

## Recommended Resources

*We have had success with these items and resources and recommend their use, but this is not a comprehensive list of all helpful equipment available. Please send additional ideas to [Laura@sciseminars.com](mailto:Laura@sciseminars.com). We'd love to hear what works for you.*

### **Upright therapies and Gait**

Arjo Walker <https://www.arjo.com/en-us/products/patient-handling/standing-and-raising-aid/walker/>

EasyStand standing frames [www.easystand.com](http://www.easystand.com)

Vector BWS system by Bioness [www.bioness.com](http://www.bioness.com)

Alter G treadmill [www.alterg.com](http://www.alterg.com)

Hocoma [www.hocoma.com](http://www.hocoma.com)

- Erigo
- Lokomat
- Andago
- CMill VR treadmill

Exoskeletons

- Ekso [www.eksobionics.com](http://www.eksobionics.com)
- ReWalk [www.rewalk.com](http://www.rewalk.com)
- Indego [www.indego.com](http://www.indego.com)

FES footdrop systems

- Bioness L300 Go [www.bioness.com](http://www.bioness.com)
- Walkaid [www.walkaide.com](http://www.walkaide.com)

### **Exercise Equipment**

Access TR <http://www.accesstr.com> – weight lifting and other therapeutic recreation equipment

Krankcycle <http://www.krankcycle.com>

NuStep [www.nustep.com](http://www.nustep.com)

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

- RT300 FES Bike
- RT600 Elliptical Trainer
- Xcite 2 – 12 channel, programmable FES

Vitaglide – [www.vitaglide.com](http://www.vitaglide.com)

### **UE Interventions**

Hocoma [www.hocoma.com](http://www.hocoma.com)

- Armeo Spring
- Armeo Power

Jaeco [www.jaecoorthopedic.com](http://www.jaecoorthopedic.com)

- Mobile arm supports
- Wrist-driven wrist-hand orthosis – as seen in Julie's make-up application video

Saebo [www.saebo.com](http://www.saebo.com)

Performance Health

- Wheelchair push cuffs <https://www.performancehealth.com/sammons-preston-wheelchair-pushing-cuff#sin=91480>
- Freedom Elbow splints to prevent flexion contractures <https://www.performancehealth.com/freedom-adjustable-elbow-knee-splints#sin=63220>

- Rolyan soft boots to prevent foot drop and heel pressure <https://www.performancehealth.com/rolyan-boot-pillow#sin=31965>

Gloves for Life [www.glovesforlife.com](http://www.glovesforlife.com) (wheelchair push cuffs with leather palms)

### **Wheelchair-related**

Adaptive Switch Labs [www.asl-inc.com](http://www.asl-inc.com)

Emotion Power Assist Wheels [www.alber-usa.com](http://www.alber-usa.com)

Twion power assist wheels [www.alber-usa.com](http://www.alber-usa.com)

FreeWheel [www.gofreewheel.com](http://www.gofreewheel.com)

Natural Fit Handrims by Outfront [www.out-front.com](http://www.out-front.com)

SmartDrive Power Assist [www.max-mobility.com/smartdrive/](http://www.max-mobility.com/smartdrive/)

Boditrak pressure mapping by Vista Medical (formerly FSA) [www.boditrak.com](http://www.boditrak.com)

XSensor Pressure mapping <https://xsensor.com/>

### **DME and Home Mods**

ActiveAid Bathroom equipment [www.activeaid.com](http://www.activeaid.com)

Raz Designs Inc Shower Commode Chairs [www.razdesigninc.com](http://www.razdesigninc.com)

NuProdx bathroom equipment [www.nuprodx.com](http://www.nuprodx.com)

Go Mobility travel bathroom equipment [www.goesanywhere.com](http://www.goesanywhere.com)

Collapsible Water retainer for shower [www.accessibleconstruction.com](http://www.accessibleconstruction.com)

ADI Transfer boards - <http://adi.stealthproducts.com/anti-slip-transfer-boards/>

Comfort Carrier Travel sling <https://inclusiveinc.org/products/comfort-carrier>

Amazon Echo – voice activated environmental control

Samsung SmartThings [www.smartthings.com](http://www.smartthings.com)

If This Then That [www.ifttt.com](http://www.ifttt.com) (also an app)

Wheel pad [www.wheelpad.com](http://www.wheelpad.com)

### **Funding**

Help Hope Live [www.helphopelive.org](http://www.helphopelive.org)

United Spinal Association [www.spinalcord.org](http://www.spinalcord.org) Resource Center > Knowledge Books > Financial Assistance...

