Personal Accounts of People Living with SCI

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

  Gwynn was a top drag-racer when his car crashed when he was 28. His left arm was amputated and he had a spinal cord injury which left him a wheelchair user. He has married and had a child. He formed the Darrell Gwynn foundation to help those with SCI.

  Baker suffered a spinal cord injury when she hit the net while working as a trapeze artist. After a few suicide attempts and a divorce, she has found comfort in her religious beliefs.

  A heavy construction accident in 1973 left Bob paralyzed from the waist down. He has finished 70 marathons, earned two masters degrees and is founder of Ironwood Springs Christian Ranch and is a motivational speaker. He and his wife have four children.
Begley fell in love with Kirk Kilgour after being his care attendant. Kilgour was a former professional volleyball player who lived with a spinal cord injury for 26 years before his death.

Bell became a quadriplegic at 19 and went on to become a Wall Street lawyer.

Quadriplegic Berg was injured in a car accident and passed away in 2002.


Blose recounts her first year after the car accident that left her a C5 quadriplegic in 1997. Included is a checklist to go through when choosing a rehab facility.

A former Australian Rules footballer who was spinal cord injured at 19. He co-captained Australia’s wheelchair basketball team at the Atlanta Paralympics.

• Bondi, Renee. **The Last Dance But Not the Last Song.** Grand Rapids, MI: Fleming H. Revell, 2002.
Bondi is a Christian music recording artist and a quadriplegic. Her sister later became a paraplegic.

Part autobiography, part guidebook.

  Tom Brewster was a quadriplegic missionary who visited remote parts of the world with his wife Betty Sue and their son. Written by his brother.

  Brickner was spinal cord injured at the age of twenty in an auto accident.

  Shane Broderick was an Irish jockey left quadriplegic after a fall from a horse.

  Adam Taliaferro was injured in a college football game and has regained the ability to walk.

  Bryant was injured at work when he fell 55 feet. He has set world records for walking with crutches and braces. He made a 119 day trip in a rowing machine on wheels. He discusses his religious faith. He is vice-president of an aerospace company.

  Burke was left quadriplegic at the age of 41 due to a skiing accident.

  Burley became quadriplegic in an accident.


• Byrd, Dennis and Michael D’Orso. **Rise and Walk: The Trial & Triumph of Dennis Byrd.** New York: HarperCollins, 1993. Pro football player Byrd was temporarily paralyzed in a football game. He has since regained the ability to walk.


• Camp, Fred V. **Two Wheelchairs and a Family of Three.** Wheaton, IL: Tyndale House Publishers, 1973. Camp and his wife Bea were both paralyzed as teens. They married, raised their daughter Julie and ran a sporting goods store.

• Campanella, Roy. **It’s Good to Be Alive.** Lincoln, NE.: University of Nebraska Press, 1995. Campanella was a top baseball player who was paralyzed in a car accident.

Campbell was sixteen when a near fatal bicycle accident left him with quadriplegia.

Buffalo Bills player Everett was injured in a pro football game. Three months later he regained the use of his limbs.

Chapman writes about her substance abuse and her near fatal accident that left her paraplegic.

Clark started his successful Clark’s Botanical s skin-care line after a diving accident left him quadriplegic.

• Clark, Jay and Aura Sanchez Garfunkel. *Walk of the Centipede: A Story of One Man’s Journey Through Catastrophic Injury*.  
Frank Garfunkel, teacher, activist, and sports enthusiast slammed headfirst into the wall of a squash court. Suddenly a quadriplegic in a rehab hospital, he found himself facing helplessness. Ironically, Frank, a professor of special education at Boston University, devoted his career to fighting for the rights of the disabled.

Clifton was left with quadriplegia after an accident.

Cole is a physician who interviews 12 spinal cord injured people.
Coleman became a quadriplegic at the age of 17 due to a water skiing accident.

• Croft, David. **Food for Thought**. Leicester, UK: Matador, 2011. 
Croft was injured at the C4/C5 level after diving into water. He is a former karate champion and became a chef. The book is part autobiography, part recipe book.

Curran, a native of Ireland, was injured at the age of 36 in a fall from scaffolding and is now quadriplegic.

Eighteen-year-old Rick D’Agostino dove into a swimming pool and became a quadriplegic.

