



**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

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

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

4000 Ridgeway Drive

Birmingham, AL 35209

Phone: 800-900-8086 (Toll-free, voice and TTY)

E-mail: [email@nchpad.org](mailto: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.

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

### **NCHPAD: Personal Trainers Database**

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

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

### **NCHPAD: 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.

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

### **NCHPAD: Exercise for People with a Traumatic Brain Injury**

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

### **NCHPAD: Inclusive Yoga**

An online video series for people with spinal cord injuries.

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

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

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

<http://fescenter.org/>

**Cleveland FES Center**

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.

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

**Craig Hospital: SCI Health and Wellness: 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.

<http://www.incfit.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

<http://www.livestrong.com/quadruplegic/>

<http://www.livestrong.com/paraplegic/>

**Livestrong.com**

Info on exercise and fitness for paraplegics and quadriplegics.

<http://www.themiamiproject.org/research/participate/research-participation/current-studies/>

**The Miami Project to Cure Paralysis: Our Current Studies**

The Miami Project to Cure Paralysis is conducting several studies related to fitness and exercise. Searching the site for "exercise" or similar terms will bring up additional information.

<http://projectwalk.com/Mt-Laurel/index.asp>

**Project Walk: Paralysis Recovery Centers**

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.

[http://sci.washington.edu/info/newsletters/articles/09\\_fall\\_fitness\\_centers.asp](http://sci.washington.edu/info/newsletters/articles/09_fall_fitness_centers.asp)

**Northwest Regional SCI System: Finding An Accessible Fitness Center**

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

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

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.

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

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

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

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

**Project Mobility**

2930 Campton Hills Road

St. Charles, IL 60175

Phone: 630-762-9807

E-mail: [hal@projectmobility.org](mailto:hal@projectmobility.org)

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

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

**SCI Action Canada: Physical Activity Guidelines for Adults with SCI**

The Guidelines (one for consumers, one for health care practitioners) are the first evidence-based guidelines to be developed specifically to support people with SCI in living healthier, more active lives. They state that to improve fitness, healthy adults with SCI should participate in at least 20 minutes of moderate-vigorous aerobic activity two times per week, as well as strength training exercises two times per week.

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

**The University of Miami School of Medicine: Movement Disorders in Spinal Cord Injury – Range of Motion (ROM) Exercises**

This page has information on range of motion exercises that can prevent joint stiffness and promote independence. There are links to pages with information on self-stretching and passive stretching (upper and lower extremities).

<http://www.yogainchairs.com>

**Liz Franklin's Yoga in Chairs®**

A program designed to allow almost anyone to participate in a very gentle form of yoga. The site has information about videos, classes, workshops, and teacher training opportunities.

### **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 for information on gait training.

<http://askus.unitedspinal.org/index.php?pg=kb.printer.friendly&id=56#c316>

#### **United Spinal Association: Gait Training**

This section of Introduction to Spinal Cord Injury describes how gait training works, the potential benefits, and latest developments in the therapy.

### **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)

#### **Christopher & Dana Reeve Foundation: 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/>

#### **YMCA**

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.

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

### **YWCA**

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.

<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**

This page has tips for developing a home rehabilitation center.

## **Community-Based Fitness Programs:**

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

### **Project Walk**

Project Walk provides an improved quality of life for people with disabilities through intense activity-based recovery programs, education, training, research and development. They have multiple sites throughout the U.S.

#### Arizona

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

### **Virginia G. Piper Sports and Fitness Center for Persons with Disabilities (SpoFit)**

5031 East Washington Street

Phoenix, AZ 85034

Phone: 602-386-4566

SpoFit 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.

#### Arkansas

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

### **Victory Walk Inc.**

5681 Highway 16

East Elkins, AR 72727

Phone: 479-586-0285

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.

California

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

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

9667 Reseda Boulevard

Northridge, CA 91324

Phone: 818-718-2673

E-mail: [info@corecenters.info](mailto:info@corecenters.info)

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.

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

**Project Walk<sup>®</sup> Spinal Cord Injury Recovery**

2732 Loker Ave West

Carlsbad, CA 92010

Phone: 855-883-9950

E-mail: [info@projectwalk.org](mailto:info@projectwalk.org)

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

<http://www.breakthebarriers.org>

**Project Walk – Fresno**

**Break the Barriers Inc.**

8555 North Cedar Avenue

Fresno, CA 93720

Phone: 559-432-6292

Email: [classinfo@breakthebarriers.org](mailto:classinfo@breakthebarriers.org)

Project Walk – Fresno is located at Break the Barriers.

<http://www.SCItotalfitness.com>

**SCI Total Fitness**

Kristin McNealus, PT

Long Beach, CA 90803

Phone: 562-645-6348

Email: [info@scitotalfitness.com](mailto: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.

