



SCI Seminars, Inc
Recommended YouTube videos
Revised 7/2020

General Mobility, ADL and Wheelchair Skills Videos

QuadFitness - YouTube Channel – 7 functional mobility videos for individuals with tetraplegia
<https://www.youtube.com/channel/UC27UXjSYxdaWaHuxqAoCapg>

Live to Roll – YouTube Channel –
https://www.youtube.com/channel/UCfBa5LrfU_Ki6JbY4EmCsTw/videos

Paralyzed Living – YouTube Channel - >30 functional mobility and educational videos for individuals with paraplegia
<https://www.youtube.com/user/blackpearlv6>

Search **“Tetraplegia and Wheelchair videos by Joe Zabek”**

China Dixon – 15 Vlogs about life after a high cervical SCI
https://www.youtube.com/channel/UCC2ymCenR_UBu8LtOIR3yuA/videos

Rachel Friedman Chapman – You Tube Channel – 15 videos, C6 level of injury, focus on childcare ideas
<https://www.youtube.com/channel/UC2B6EC8ErwSijlVjX5M-tag>

Ruetoyou – YouTube Channel – woman with paraplegia with spasticity; various transfers including ground>wheelchair. Great explanations.

- **Paraplegic How To Transfer Without Board**
https://www.youtube.com/watch?v=hoNhbi5R_W0
- **Paraplegic Cheap Bed Frame Idea...and getting off the ground**
<https://www.youtube.com/watch?v=M9cRWCiOlQ0>

Better Transfer for C5 C6 Quadriplegics - NO TRICEPS (elbow pivot style to/from couch) – posted by Live to Roll
<https://www.youtube.com/watch?v=Metb4V7E6nI&t=344s>

Quadriplegic independent transfers (No triceps) – posted by Jackson Sherry
https://www.youtube.com/watch?v=NC_wCaMwJG4

Transfer (To and from); C5-C6 quadriplegic NO TRICEPS for beginners – posted by luisguillermo (includes leg management)
https://www.youtube.com/watch?v=cJ_B_35i7B4

2Transfer Board & Towel CCTV.mpg – Posted by HamHealthSciences



<https://www.youtube.com/watch?v=nyECG5xvNXE>

1Transfers CCTV.mpg - Posted by HamHealthSciences

<https://www.youtube.com/watch?v=lyiRSaRcIVc>

3Advanced Transfers CCTV - Posted by HamHealthSciences

<https://www.youtube.com/watch?v=Ty7qRnC1iNA>

C7 Incomplete Floor Transfer

Taunie's floor to chair transfer 2018 – Posted by Taunie Sealock

<https://www.youtube.com/watch?v=7buKGNJbao4>

C7 Incomplete Transfer into Car

Taunie's transfer into car – Posted by Taunie Sealock

<https://www.youtube.com/watch?v=ZiOBUD-375k>

Paraplegic Transfer into 4x4 Tahoe

https://www.youtube.com/watch?v=BhD6zJn_1Wg

University of Washington Empowerment Project (#17-21: Transfers to bed, chair, couch, toilet, car and floor including step by step instructions)

<http://sci.washington.edu/empowerment/videos.asp> - Click on Wheelchair Skills, OR click here:

<https://www.youtube.com/playlist?list=PLOCF5umTFDlmWZ7bZzqv0co5rqXWOHkeT>

Wheelchair Skills

6Wheelchair Skills CCTV.mpg - Posted by HamHealthSciences

https://www.youtube.com/watch?v=ndVxBH_Wdmg

Craig Hospital Wheelchair Skills: One Person Assist Going Up and Down Stairs

<https://www.youtube.com/watch?v=d5W86L-Fk3o>

Craig Hospital Wheelchair Skills: Two Person Assist Going Up and Down Stairs

https://www.youtube.com/watch?v=5De_6_Gfq4

Craig Hospital Wheelchair Skills: Three Person Assist Going Up and Down Stairs

<https://www.youtube.com/watch?v=4Y2imvo2uUA>

University of Washington Empowerment Project - Wheelchair Skills Videos (#1-16)

<http://sci.washington.edu/empowerment/videos.asp> - Click on Wheelchair Skills, OR click here:

<https://www.youtube.com/playlist?list=PLOCF5umTFDlmWZ7bZzqv0co5rqXWOHkeT>

Craig Hospital Wheelchair Skills: How to Assist with Going Up and Down a Curb



<https://www.youtube.com/watch?v=dd242o2ozK0>

Bowel and Bladder Management

Self Cathing/Bladder; C5 C6 Quadriplegic

<https://www.youtube.com/watch?v=G4-LwfehDZw>

MTG EZ-Gripper® Male Catheterization Instructions:

<http://www.youtube.com/watch?v=8izc1BK8jYY>

C5-C6 Quadriplegic Draining Foley Bag Indoors:

<http://www.youtube.com/watch?v=2SNySedm768>

Agging with Spinal Cord Injury – Attitude (New Zealand)

<https://www.youtube.com/watch?v=KsM0Ertd5jM>

PNF Strengthening

Ant Elevation Pelvis Nov 21

<https://www.youtube.com/watch?v=UxaKvacLLNk>

Posterior Depression of the Pelvis - posted by Jason Craig

<https://www.youtube.com/watch?v=4IRKgFf2QrU>

Rolling Nov 1 – posted by Jason Craig

<https://www.youtube.com/watch?v=zdPX6GIEZGU>

Lower Extremity Patterns – posted by Jason Craig

<https://www.youtube.com/watch?v=haNtjGn7ep8>

Hooklying Pelvis Patterns - posted by Jason Craig

<https://www.youtube.com/watch?v=Db3YX5lsTU0>

Anterior Elevation and Posterior Depression of Shoulder [great for scap stability!!]

<https://www.youtube.com/watch?v=CpV9mQDbyJA>



Craig Hospital/Shepherd Center Patient Education Videos

- Short vignettes intended to start discussion with inpatients with SCI in a class setting

Craig Hospital Educational Video on Bowel Management

<https://www.youtube.com/watch?v=Hd-5EBCIcs>

Craig Hospital Educational Video on Bladder

https://www.youtube.com/watch?v=aq4FPwm6_eQ

Craig Hospital Educational Video on Nutrition

<https://www.youtube.com/watch?v=3B72okGdvpE>

Craig Hospital Educational Video on Skin

<https://www.youtube.com/watch?v=LcQalwjgfn0>

Craig Hospital Educational Video on Bowel Involuntaries (accidents)

<https://www.youtube.com/watch?v=iptGC-rAu2g>