Partnership for Prescription Assistance [www.pparx.org](http://www.pparx.org)

Craig H Neilsen Foundation – College/University scholarships <http://chnfoundation.org/neilsen-scholarship-program/>

### **Suggested Tests and Measures**

Motor Incomplete Injuries:

- 10 meter Walk
- 4 Functional Tasks for Wheelchairs - 4FT
- 6 minute walk
- Functional Gait Assessment
- Walking Index for SCI (WISCI)
- Timed Up and Go
- BERG Balance

CareTool/ IRF-PAI/ “GG”

FIST – Function in Sitting Test

Graded Refined Assessment of Strength, Sensibility and Prehension (GRASSP)

International Standards for Neurologic Classification of SCI (ISNCSCI) [www.asia-spinalinjury.org](http://www.asia-spinalinjury.org) ; [www.isncscialgorithm.org](http://www.isncscialgorithm.org)

Modified Ashworth Scale

Spinal Cord Independence Measure (SCIM)

Wheelchair Users Shoulder Pain Index (WUSPI)

SCOPE Supported Publications - <http://scope-sci.org/publications/>

### **Psychology, Adjustment, and Motivational Interviewing**

Ted Talk - [A Love Letter to Realism in a Time of Grief, Mark Pollock and Simone George](#)

Rehabilitation Engagement Collaborative (REC) [www.rehabilitationengagementcollaborative.org](http://www.rehabilitationengagementcollaborative.org)

### **Sexuality**

Mad Spaz Club Wheelchair Lifestyles [www.streetsie.com/category/sex-love-relationships/](http://www.streetsie.com/category/sex-love-relationships/);

<http://www.streetsie.com/spinal-injury-wheelchair-sex/> (mature audience only)

Sex(abled): Disability Uncensored <https://www.youtube.com/watch?v=qA020ShNQr8>

Sexuality after SCI - <https://www.sexualitysci.org/>

Dr. Mitchel Tepper – [www.drmitchelltepper.com](http://www.drmitchelltepper.com); [www.sexualhealthnetwork.com](http://www.sexualhealthnetwork.com)

Craig Hospital sexual health resources - <https://craighospital.org/resources/topics/sexual-health>

PleasureABLE: Sexual Devices Manual for Persons with Disabilities - <https://icord.org/wp-content/uploads/2019/09/PleasureABLE-Sexual-Device-Manual-for-PWD.pdf>

### **Research and Recovery**

Miami Project Research - <https://www.themiamiproject.org/research/areas-of-research/>

Spinal Cord Outcomes Partnership Endeavor (SCOPE) – <http://scope-sci.org> - mission is to enhance the development of clinical trial and clinical practice protocols that will accurately validate therapeutic interventions for spinal cord injury (SCI) leading to the adoption of improved best practices.

Clinical Trials <https://clinicaltrials.gov/ct2/home>

SCIRE: Spinal Cord Injury Research Evidence - <https://icord.org/research/scire-spinal-cord-injury-rehabilitation-evidence>

Epidural Stimulation as presented by Gregoire Courtine, Swiss Federal Institute of Technology

- <https://www.youtube.com/watch?v=fihWjdRCcOo> - Frontiers Forum 2019
- <https://www.youtube.com/watch?v=X9FFzWUInyA> – TED Talk
- [https://www.youtube.com/watch?v=5\\_40iJ-dSSs](https://www.youtube.com/watch?v=5_40iJ-dSSs)

### **Educational Conferences/Courses**

Academy of Spinal Cord Injury Professionals (ASCIP) [www.academyscipro.org](http://www.academyscipro.org)

American Spinal Injury Association (ASIA) [www.asia-spinalinjury.org](http://www.asia-spinalinjury.org)

Institute of Physical Art (IPA) – PNF I/II, PNF Gait [www.instituteofphysicalart.com](http://www.instituteofphysicalart.com)

International Seating Symposium (ISS) [www.seatingsymposium.com](http://www.seatingsymposium.com)

Mary Massery – “If you can’t breathe, you can’t function” [www.masserypt.com](http://www.masserypt.com)

Spinal Mobility – [www.spinalmobilitynyc.com](http://www.spinalmobilitynyc.com) info video <https://vimeo.com/79264666>

### **Professional Educational Resources**

Journal of Spinal Cord Medicine – free benefit of joining ASCIP - <https://taylorandfrancis.com>



Paralyzed Veterans Association [www.pva.org](http://www.pva.org) free download of Clinical Practice Guidelines

Physiotherapy Exercises – [www.physiotherapyexercises.com](http://www.physiotherapyexercises.com)

National Pressure Injury Advisory Committee <https://npiap.com>

United Spinal Association [www.spinalcord.org](http://www.spinalcord.org)

\*\*See our list of Recommended YouTube videos on our Resources page <https://www.sciseminars.com/resources.html>

### **Patient Resources**

Facing Disability [www.facingdisability.com](http://www.facingdisability.com) ; Facebook page private discussion group for individuals with SCI – click “Join the Conversation”

Help Hope Live [www.helphopelive.org](http://www.helphopelive.org)

New Mobility Magazine [www.newmobility.com](http://www.newmobility.com)

CathforFree [www.cathforfree.com](http://www.cathforfree.com)

Medical Assistance Tool (formerly Partnership for Prescription Assistance) <https://medicineassistancetool.org/>

Craig Hospital Educational Resources <https://craighospital.org/resources>