals and communities on exercising and the benefits of physical activity.

Project Mobility

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

2930 Campton Hills Road

St. Charles, IL 60175

Phone: 630-762-9807

E-mail: hal@projectmobility.org

Project Mobility offers therapeutic/recreational opportunities using adapted bicycles for children and adults with disabilities.

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?).

General Resources:

Community College Finder

<https://www.aacc.nche.edu/college-finder/>

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

Determined2Heal: Developing a Home Therapy Program

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

This page has tips for developing a home rehabilitation center.

Northwest Regional Spinal Cord Injury System: Get Moving Exercise and Spinal Cord Injury

http://sci.washington.edu/info/forums/reports/exercise_2013.asp

An on-demand video which can be viewed for free.

Northwest Regional Spinal Cord Injury System: Universal Fitness

http://sci.washington.edu/info/forums/reports/universal_fitness.asp

An on-demand video which can be viewed for free.

Staying Driven

<https://www.stayingdrivenlive.com/>

Offers live online fitness classes which cater to those who need adaptive movements.

YMCA

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

There are more than 2,400 YMCAs in the United States, and each one offers different programs and events. The site has a database of local associations that can be searched by location. See “Find Your Y” under the “About Us” tab.

YWCA

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

Over 2 million people participate in YWCA programs at more than 1,300 sites across the United States. The site has a directory of local associations.

Community-Based Fitness Programs:

Arizona

Ability 360 Sports & Fitness Center (formerly Virginia G. Piper Sports and Fitness Center for Persons with Disabilities (SpoFit))

<https://ability360.org/sports/>

5031 East Washington Street

Phoenix, AZ 85034

Phone: 602-386-4566

Ability 360 offers a Fitness Center featuring a group fitness room and strength, cardio and free weight equipment; indoor courts for basketball and other sports that require a hardwood floor; outdoor aquatics; a climbing wall; and a jogging track.

California

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

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

9631 Reseda Boulevard

Northridge, CA 91324

Phone: 818-718-2673

E-mail: centerofrestorativeexercise@gmail.com

C.O.R.E. is a state-of-the-art facility for people with chronic illness or debilitating conditions. It is equipped with unique and specialized equipment and provides low cost integrated, structural, personalized and progressive evaluations, treatment plans, and education to help improve function, independence, and self-efficacy.

Project Walk – Fresno

Break the Barriers Inc.

<https://breakthebarriers.org/>

8555 North Cedar Avenue

Fresno, CA 93720

Phone: 559-432-6292

Email: classinfo@breakthebarriers.org

Project Walk – Fresno is located at Break the Barriers.

RISE Paralysis Recovery Center

<https://formagym.com/rise>

1908 Olympic Rd.

Walnut Creek, CA 94596

Phone: 925-932-6400

Email: rise@formagym.com

RISE Paralysis Recovery Center at Forma Gym is an activity-based recovery program which focuses on function, strength, and improving the physiological and neurological function of people's bodies.

SCI Total Fitness

<http://www.SCItotalfitness.com>

Kristin McNealus, PT

Long Beach, CA 90803

Phone: 562-645-6348

Email: info@scitotalfitness.com

Located in Southern California, classes may be joined in person or **online**. 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.

Precision Rehabilitation

<https://precisionrehabilitation.co/>

3294 E. Spring St.

Long Beach, CA 90806

Phone: 562-988-3570

Email" precisionrehab@gmail.com

SCI-FIT

www.sci-fit.org

2404 Del Paso Rd.

Sacramento, CA 95835

Phone: 916-928-3736

Email: info@sci-fit.org

There is another office in Pleasanton, CA.

Connecticut

Moving with Hope

<http://movingwithhope.org>

30 Controls Dr, Ste. 104

Shelton, CT 06484

Phone: 203-513-8424

Email: founders@movingwithhope.org

Moving with Hope is a non-profit, 501(c)3 organization dedicated to improving the quality of life for persons with neurological disorders and early onset long term illnesses. They provide financial support, grants, and scholarships to regional clinics that offer affordable, activity based recovery solutions. They also provide low- to moderate-income families opportunities for long term recovery that are not usually available to them.

NeuAbility

www.neuability.org

866 E. 78th Ave.

Denver, CO 80229

Phone: 303-286-0918

NeuAbility is a comprehensive wellness center which offers a suite of progressive, movement-based programs to individuals living with paralysis.

Rehab Strong

Phone: 860-329-REHAB

Based in the Hartford 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.

Florida

Center of Recovery & Exercise (CORE)

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

1191 Commerce Park Drive

Altamonte Springs, FL 32714

Phone: 407-951-8936

Email: malerie@coreflorida.com

CORE provides an activity-based training program to optimize health, function and independence for those living with paralysis.

NeuroFit 360

<http://neurofit360.com/>

9910 NW 6th Ct.

Pembroke Pines, FL 33024

Phone: 754-202-2925

Applicants must have a physical disability such as a spinal cord injury, traumatic brain injury, multiple sclerosis, cerebral palsy or other types of neurological disorders. Please see website for more information.

