

## **Spinal Cord Rehabilitation**

Programs that provide inpatient and/or outpatient rehabilitation services which may include medical/physical restoration, physical and occupational therapy, training in the use of adaptive equipment, recreational therapy, psychological counseling, patient and family education services, physical and home management assistance, vocational or school reintegration assistance and other supportive services to help individuals who have become disabled by a spinal cord injury recover from their injuries to the extent that is possible and maximize their potential for independent living.

Books & Guides

### **[Paralysis Resource Guide 2023](#)**

The Paralysis Resource Guide was created by the Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC), offers comprehensive information and connections.

Source

[Christopher & Dana Reeve Foundation](#)

Links

### **[Kakana: Adaptive Fitness and Accessible Workouts](#)**

Source

[Kakana: Adaptive Fitness and Accessible Workouts](#)

Links

### **[Rehabilitation - MedlinePlus](#)**

Source

[Rehabilitation - MedlinePlus](#)

Article

## **Video Series: Cultivating Resilience After Spinal Cord Injury**

The Christopher & Dana Reeve Foundation) has partnered with [Shepherd Center](#), a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury to in

Source

[Christopher & Dana Reeve Foundation](#)

Article

## **Spinal Cord Injury Resources and Factsheets**

The Model Systems Knowledge Translation Center (MSKTC) has developed a series of Spinal Cord Injury (SCI) Factsheets on various topics.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

Article

## **Maintenance Guide for Users of Manual and Power Wheelchairs**

This fact sheet explains the importance of wheelchair maintenance.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

Links

## **Sheltering Arms Physical Rehabilitation and Therapy**

Source

[Sheltering Arms Physical Rehabilitation and Therapy](#)

Links

## **United Spinal Association**

Source

[United Spinal Association](#)

Links

## **Christopher and Dana Reeve Foundation**

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[Christopher and Dana Reeve Foundation](#)

Article

## **NINDS Spinal Cord Injury Information**

This article includes an overview of Spinal Cord Injury information, resources, treatment, and research.

Source

[National Institute of Neurological Disorders and Stroke](#)

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