

SPINAL CORD MEDICINE

HANDBOOK FOR PATIENT AND FAMILY



Recreation and Wellness



Frazier Rehab Institute

A service of Jewish Hospital & St. Mary's HealthCare

**Frazier Rehab and
Neuroscience Center
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Louisville, Kentucky
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THE PATIENT AND FAMILY HANDBOOK

This Handbook is designed to give you the information to better understand spinal cord injury and the tools needed to manage your health care needs successfully. Information is intended for you and your family because, those who love you, will often be involved in assisting you with your care needs while in the hospital, and in the home environment. As you read through the Handbook, your rehab team at Frazier is available to address your questions and provide you more information pertinent to your needs.

HANDBOOK CONTRIBUTORS

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A BRIEF NOTE ABOUT THE FOUNDER OF FRAZIER REHAB INSTITUTE

In her early 20's, Amelia Brown of Louisville sustained a spinal injury in a car accident in the 1940's. With no rehabilitation services in Louisville, she traveled to New York for treatment. After returning to Louisville, she married a physician, Dr. Harry Frazier. Believing Louisville needed its own rehabilitation facility, Mrs. Frazier founded the Frazier Institute of Physical Medicine and Rehabilitation in the early 1950s. Her son, Owsley Brown Frazier, served as Chairman of the Fund Raising Committee for Frazier's new building, named the Frazier Rehab and Neuroscience Center, which opened in 2006.

DISCLAIMER

The information contained herein is intended to be used in accordance with the treatment plan prescribed by your physician and with the prior approval of your physician. You should not begin using any of the methods described in this publication until you have consulted your physician. Jewish Hospital & St. Mary's HealthCare, Inc. D.B.A. Frazier Rehab Institute, its affiliates, associates, successors and assigns, as well as its trustees, officers, directors, agents and employees are not liable for any damages resulting from the use of this publication.

RECREATION AND WELLNESS

Frazier Rehab Institute supports the belief that recreation, leisure and play activities, offer many health benefits to participants of all ages and abilities, friends and families. These may include: maintaining or enhancing muscle strength and endurance; weight management; cardio-vascular health (healthy heart); improved bowel function; emotional health rather than a tendency toward depression and anxiety; helpful sleep; positive relations with friends and family; and life with purpose. Specifically, if you have a purpose for getting out of bed each day, studies indicate, you will most likely take better care of yourself. If you participate in an activity that is fun, a challenge, or, at times, competitive then it is likely that you will feel better about yourself and your self-esteem will be positive.

Learning about the variety of recreation, leisure and play activities available to persons with spinal cord injury or impairment is a major focus of the Therapeutic Recreation and Adapted Sport Programs. Accordingly, your recreation therapist will provide you the opportunity to learn techniques that will allow you to participate in some of your previous activities and sports, as well as providing you the opportunity to develop new skills and/or try new activities and sports for leisure or competition. For example, if you previously enjoyed bicycling, your recreation therapist might introduce you to hand-cycling if you have weakness in your legs or hands; if you enjoyed video or computer games, your recreation therapist might introduce you to adapted computer technologies if you have weakness in your hand(s); if you enjoyed playing basketball, your recreation therapist may introduce you to a version of the sport played using a wheelchair; if you have weakness in your legs or problems with your standing/running balance your recreation therapist will encourage you and your family to create a recreation plan according to your needs and interests.

In accordance with your recreation plan, your recreation therapist may:

- Introduce you to a variety of community resources and programs in your area
- Provide information about private and public transportation options
- Help you gain experience being in public places after injury
- Teach you how to locate adaptive equipment appropriate for an activity of interest and may provide you an opportunity to try-out various pieces of adaptive equipment

THERAPEUTIC RECREATION PROGRAMS

Leisure Education and Awareness. Frazier Rehab Institute offers individual and group discussions that provide you and your family the opportunity to learn about issues related to disability. Leisure education topics may include information about the Americans With Disabilities Act (ADA), which will help you understand the rights of citizens with disabilities. Leisure education also addresses time management skills as well as ways to manage and resolve stressful situations. You will also be provided with options for both public and private transportation and travel and the overall benefits recreation can provide to you and your family. Every effort will be made to help you develop a resource packet specific to your needs and interests that you can use after returning home to your community.