D’Andrea’s husband Dan was injured in a construction accident in 2004.

• Darke, Karen. **If You Fall…It’s a New Beginning**. Winchester, UK: O Books, 2006. 
Darke became a paraplegic from a rock-climbing accident at the age of 21. The Scotland native recalls how she made a new life for herself.

Wohlford was injured in a car accident and became a high school football coach in Missouri.


• Dhanjal, Meena. *A Moment in Time*. Bloomington, IN: AuthorHouse, 2005. Paraplegic from a fall from her balcony. Dhanjal is an Indian American who is mother to two children.


• Dunkle, Jacqueline. *Gratitude & Grit: A Mother’s Healing Journey*. 2012. Dunkle’s son Erik Fugant was paralyzed in a motorcycle accident. His recovery as a paraplegic facilitated her healing.

• Ellison, Brooke and Jean Ellison. *Miracles Happen: One Mother, One Daughter, One Journey*. New York: Hyperion, 2001. Brooke Ellison was paralyzed in a car accident when she was eleven. Her mother Jean attended college with her so that she could graduate from Harvard.

Ten essays by different women and men who are living with spinal cord injuries.

- Epstein, June. **Mermaid on Wheels: The Story of Margaret Lester.** New York: Taplinger Publishing, 1967. Australian Lester was paralyzed in a car accident. She went on to marry and raise three children, completed a degree and competed in the Australian Paraplegic Games.


- Fiffer, Steve. **Three Quarters, Two Dimes and a Nickel: A Memoir of Becoming Whole.** New York Free Press, 1999. Fiffer was diagnosed a quadriplegic after a wrestling accident. He is now able to walk with a cane.

- Flynt, Larry. **An Unseemly Man: My Life as a Pornographer, Pundit, and Social Outcast.** Los Angeles: Dove Books, 1996. Flynt, the creator and publisher of Hustler magazine, was shot by an unknown assailant and left paraplegic.

- Friedman, Rachelle. **The Promise: A Tragic Accident, A Paralyzed Bride, and the Power of Love, Loyalty and Friendship.** Guilford, Conn.: Skirt!, 2014. Friedman became a quadriplegic when a bridesmaid friend pushed her in the pool shortly before her wedding. The bride and her friends made a pact to not reveal the name of the friend that pushed her.

- Frey, Garret Lee and Dr. Karen Hutchins Pirnot. **As I Am: A True Story of Adaptation to Physical Disability.** Sarasota, FL: Peppertree Press, 2008. Frey was injured as a 4-year old and is a quadriplegic. Frey appeared before the Supreme Court in a case about education for people with disabilities.

  John, a Native American, was injured in a car accident at 17, leaving him with quadriplegia.

  Gipson became a partial quadriplegic as a teenager due to a car accident.

  Goodman was an insurance agent who was paralyzed in a small plane accident. He later learned to walk again.

  Part autobiography, part letters to his grandson. Gottlieb has quadriplegia.

  Grenier is a quadriplegic injured in a diving accident.

• Groh, Joseph S. **From Two Wheels to Four: Inspiring Hope Through Adversity**. CreateSpace, 2014.
  Groh became a quadriplegic in 2008 and then founded a non-profit organization to benefit people who are in the construction trades who have life-altering disabilities.

  Covers the stories of eight young athletes from the Chicago area who were paralyzed while playing football or hockey.

  Guest was injured at the age of 12 in a biking accident.
Hakala’s son Gerry was paralyzed at 18 in a wrestling accident.

• Hansen, Rick and Jim Taylor. **Rick Hansen: Man in Motion.** 
Canadian Rick Hansen was paralyzed in a car accident at age 15. The book covers his Man in Motion wheelchair tour of the world to raise money for spinal cord injury research. He founded the Rick Hansen Institute.

Harris became a C4 quadriplegic in 2001 from a car accident. He has since trekked across Maine to bring publicity to stem cell research.

Harrison was shot in 1944 while serving his country in Germany. He graduated from law school and became a businessman. Clark and his wife raised two sons. He obtained a pilot’s license while he was in his fifties.

Hawkins became a paraplegic at nine when a car hit his bicycle and later became a social worker.