Next Step Orlando

<http://www.nextstepfitness.org/about-nextstep-or/>

277 Douglas Ave #1006

Altamonte Springs, FL 32714

Phone: 407-571-9974

Next Step Orlando provides those living with a spinal cord injury the opportunity to achieve their greatest recovery potential and an overall increased quality of life. This is achieved with an innovative, specialized exercise-based recovery program and dedicated staff in an environment filled with support, hope and motivation.

Georgia

Beyond Therapy®

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

Shepherd Center

2020 Peachtree Road, NW

Atlanta, GA 30309

Phone: 404-350-7787

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.

NextStep Atlanta

<http://www.nextstepfitness.org/atlabout/>

1755 Grassland Parkway, Ste B

Alpharetta, GA 30004

Phone: 678-580-1404

NextStep Atlanta provides lifelong health and recovery for people living with paralysis.

Indiana

NeuroHope

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

6002 Sunnyside Rd.

Indianapolis, IN 46203

Phone: 317-534-3634

Email: neurohopewellness@gmail.com

NeuroHope provides individualized physical therapy and wellness programs, specialized for people living with and recovering from spinal cord injury, brain injury, and stroke.

Maryland

International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute

www.spinalcordrecovery.org

707 North Broadway

Baltimore, MD 21205

Phone: 443-923-9222

Email: info.sci@spinalcordrecovery.org

The International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute was founded on the philosophy that individuals with paralysis can always hope for recovery of sensation, function, mobility, and independence, months and even years after injury. To maximize on this potential for recovery, ICSCI offers an intense, medically-supervised therapy program with a unique focus on Activity-Based Restorative Therapy. ICSCI was one of the first facilities in the world to combine innovative research with a unique therapeutic focus on restoration and rehabilitation for both children and adults with acute and chronic spinal cord injuries and disorders, including individuals who require the use of a ventilator. They offer an inpatient program for individuals under the age of 22, outpatient programs for all ages, and have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Most insurance plans are accepted.

International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute's Life Through Motion Wellness Program

<https://www.kennedykrieger.org/patient-care/centers-and-programs/international-center-for-spinal-cord-injury/specialized-programs/wellness-program>

The goal of the "Life Through Motion" wellness program is to improve the quality of life for those individuals with spinal cord injuries (SCI) through regular and consistent physical activity. The program is designed to help people with SCI explore their exercise options (including aquatics, land-based exercises, functional electrical stimulation, and cardio-pulmonary activities) to enhance their quality of life.

The International Center for Spinal Cord Injury at Kennedy Krieger Institute has a full continuum of care, including a wellness program with personal training options. Designed to augment therapy, the wellness program provides opportunities for regular and consistent physical activity outside of therapy, in order to help build and improve strength, flexibility, balance, endurance, and cardiovascular health. The goal of the "Life Through Motion" wellness program is to improve the quality of life for those individuals with spinal cord injuries (SCI) through regular and consistent physical activity. The program is designed to help people with SCI explore their exercise options (including aquatics, land-based exercises, functional electrical stimulation, and cardio-pulmonary activities) to enhance their quality of life.

TheraFit Rehab -Baltimore/Cold Spring

www.therafitrehab.com

1111 E. Cold Spring Lane

Baltimore, MD 21239

Phone: 443-961-3071

Email: coldspring@therafitrehab.com

TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

TheraFit Rehab -Towson

www.therafitrehab.com

1220A E. Joppa Rd., Suite 109

Towson, MD 21286

Phone: 410-415-1992

Email: info@therafitrehab.com

TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

TheraFit Rehab -Westminster

www.therafitrehab.com

511 Jermor Lane, Suite 101

Westminster, MD 21157

Phone: 410-871-2494

Email: info@therafitrehab.com

TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

TheraFit Rehab -Woodlawn

www.therafitrehab.com

7210 Rutherford Rd. Ste. G

Baltimore, MD 21244

Phone: 443-364-8182

TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

Massachusetts

Journey Forward

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

5 Shawmut Rd.

Canton, MA 02021

Phone: 781-828-3233, 866-680-5636 (Toll-free)

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.

Michigan

The Recovery Project

<http://www.therecoveryproject.net/>

11878 Hubbard Street

Livonia, MI 48150

Phone: 855-877-1944

The Recovery Project is a rehabilitation practice that provides rehabilitation to people with spinal cord injuries, traumatic brain injuries, neurological disorders and other conditions. It has offices in Macomb and Livonia.

Strength Training and Recovery (STAR Rehab)

www.STARrehab.com

859 Health Park Blvd.
Grand Blanc, MI 48439
Phone: 810-344-9810

STAR Rehab is an intensive evidence-based physical therapy program that specializes in spinal cord injury (SCI) as well as amputees. They take traditional rehabilitation out of the institutional setting and integrate individuals back into a societal setting through a fully accessible community-based health club.

Walk the Line to SCI Recovery (WLTSCIR)

<https://www.wtlrecovery.com/>
23800 West 10 Mile, Suite 193
Southfield, MI 48033
Phone: 248-827-1100

WLTSCIR is a physician directed intensive, activity-based therapy program with a focus on weight and load bearing exercises designed to facilitate recovery of function following traumatic spinal cord injury.