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

**The Dynamics WalkAgain Rehabilitation Unit**

1830 West Olympic Boulevard, Suite 123

Los Angeles, CA 90006

Phone: 213-383-9212, 800-928-8821 (Toll-free)

E-mail: [info@walkagain.com](mailto:info@walkagain.com)

Dynamics provides prosthetics, orthotics, durable medical equipment, and physical therapy in Southern California.

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

**Precision Rehabilitation**

3294 E. Spring St.

Long Beach, CA 90806

Phone: 562-988-3570

Email” [precisionrehab@gmail.com](mailto:precisionrehab@gmail.com)

[www.sci-fit.org](http://www.sci-fit.org)

**SCI-FIT**

2404 Del Paso Rd.

Sacramento, CA 95835

Phone: 916-928-3736

Email: [info@sci-fit.org](mailto:info@sci-fit.org)

There is another office in Pleasanton, CA.

Connecticut

**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

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

**Center for NeuroRecovery**

401 Northlake Blvd. Suite 4

North Palm Beach, FL 33408

Phone: 888-875-7659

They offer a comprehensive activity based strength training program that helps retrain weak or overlooked muscles, keeping the body toned as you build strength, function, independence and as much neuro recovery through exercise as possible. The program is designed for spinal cord injury, stroke, and other causes of neurological impairment.

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

**Center of Recovery & Exercise (CORE)**



1905 W. State Road 434  
Longwood, FL 32750  
Phone: 321-418-3050

An exercise-based program designed for people with spinal cord injuries to enable recovery and health.

<http://neurofit360.com/>

**NeuroFit 360**

19541 Sheridan St.  
Pembroke Pines, FL 33332  
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.

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

**NeuroExcel**

401 Northlake Blvd.  
North Palm Beach, FL 33408  
Phone: 866-391-6247

Neuroxcel's® innovative Comprehensive Activity-based Strength Training (C.A.S.T®) program offers new hope to post rehabilitation clients recovering from spinal cord injury, stroke and other neurological disorders.

<http://projectwalkorlando.org/>

**Project Walk Orlando**

330 Harbour Isle Way, Suite 1090  
Longwood, FL 32750  
Phone: 407-571-9974

Email: [Liza@projectwalkorlando.org](mailto:Liza@projectwalkorlando.org)

Project Walk Orlando exists to provide 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

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

**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.

<http://www.projectwalkatlanta.org>

**Project Walk Atlanta**

1755 Grassland Parkway, Suite B

Alpharetta, GA 30004

Phone: 770-722-4239

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

Indiana

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

**NeuroHope**

901 Shelby St.

Indianapolis, IN 46203

Phone: 317-534-3634

Email: [neurohopewellness@gmail.com](mailto: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.

Kansas

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

**Project Walk – Kansas City**

6600 College Blvd. Suite 315

Overland Park, KS 66211

Phone: 913-451-1500

Project Walk – Kansas City offers an intense exercise-based program within a gym setting. There is a local program and a home program for people who don't live in the area.

Maryland

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

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

707 North Broadway

Baltimore, MD 21205

Phone: 443-923-9222

Email: [info.sci@spinalcordrecovery.org](mailto: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.

<http://www.kennedykrieger.org/patient-care/patient-care-centers/international-center-spinal-cord-injury/wellness-program>

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

Massachusetts

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

**Journey Forward**

755 Dedham Street

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

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

**The Recovery Project**

20000 Victor Parkway  
Suite 100  
Livonia, MI 48152  
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.

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

**Strength Training and Recovery (STAR Rehab)**

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.

<http://walkthelinetoscirecovery.com/>

**Walk the Line to SCI Recovery (WLTSCIR)**

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

<http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/>

**Courage Center**

3915 Golden Valley Road  
Minneapolis, MN 55422  
Phone: 763-588-0811 or 1-888-846-8253  
E-mail: [ckriable@allina.com](mailto: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

<http://projectwalk.org/Las-Vegas/index.asp>

**Project Walk—Las Vegas**

365 Pilot Rd., Suite B  
Las Vegas, NV 89119  
Phone: 702-834-6600

New Hampshire

**Project Walk Boston**

20 Portsmouth Ave  
Stratham NH, 03885  
Phone: 603-426-6030

New Jersey

<http://projectwalk.com/Mt-Laurel/index.asp>

**Project Walk--Mt. Laurel**

521 Fellowship, Suite 155  
Mount Laurel, NJ 08054  
Phone: 856-439-6772

<http://www.pushtowalknj.org>

**Push to Walk**

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

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

New York

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

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

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

Email: [ncsc@northeastcenter.com](mailto: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

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

**Buckeye Wellness Center**

7545 Granger Road

Valley View, OH 44125

Phone: 216-447-8980

Email: [chriswynn@buckeyewellnesscenter.com](mailto:chriswynn@buckeyewellnesscenter.com)

Buckeye Wellness Center offers exercise programs tailored to meet the needs of spinal cord patients. Certified personal trainers assist clients in performing repetitive, weight-bearing exercises and activities that have potential to restore function below the level of a spinal cord injury.