• Heagy, Ron with Donita Dyer. **Life is an Attitude: A Tragedy Turns to Triumph.** Sisters, OR: Multnomah Publishers, 1997. 
Ron Heagy was paralyzed by a surfing accident when he was 17. He married and received a master’s degree.

This is a more up to date version of Ron Heagy’s life. See his previous autobiography *Life is an Attitude*. He has founded a ministry and a camp for the disabled.

  Canadian Turcotte was the jockey on Triple Crown winner Secretariat. He became a paraplegic five years later in a racing fall.

  Helms was paralyzed in a car accident.

  Australian TV executive Hitchcock suffered a spinal cord injury after he fell from a rope swing into water. He was a quadriplegic and can walk short distances.

  News reporter John Hockenberry relays experiences as a correspondent.

  Profiles of people who have had a spinal cord injury.

  Hooper reflects on living with quadriplegia for 36 years with his alter ego “Spokes Ableman”.

  Champion gymnast Diane Ellingson Smith was injured at a gymnastics meet. She married and became an elementary school teacher.
  Hunt was injured in a softball game sliding into third base. Following the accident, Hunt earned degrees in Public Safety and Psychology, became a peer counselor in an independent living facility, coached his son’s Little League team, and began writing.


  Paperback version of above book.

  Stanford Addison is a Native American horse trainer who is a quadriplegic.

  Jones has used a wheelchair for 60 of his 66 years after being shot in the back in 1943. He earned two degrees from the University of Illinois and has worked in television, public relations and rehab services. He has been married to the same woman (also a wheelchair user) for 44 years.

  Irishman Crowley was injured by a fall at the age of 16. He became a politician.

Shot at 16, Juette turned his life around by attending college and becoming a wheelchair basketball player for the US national team.


Buddy Miley was left quadriplegic after a high school football accident. After living with paralysis for 23 years, he asked his brother to help him end his life.

Krulish was 12 when a diving accident left him with quadriplegia. He is now a retired educator living independently with the help of attendants and his faith in God.

Emily was four years old when a miniature train ride derailed and left her quadriplegic. Her grandmother was killed in the same accident. Emily’s father tries to battle both the state and the amusement park to accept responsibility.

Kumin’s account of her recovery from a spinal cord injury sustained in a carriage-driving accident.

Campanella was a top pro baseball player who was paralyzed in a car accident in 1958.

Launius was injured in a high school football game.

At 17 a car accident left Lawson a paraplegic. She became the first on-air reporter in Miami.
  LeGrand was paralyzed will playing college football for Rutgers.

  New Zealander Lethbridge was injured by diving into a shallow body of water.

  Australian pilot Lewin became a paraplegic due to a plane crash.

  A collection of personal stories from people with SCI.

  Paraplegic from a car accident.

  Mack was able to walk again ten months after his accident.

  A retelling of the life story of Joni Eareckson Tada.

  Six-year old Alex was injured in a car accident. He and his father tell his version of his injury and recovery while angels and Jesus took care of him. Also available as an audiobook on CD.

  Scotland-born Masham became a paraplegic shortly after her engagement to Lord Masham. Her injury was caused by a horseback riding accident. She was made a life peer in 1970 and took her seat in the House of Lords as Baroness Masham of Ilton.
Matesky has been a wheelchair user for 25 years. He is an avid scuba diver, sailor, and deep sea fisherman who competed in the 1992 Paralympic Games in swimming.

May became a quadriplegic as a young adult as a result of an equestrian accident. She put her life back on track after a battle with drugs and despondency. She has been a health care worker for more than 15 years.

Terry McAdam was paralyzed in a car accident at the age of 26.

• McDonald, Steven and Patti Ann McDonald. **The Steven McDonald Story.** New York: Donald I. Fine, 1989.
New York City Police officer McDonald became a quadriplegic when he was shot in the line of duty.


Fletcher has C4 quadriplegia and is a member of the Canadian Parliament.

McKee’s fourteen year old son was shot by a neighbor’s son. He was left quadriplegic. The McKees received a $8.5 million award in trial. After nine years of physical therapy, Dwayne took his first steps.

Injured in a sledding accident at 19, Atkinson became the first quadriplegic ordained as a Catholic priest.

- Mercer, Glen “Pee Wee” and Patrick D. Smith. The Last Ride. Melbourne, FL: Sea Bird Publishing, 2000. Mercer, a former bull riding champion, became quadriplegic when he was thrown from a bull.

