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

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.

NCHPAD: Exercise for People with a Traumatic Brain Injury

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

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.

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.

Foundation for PM&R: Rx for Exercise--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.

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.themiamiproject.org/research/research-participation/current-studies/
The Miami Project to Cure Paralysis: Current Studies
The Miami Project to Cure Paralysis is conducting several studies related to fitness and exercise. Searching the site for “activity” or similar terms will bring up additional information.

http://www.msktc.org/sci/factsheets/exercise
Model Systems Knowledge Translation Center (MSKTC)
MSKTC offers a fact sheet on Exercise After Spinal Cord Injury

http://www.projectwalknj.com/
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
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.

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
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://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?).
General Resources:

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.

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

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.


Northwest Regional Spinal Cord Injury System: Get Moving Exercise and Spinal Cord Injury
An on-demand video which can be viewed for free.


Northwest Regional Spinal Cord Injury System: Universal Fitness
An on-demand video which can be viewed for free.

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.

Community-Based Fitness Programs:

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.

California

http://www.centerofrestorativeexercise.com/
Center of Restorative Exercise (C.O.R.E.)
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.

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
Project Walk – Fresno is located at Break the Barriers.

https://formagym.com/rise
RISE Paralysis Recovery Center
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.

http://www.SCItotalfitness.com
SCI Total Fitness
Kristin McNealus, PT
Long Beach, CA 90803
Phone: 562-645-6348
Email: info@scittotalfitness.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
Dynamics provides prosthetics, orthotics, durable medical equipment, and physical therapy in Southern California.

https://precisionrehabilitation.co/
Precision Rehabilitation
3294 E. Spring St.
Long Beach, CA 90806
Phone: 562-988-3570
Email” precisionrehab@gmail.com
www.sci-fit.org
SCI-FIT
2404 Del Paso Rd.
Sacramento, CA 95835
Phone: 916-928-3736
Email: info@sci-fit.org
There is another office in Pleasanton, CA.

Connecticut

http://movingwithhope.org
Moving with Hope
30 Controls Dr.
Shelton, CT 06484
Phone: 203-513-8424
Email: info@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.

www.neuability.org
NeuAbility
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**

[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.

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

[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://www.nextstepfitness.org/about-nextstep-orl/

**Next Step Orlando**
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**

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.nextstepfitness.org/atlabout/

**NextStep Atlanta**
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**

http://www.neurohopewellness.org/

**NeuroHope**
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.
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

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 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.

www.therafitrehab.com
TheraFit Rehab - Timonium
61 East Padonia Rd., Suite E
Timonium, MD 21093
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.

Massachusetts

http://www.journey-forward.org/
Journey Forward
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

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

**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 (part of Allina Health)**
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**

www.DRIVENLV.org

**DRIVEN NeuroRecovery Center**
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

http://www.pushtowalknj.org

Push to Walk
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.

www.therafitrehab.com

TheraFit Rehab
37 Kanes Lane
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

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

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
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.

http://www.gettingbackup.org/donate/
Getting Back Up
2720 Horseshoe Blvd
Westlake, OH 44145
We provide qualified and selected individuals with funding for participation in EXERCISE-BASED RECOVERY PROGRAMS and the purchase of ADAPTABLE PRODUCTS. These programs and products have been proven to greatly improve the physical and emotional well-being of the injured individual.

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://dream2walk.org/
Dream 2 Walk
1904 Webster Dr
Plano, Texas 75075
Phone: 214-417-8466

http://www.neurologicalrecoverycenter.com/
Neurological Recovery Center
6915 Camp Bowie Blvd. #141
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.

www.neuroreaction.org
REACT Neuro-Rehab
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

https://abilityfitnesscenter.org/
Ability Fitness Center
601 Catoctin Circle NE
Leesburg, VA 20176
Phone: 571-439-1520
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.

www.dpiadaptivefitness.com
DPI Adaptive Fitness
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**, Minneapolis, MN
  Phone: 612-863-4200
  Contact CKRIABLE@allina.com

- **Frazier Rehab Institute**, Louisville, KY
  Phone: 502-582-7411
  Contact Karey McDowell at Karey.McDowell@jhsmh.org.

- **Journey Forward**, Canton, MA
Phone: 781-828-3233

- **NextSteps Chicago**, Willow Springs, IL  
  Phone: 708-467-0657  
  Contact nextstepschicago@gmail.com

- **NextStep Fitness**, Lawndale, CA  
  Phone: 310-546-5666  
  Contact Janne Kouri, jannek@nextstepfitness.org

- **NeuroHope** Indianapolis, IN  
  Phone: 317-525-8386

- **NeuroKinex**, Gatwick UK  
  Contact: info@neurokinex.org

**Videos**

[https://www.shepherd.org/more/resources-patients/women-sci-resource-videos](https://www.shepherd.org/more/resources-patients/women-sci-resource-videos)
Shepherd Center: Empowering Women with Spinal Cord Injury – Diet and Exercise

**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](http://www.flexiciser.com)  
  **Flexiciser**  
  PO Box 310  
  Agoura Hills, CA 91376  
  Phone: 818-551-0733  
  E-mail: flexiciserinc@gmail.com  
  Flexiciser makes versatile, self-operated therapeutic device for patients who are mobility-challenged.

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

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.

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.

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