### Oregon

<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.

### Texas

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

#### **Neurological Recovery Center**

2600 S Cherry Lane

Fort Worth, TX 76116

Phone: 682-312-7693

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.

<http://pressingontx.com/>

#### **Pressing On**

12001 Network Boulevard #314

San Antonio, TX 78249

Phone: 210-877-2228

E-mail: [info@pressingontx.org](mailto:info@pressingontx.org)

Pressing On provides a specialized exercise-based training program for those living with paralysis due to spinal cord injury, traumatic brain injury and other physical disabilities.

**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).  
[Find out more and download the application here.](#)
- [Next Steps Chicago](#) Willow Springs, IL  
Phone: 708-467-0657
- [NextStep Fitness](#), Lawndale, CA  
Contact Janne Kouri, [management@nextstepfitness.org](mailto:management@nextstepfitness.org)
- Journey Forward, Canton, MA Phone: 781-828-3233

## 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.**

<http://www.flexiciser.com>

### **Flexiciser**

PO Box 310

Agoura Hills, CA 91376

Phone: 818-551-0733

E-mail: [flexiciserinc@gmail.com](mailto:flexiciserinc@gmail.com)

Flexiciser makes versatile, self-operated therapeutic device for patients who are mobility-challenged.

<http://www.gpk.com>

### **GPK**

535 Floyd Smith Drive

El Cajon, CA 92020

Phone: 619-593-7381

Email: [info@gpk.com](mailto:info@gpk.com)

GPK makes products for people with quadriplegia. The Uppertone System allows people with C4-C5 paralysis and below to do upper body exercises necessary for rehabilitation and maintenance, without assistance.

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

### **Restorative Therapies**

1434 Fleet Street

Baltimore, MD 21224

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

E-mail: [support@restorative-therapies.com](mailto:support@restorative-therapies.com)

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

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

### **How to Exercise if You Are Wheelchair User**

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

#### **Theracycle**

Phone: 508-528-3100

Theracycle's physical therapy equipment offers physical therapy exercise for a wide variety of conditions that rob patients of strength, vigor and vitality. It can be used for spinal cord injury rehabilitation, disability exercise, and wheelchair exercise and fitness.

### **Wheelchair Scale**

<http://lilypadscales.com/index.php>

#### **Lilypad Scales**

29 Lee Terrace

Arlington, MA 02474

Waltham, MA 02451

Phone: 844-590-5459

Email: [info@lilypadscales.com](mailto:info@lilypadscales.com)

A scale for manual wheelchair users to weigh themselves with at home. See the FAQ section for info on medical insurance coverage.

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**REEVE FOUNDATION**

**LENDING LIBRARY**

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at:

<http://www1.youseemore.com/ReevePRC/default.asp>

#### **Books**



- **ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities.** J. Larry Durstine, et al, editors. Champaign, IL: Human Kinetics, 2009. 3rd edition.
- **ACSM/NCHPAD Resources for the Inclusive Trainer.** Indianapolis, Ind.: American College of Sports Medicine, 2013. Published with the National Center on Health, Physical Activity and Disability (NCHPAD).
- **Adapted Physical Education and Sport.** Joseph P. Winnick, editor. Champaign, IL: Human Kinetics, 2011. 5<sup>th</sup> edition.
- Davis, Ronald W. **Teaching Disability Sport: A Guide for Physical Educators.** Champaign, IL: Human Kinetics, 2010. 2<sup>nd</sup> edition.
- 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, IL: Human Kinetics, 2007.
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- Lieberman, Lauren J. and Cathy Houston-Wilson. **Strategies for Inclusion: A Handbook for Physical Educators.** Champaign, IL: Human Kinetics, 2009. 2<sup>nd</sup> edition.
- Lincoln, Jerri. **Wheelchair Yoga.** Durango, Colo.: Ralston Store Publishing, 2012.  
Shows poses that may be done from a wheelchair. Note that some of these poses may not be for all wheelchair users.
- Palermo, Devon. **DisAbility Fitness: Fitness Handbook for Those Living with Stroke, Spinal Cord Injury, Amputation, or as Seniors.** 2016.
- **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, IL: Human Kinetics, 2010. 2<sup>nd</sup> edition.  
See Appendix A for info on physical activity and disability.