- Metrano, Art with Cynthia Lee. Twice Blessed: Art Metrano Laughs the Darkness Away. Waco, TX: WRS Publishing, 1995. Art Metrano is an actor who took a fall from a ladder that left him paralyzed from the neck down. He eventually was able to walk again.


- Montgomery, Amy. Just an Accident. Bloomington, IN: Author House, 2004. Scott Remington was a logger who was injured by a tree that fell on him.

- Mukand, Jon. The Man with the Bionic Brain and Other Victories over Paralysis. Chicago, Ill.: Chicago Review Press, 2012. Covers the story of Matt Nagle who is left quadriplegic after being stabbed in the neck. He makes history when neurosurgeons implant a microelectrode in his brain. With the BrainGate system, Matt was able to use e-mail, manipulate a prosthetic hand, and perform various other tasks by thinking about them.

• Nasaw, Jonathan Lewis. Easy Walking. Philadelphia: J.B. Lippincott, 1975. This is Nasaw’s account of his rehabilitation after a car accident left him a paraplegic at the age of 21.


• Neumayer, Bob. Drinking Helps You Drive Straight. Waco, TX: WRS Publishing, 1995. Neumayer became a paraplegic as a result of a car accident while drunk. He became a 3-time winner of the New York City Marathon’s wheelchair division and established drunk-driving awareness programs.


Chris Norton was paralyzed while playing college football. Chris and his father Terry alternate chapters to tell their story.

Barwick became a paraplegic at the age of 22. She took up adaptive riding and won the gold medal for Canada in dressage at the 2008 Paralympics.

Terry’s son Todd Odom was injured in 1985 in a diving accident at the age of 15. He lived with a C4 injury for almost 5 years.

Ornoff was serving in the women’s auxiliary army corp in WWII when an infection in her spine caused her to become paraplegic. She fought Congress to recognize her as a service-injured vet and won her benefits.

Esther is a schoolteacher in Nairobi. She became a paraplegic in a bus accident. She is married and the mother of five children.

• Pagels, Jeff. **Always Climb Higher.** Jeff Pagels, 2014.
Pagels became the fastest U.S. Nordic skier with a disability after a spinal cord injury in 1984.

Parker’s husband was left quadriplegic after a bicycle accident. Various neighbors and friends help her care for her husband and become part of their new family.

• Peeler, Joy. **On Eagle’s Wings.** Joy Peeler, 2009. Story of Mike Moehrl of Iowa who became a vent-dependent quad from a horseback riding accident more than 27 years ago.

• Pendergrass, Teddy and Patricia Romanowski. **Truly Blessed.** New York: Berkley Boulevard Books, 1999. Soul/R&B singer Teddy Pendergrass was left quadriplegic from a car accident at the peak of his career. He has continued his recording and performing career.

• Pepple, Ted. **Expect a Miracle: The Story of Matt Young.** St. Louis, MO: Acme Press, 1991. Young was left quadriplegic from a motorcycle accident.

• Peterman, Carrie. **A Logger’s Nightmare: Accident Forever Changes Family.** Bloomington, IN: Xlibris.com, 2010. Peterman writes of her husband Branden’s spinal cord injury from logging. The book covers the year from day of injury to one year past it.

• Poppen, Brent. **Tragedy on the Mountain: A Quadriplegic’s Journey from Paralysis to Paralympics.** CreateSpace, 2012. He became paralyzed after wrestling with another teen. He went on to compete in tennis and rugby in the Paralympics.


• Praet, Jonathan W. and Dwight Owens. **Still Standing.** Praet, 2012. Owens was injured at the age of 23 and became a paraplegic. The family had to deal with a second spinal cord injury when his cousin Greg was injured five years later.

Reese was left with paraplegia after an outhouse fell off a lift onto her. The book covers her first two years with paraplegia.

Reeve was injured in an auto accident when she was a missionary.

This book covers some of the changes in Reeve’s life since his accident. It includes his improvement in function years after his injury.

Actor Christopher Reeve was paralyzed in 1995 in an equestrian accident. He became an advocate for curing paralysis.

Reid became a paraplegic from a gunshot wound when the taxi he was in was carjacked. Reid was a boxer who befriended Jesus Chavez.

