



## SCI Seminars, Inc Recommended YouTube videos

### 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](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](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](https://www.youtube.com/watch?v=hoNhbi5R_W0)
- **Paraplegic Cheap Bed Frame Idea...and getting off the ground**  
<https://www.youtube.com/watch?v=M9cRWCiOIQ0>

**C6 Quadriplegic – Bed Mobility & Transferring** – posted by Garrett Jason Greer  
[https://www.youtube.com/watch?v=v\\_u0081a0Rw](https://www.youtube.com/watch?v=v_u0081a0Rw)

**C6 Quadriplegic Getting Dressed in Wheelchair (Ties shoes)** – posted by Garrett Jason Greer  
<https://www.youtube.com/watch?v=RDYmGuA8Tzo>

**C6 Quadriplegic Driving w/ Mennox Handcontrols** – posted by Garrett Jason Greer  
<https://www.youtube.com/watch?v=1AJDXEHBAc>

**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 transfer to wheelchair. (C6 No triceps)** – posted by Jackson Sherry (elbow pivot style to/from bed; also shows an alternative method for supine to sit)

<https://www.youtube.com/watch?v=XSuq0ffvvggE>

**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](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>

## **Wheelchair Skills**

**6Wheelchair Skills CCTV.mpg** - Posted by HamHealthSciences

[https://www.youtube.com/watch?v=ndVxBH\\_Wdmg](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](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 Wheelchair Skills Videos**

<http://sci.washington.edu/empowerment/videos.asp>

**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>

**The PerfIC Cath - Amazing Key Features:**

<http://www.youtube.com/watch?v=9pATp8TC8bI>

**C5-C6 Quadriplegic Draining Foley Bag Indoors:**

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

**C6 Quadriplegic Getting Dressed in Wheelchair (Ties Shoes):**

<http://www.youtube.com/watch?v=RDYmGuA8Tzo&feature=watch-vrec>

**C6 Quadriplegic - Bed Mobility & Transferring:**

[http://www.youtube.com/watch?v=v\\_u0081a0Rw&feature=related](http://www.youtube.com/watch?v=v_u0081a0Rw&feature=related)

**Self cathing/ Bladder; C5 C6 quadriplegic:**

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

## **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](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>