### Videos

- **Basic Strength Training for Wheelchair Users:** Monterey, CA: Healthy Learning, 2002. (25 minutes)

- **Beyond Disability: A Yoga Practice with Matthew Sanford.** Minnetonka, MN: Mind Body Solutions, 2011. DVD. (57 minutes). Partially funded by the Christopher & Dana Reeve Foundation.
- **Carol Dickman's Bed Top Yoga.** New York: Yoga Enterprises Inc., 1999. DVD (33 minutes)
- **Carol Dickman's Seated Yoga.** New York: Yoga Enterprises Inc., 1999 (43 minutes)
- **Chair Aerobics for Everyone.** Endless Graphics, 2004. DVD. [www.chairaerobics.com](http://www.chairaerobics.com)  
Features Nikki Glazer. Please note that this product is not necessarily marketed to people with disabilities; consult your physician first. Other videos in this series are: 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. [www.chairaerobics.com](http://www.chairaerobics.com)  
Features David Stamp.
- **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, CA: Healthy Learning, 2002. VHS. (25 minutes)
- **Core & Stability Exercises for Stroke Survivors and People with Multiple Sclerosis.** Chicago, Ill.: National Center on Physical Activity and Disability, 2006. DVD
- **Dr. Chen's Tai Chi GongFa 001: Tai Chi Qigong Workout for Wheelchair People Level I.** Crystal Tai Chi Co., 2004. DVD. (23 minutes) [www.ctaichi.com](http://www.ctaichi.com)
- **Dr. Chen's Tai Chi GongFa 002: Tai Chi Qigong Workout for Wheelchair People Level II.** Crystal Tai Chi Co., 2004. DVD. (27 minutes) [www.ctaichi.com](http://www.ctaichi.com)
- **The Effects of Aging and Physical Activity on Individuals with Spinal Cord Injury.** Monterey, Calif.: Healthy Learning, 2011. DVD (151 minutes)  
Provides an overview of the effects of aging on all major organ systems of the body of a person with a spinal cord injury. It also explores the feasibility of electrical stimulation cycling for older adults with a spinal cord injury.

- **Exercise for Individuals with Chronic Diseases and Disabilities.** Monterey, Calif.: Healthy Learning, 2008. DVD (48 minutes)
- **Exercise for the Body, Mind, and Soul: A Cardiovascular Workout with Jann Gillespie.** Culpeper, 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, IL: NCPAD, 2007. DVD.
- **Jodi Stolove's Chair Dancing: A New Concept in Aerobics Fitness.** Del Mar, CA: Chair Dancing International, 1991. VHS. (45 minutes)  
Please note that this product is not necessarily marketed to people with disabilities; consult your physician first.
- **Keep Fit While You Sit: An Aerobic Workout for the Physically Challenged.** Slabo Productions 1986. (40 minutes)
- **Lisa Ericson's Seated Aerobic Workout!** Aspen Fitness Associates 1992. (60 minutes)
- **Liz Franklin's Yoga in Chairs: The Journey Begins—Beginning Practice.** DVD. [www.yogainchairs.com](http://www.yogainchairs.com)
- **Liz Franklin's Yoga in Chairs: New Possibilities—Intermediate Practice.** DVD. [www.yogainchairs.com](http://www.yogainchairs.com)
- **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, 2006. DVD. (25 minutes)
- **The ROM Dance Seated Version: For Wheelchair Use.** St. Mary's Hospital Medical Center 1993 (45 minutes).  
ROM stands for Range of Motion.
- **Sesame Street: ElmoCize.** Sony Wonder, 1996. DVD and VHS. (30 minutes)  
Features a young wheelchair user in "Workout in a Chair" segment.
- **Sit and Be Fit with Mary Ann Wilson, RN: All Sitting Workout.** Spokane, Wash.: Sit and Be Fits, 1995. DVD (37 min.)
- **Sit and Be Fit for MS.** Sit and Be Fit Inc. 1993. VHS (30 minutes)  
[www.sitandbefit.com](http://www.sitandbefit.com)
- **Sit and Be Fit for Stroke.** Sit and Be Fit Inc. 1993. (30 minutes)  
[www.sitandbefit.com](http://www.sitandbefit.com)
- **Special Needs Yoga with Bea Ammidown.** YogAbility Institute. DVD. (60 minutes)
- **Stop Assuming: Assess Your Wheelchair Athletes to Maximize Training.** Monterey, CA: Healthy Learning, 2010. DVD. (58 minutes)
- **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. (30 minutes) Distributed by Flaghouse (phone 800-793-7900 Toll-free)  
Maura Casey is a physical therapist 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. (30 minutes) Distributed by Flaghouse (phone 800-793-7900 Toll-free)

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

- **WHOGA: Wellness, Happiness, Opportunity for Gentle Activity.** Introducing Wheelchair Yoga—front cover. My Yoga and More, 2009. Set of 3 DVDs (Level 1, Level 2, Level 3). WHOGA is designed for individuals who use wheelchairs because of physical limitations.
- **Yogability and You with Shelly Sidelman: A Therapeutic and Rehabilitative Approach to Yoga.** 2003. DVD. (60 minutes)  
“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.**

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.