Renje is a paraplegic from a gun-shot wound. He became a two-time Paralympic gold medalist and successful businessman.

Injured at C4/C5 in a hockey game at 17, Ben can now walk with a cane.
Roberts’ uncle, Peter Bilsborough, was spinal cord injured while surfing. The book tells of the family’s four month journey with Peter living as a ventilated quadriplegic until he ultimately chose to end life support.

• Rogers, Thomas. **The Al Factor: The True Story of a 20th Century Businessman; All-American and Unsung Hero.** Bloomington, Ind.: AuthorHouse, 2011. 
Rogers’ father Albert became a quadriplegic at the C2 level in 1985. He resumed running his business after his injury with the same love of life as he had before.

Rossetti became paraplegic after a tree fell on her while bike riding. This is a collection of syndicated articles.

Roy is a medically retired police officer turned inspirational speaker. He was able to recover from his spinal cord injury and founded the Zero 2 a Hundred Foundation to improve the lives of those struggling with spinal cord injury or brain injury.

Travis Roy was paralyzed 11 seconds into his first college hockey game. He founded the Travis Roy Foundation to help those with spinal cord injuries.

A quadriplegic from a car accident, Rummerfield was later able to walk and participate in the Ironman competition. He is also a world land speed record holder.
Rushby-Smith worked as a landscape gardener before his accident. He now works as an artist and writer and lives in London with his wife and daughter.

Injured in a surfing accident at age 50, he is now a vent-dependent quadriplegic.

Sanford became paraplegic in a car accident at the age of thirteen. He teaches yoga.

Saunders became a paraplegic as a result of a grain elevator explosion. He later became a Paralympian and champion pentathlete.

Schaefer became a quadriplegic as a result of a drunk driver.

Accidently shot at age 14 by a friend, Schlappi later became a gold medalist Paralympian in basketball.

Schwass was paralyzed in a high school hockey game.

Translated from the French. Segal was left a paraplegic at the age of 24 from a gun-shot wound.

  Paralyzed in a car accident at 17, Eva Whittington Self is now a wife, mother, and homemaker. She credits her ability to overcome tragedy to God’s strength and her mother’s love.

- **Sellou, Abdel.** *You Changed My Life: A Memoir*. Weinstein Books, 2012. Sellou was the caregiver to Phillippe Pozzo di Borgo who lives with quadriplegia and their relationship inspired the hit French film *The Intouchables*.

  Paralyzed in a construction accident, Shaner was told there was a 99% chance that he’d never walk again. Twenty-one years after the accident, Shaner has published a book about his physical recovery and spiritual awakening.

  Shaughnessy was left paraplegic from a surgery. He went on to travel, earn a masters and a law degree, and become a husband and father.

  Shepherd was an Olympic hopeful in skiing when she was struck by a car and suffered a spinal cord injury. She regained the ability to walk, married and had two children. She also got her pilot’s license to fly planes.

  Sixteen year old Schuh was injured when she took a step backward on a stage and fell sixteen feet through a trap door. She went on to be crowned Ms. Wheelchair USA 2012 and won the National Rehabilitation Champion Award.

• Siegle, Judy with Cindy Fahy. *Living Without Limits: 10 Keys to Unlocking the Champion in You*. Fargo, ND: Life Venture Publishing Co., 2005. Siegle was injured at 18 in an auto accident. She became a two-time Paralympian in wheelchair racing as a quadriplegic.


• Smith, Ed. *From the Ashes of My Dreams*. St. John’s, NL, Canada: Flanker Press Ltd., 2002. Canadian newspaper columnist and author Smith was injured in a motor vehicle accident. Smith describes his seventeen months in rehab centers and his struggle to come to grips with his quadriplegia. His daughters and wife also contribute parts of the book.


• Snow, Bill. *Pearls of Wisdom from the Storm*. 1st Books, 2002. Snow was shot in the back of the neck while at work and became a quadriplegic.


• Stinson, Wade. *Between Grief and Nothing*. Xlibris Corp., 2009. Stinson was 17 when a diving accident left him a quadriplegic. He became a high school English teacher in Alabama.

• Swander, Mary. *The Desert Pilgrim: En Route to Mysticism and Miracles*. New York: Viking Compass, 2003. Struck by a drunk driver, Swander was left paralyzed and in chronic pain. She journeys to find help in New Mexico from a Russian Orthodox monk and an herbal healer.