Minnesota

Courage Center (part of Allina Health)

<http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/>
3915 Golden Valley Road
Minneapolis, MN 55422
Phone: 612-775-2455
E-mail: ckriable@allina.com

ABLE (Activity-Based Locomotor Exercise) is 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.

Nevada

DRIVEN NeuroRecovery Center

www.DRIVENLV.org
701 E. Bridger Ave., Suite 150
Las Vegas, NV 89101
Phone: 702-463-4874
Email: info@drivenlv.org

DRIVEN is a multidisciplinary accessible fitness center where individuals with disabilities can improve their physical, mental, and emotional wellness.

New Jersey

Push to Walk

<http://www.pushtowalknj.org>
100 Bauer Drive

Oakland, NJ 07436
Phone 201-644-7567
dfont@pushtowalknj.org.

Push to Walk offers one on one workouts to people with spinal cord injuries in a specialized gym with certified trainers.

TheraFit Rehab

www.therafitrehab.com

1275 NJ-35, Suite 7
Middletown, NJ 07748
Phone: 732-639-0068

Email: info@therafitrehab.com

TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

New York

Northeast Center for Special Care (NCSC)

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

300 Grant Avenue
Lake Katrine, NY 12449
Phone: 845-336-3500

Email: ncsc@northeastcenter.com

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.

Ohio

Getting Back Up

<https://www.gettingbackup.org/>

2720 Horseshoe Blvd
Westlake, OH 44145

Provides qualified and selected individuals with funding for participation in exercise-based recovery programs and the purchase of adaptive products. These programs and products have been proven to greatly improve the physical and emotional well-being of the injured individual.

Oregon

ADAPT Training

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

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.

Texas

Neurological Recovery Center

<https://www.nrcclinic.com/>

6913 Camp Bowie Blvd. #177
Fort Worth, TX 76116
Phone: 682-267-9550

The Neurological Recovery Center is a PT practice whose professionals are dedicated to serving a clientele seeking the highest level of personalized one-on-one care. They have some of the most advanced robotics systems for intensive gait therapy as well as upper extremity functional rehabilitation.

REACT Neuro-Rehab

www.neuroreaction.org

15046 Beltway Dr.
Addison, TX 75001
Phone: 972-386-0701

Their comprehensive neuro-restorative model blends principles of targeted plasticity and strength training to offer a fully customized treatment program.

Virginia

Ability Fitness Center

<https://abilityfitnesscenter.org/>

585 Catocin Circle NE
Leesburg, VA 20176
Phone: 703-965-2900

Email: hparker@paxtoncampus.org

Ability Fitness Center is a therapeutic fitness and wellness center with expert clinicians and specialized equipment providing access to innovative, customized, and activity-based interventions that increase functional ability for individuals with SCI, TBI, MS, CP and other balance disorders and neurological conditions. Their intensive recovery interventions are aimed at generating the greatest level of independence and recovery possible.

DPI Adaptive Fitness

www.dpiadaptivefitness.com

3545 Chain Bridge Rd., Suite 101
Fairfax, VA 22030
Phone: 877-264-5836

Email: DPIAdaptiveFitness@gmail.com

The Reeve Foundation has 7 Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program.

NRN Community Fitness and Wellness Facilities:

Courage Kenny Rehabilitation Institute

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

Minneapolis, MN

Phone: 612-863-4200

Contact CKRIABLE@allina.com

Frazier Rehab Institute

<https://uoflhealth.org/locations/frazier-rehabilitation-institute/>

Louisville, KY

Phone: 502-582-7411

Contact Karey McDowell at Karey.McDowell@jhsmh.org.

Journey Forward

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

Canton, MA

Phone: 781-828-3233

NextSteps Chicago

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

Willow Springs, IL

Phone: 708-467-0657

Contact nextstepschicago@gmail.com

NextStep Fitness

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

Lawndale, CA

Phone: 310-546-5666

Contact Janne Kouri, jannek@nextstepfitness.org

NeuroHope

<https://www.neurohopewellness.org/>

Indianapolis, IN

Phone: 317-525-8386

NeuroKinex

<http://neurokinex.org/>

Gatwick UK

Contact: info@neurokinex.org

Videos

Shepherd Center: Empowering Women with Spinal Cord Injury –Diet and Exercise

<https://www.shepherd.org/more/resources-patients/women-sci-resource-videos>

Exercise Equipment

The following are provided as information sources. The Reeve Foundation does not endorse any products, vendors or services and a listing here is not to be taken as an endorsement.

Restorative Therapies

<http://www.restorative-therapies.com>

8098 Sandpiper Circle

Suite M

Nottingham, MD 21236

Phone: 800-609-9166 (Toll-free)

E-mail: support@restorative-therapies.com

Restorative Therapies offers a full line of FES-powered rehabilitation systems. The RT300 series is designed for home use.

How to Exercise if You Are Wheelchair User

<http://www.1800wheelchair.com/news/how-to-exercise-if-you-are-wheelchair-user/>

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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.