• Tada, Joni Eareckson. *The God I Love: A Lifetime of Walking with Jesus*. Grand Rapids, MI: Zondervan, 2003. Tada is a quadriplegic who founded her own ministry and paints with her mouth. This title also available on Audio CD and Cassette.

• Taylor, Kelvin D. *What Now? An Incredible True Story About Overcoming Challenges*. Springville, UT: Bonneville Books, 2003. Taylor was injured as a teen in an auto accident. He was able to finish high school and become a special education teacher. His Mormon faith helped him overcome many challenges including the death of one of his children to anencephaly.

Thompson was paralyzed after his bike was hit by a car at the age of 20.


- Thorson, Pamela. *Song in the Night: One Family’s Journey from Darkness to Dawn*. Moscow, ID: Luminary Media Group, 2008. Thorson writes about her son Kevin’s C2 spinal cord injury at age 19 and how the family’s religious beliefs help them through.


- Turnbull, Barbara. *Looking in the Mirror*. Toronto: The Toronto Star, 1997. Canadian Barbara Turnbull was shot in a robbery while working in a convenience store as an 18-year-old. She became a reporter for the Toronto Star.


• Von Beltz, Heidi with Peter Copeland. *My Soul Purpose*. New York: St. Martin’s Press, 1996. Heidi von Beltz was paralyzed while doing stunt work for the movie *Cannonball Run*.

• Waddell, Chris. *Things I Want to Remember Not to Forget*. San Bernardino, Calif.: Chris Waddell, 2015. Waddell was paralyzed while skiing in his freshman year of college. He went on to win 13 Paralympic medals in two sports. He was the first nearly unassisted paraplegic to summit Mt. Kilimanjaro.


• Wall, Marshall. *From Where I Sit, From Where You Stand: A Roll Through Life*. Bloomington, IN: AuthorHouse, 2007. Readers will get a rare glimpse of a man's journey of more than fifty years in a wheelchair; a person with a disability's life and his relationships with the environment and the people around him. The author's journey of life is one of hope, challenges (physical, mental, and spiritual), and dreams coming true. A lovely wife, two beautiful adopted babies, enjoyable work, friendships, health, and joy have become his great successes.

Dennis Walters was left paraplegic by a golf cart accident as a 24-year-old.

  Paralyzed in a car crash that took the life of his brother, Watson went on to obtain a journalism degree from the University of Mississippi.


- Wellman, Mark and John Flinn. **Climbing Back.** Truckee, CA: No Limits, 1992.
  Mark Wellman was paralyzed by a mountain climbing fall. He has worked as a park ranger and climbed Yosemite’s El Capitan and Half Dome as a paraplegic.

  Tada has been a quadriplegic since a diving accident as a teenager. She has founded her own ministry, authored several books, and married.

  Wilkins became a quadriplegic in a water skiing injury. He won more than 100 medals in wheelchair sports. He got a college education and married.

- Willette, Kate. **Some Things are Unbreakable.** Seattle: Coal Creek Press, 2006.
  Willette’s husband Bruce Hanson became a quadriplegic from a ski accident.

  Margie Williams was paralyzed in an airplane accident. Book includes resources list.
• Willis, Jack and Mary. “…But There Are Always Miracles”. Greenwich, CT: Fawcett Crest, 1974.
Jack Willis was paralyzed in a surfing accident. The book covers his rehab until he can walk on crutches. He married his fiancé Mary and they had a daughter.

Verghese became a surgeon in India. Shortly after that she became paraplegic from a car accident and became a rehab physician.

An active Australian, Wood was injured in a snowboarding accident. Told he would never walk again, he defied the odds and now walks. He takes his message about the power of self-will and the resilience of the human spirit to wide-ranging audiences.

Phyllis York was left quadriplegic from a fall down her stairs. The book alternates between her point of view and her husband’s.

A car accident at the age of 23 left Zulu with a T6 SCI.

• Zupan, Mark and Tim Swanson. GIMP: When Life Deals You a Crappy Hand, You Can Fold or You Can Play.
The story behind the star of Murderball (quad rugby documentary). Left quadriplegic from a car accident, Zupan went on to become a Paralympian. Also available on audio CD.

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.