Community ReEntry. With the support of your Spinal Cord Medicine Team, family and/or caregivers, and while you are still an inpatient, the Community ReEntry Program can provide you the opportunity to travel to your home, work, school, the shopping mall, a ballgame or a restaurant. These outings become opportunities to: test and/or improve your community mobility skills; problem-solve in familiar and unfamiliar situations; manage difficult situations you may encounter in public; and be assertive in positive ways. More specifically, if a person uses a wheelchair, it is important to know how to maneuver in crowded areas, safely get up and down curbs, open doors and use elevators. Outings can also be a good opportunity to learn how to ask for help when it is needed and how to respond to others who offer help when it is not wanted. Finally, outings can also provide you a way to learn or re-learn skills in recreation and sports such as basketball, tennis, fishing, camping, or swimming to name a few.

The ultimate goal for the Community Re-entry Program is for you and your family to gain valuable experience in a variety of community situations and gain the confidence needed to return to being active in your home community.

Recreation, Sports and Wellness. The Therapeutic Recreation Program at Frazier offers a wide variety of adapted sport programs on both a recreational and competitive/elite level. You may be introduced to these programs while you are an inpatient and you will certainly be encouraged to become involved in these programs after your discharge and once you are medically stable.

Many individuals with spinal cord injuries report the positive impact that participating in recreation and sport activities has had on their lives. These participants and former patients indicate they feel healthier while at the same time they feel less depressed and less socially isolated because they are choosing to actively engage in activities they enjoy. Many studies have been conducted to show that participating in recreation activities can also help to reduce “secondary medical conditions” such as heart and lung disease, urinary tract infections and skin care problems.

The Adapted Sports Program at Frazier is open to individuals with Spinal Cord Injuries and other related conditions.

Programs currently being offered include:

- Wheelchair basketball
- Wheelchair tennis
- Wheelchair rugby
- Sitting volleyball
- Adapted rowing
- Road racing
- Track and Field
- Handcycling
- Golf
- Wheelchair fencing

Frazier Rehab Institute, in partnership with BlazeSports America, US Paralympics and/or other community agencies and organizations provide active, year round sports training for individuals with physical disabilities throughout the State of Kentucky. Programs offered are both recreational and competitive in nature and can provide first time opportunities for many individuals who thought they could no longer participate in these activities due to their physical disability.

The direct involvement of nationally and internationally ranked Paralympic athletes with physical disabilities as coaches and mentors in the recreation and sport programs offered by Frazier Rehab Institute provides you with strong role models of individuals participating in these programs. These role models lead full, active, productive lives and also perform at the highest level of sport.

The Community Fitness and Wellness Facility. The Community Fitness and Wellness Facility began operation in October of 2007. This new and innovative program was specifically designed and implemented to focus on the health and wellness of individuals with physical disabilities within the community. The Community Fitness and Wellness Facility is an activity-based exercise program which assists an individual in the improvement of cardiovascular/aerobic fitness, muscular strength and flexibility. Individuals can exercise on a regular basis in an accessible gym with state of the art equipment designed specifically for wheelchair users. Highly skilled staff provide strong leadership in creating an exercise program specific to the needs of each client. There are specialized exercise program and membership packages available to individuals and their family members.

Adaptive Equipment. Adapted equipment is used in a variety of activities such as dressing, bathing and eating. Your recreation therapist will introduce you to adaptive equipment that is designed to help you maintain and/or learn leisure, recreation and sport related activities. Adaptive equipment is used in sports, arts and crafts, horticulture, and outdoor activities to name just a few. When appropriate, you and your family will be given the opportunity to learn about and how to use this equipment as a part of your rehabilitation program. You will also be given resource information on how to identify and locate equipment that you may want to purchase after your return home. (See Page 10.)

Community Resources and Programs. The Therapeutic Recreation Department at Frazier has developed partnerships with many local, regional, national and international agencies and organizations that support activities for those with spinal cord injury and impairment. This section provides you and your family with a list of many such organizations as well as some suggested resources for sports, recreation and wellness information, activities and contacts. Please be aware that this is by no means a 'complete list' of the resource information available to you as an individual with a spinal cord injury.

RESOURCES

Ability Magazine. ABILITY Awareness is a non-profit organization dedicated to enhancing the quality of life for people with disabilities through housing, education, employment, media and volunteer opportunities and by publishing a monthly magazine. For more information, please contact:

1001 West 17th Street
Costs Mesa, CA. 92627
949-854-8700
www.abilitymagazine.com

Disabilities Resources Monthly. Disability Resources Inc., a non-profit organization that promotes awareness, availability and accessibility of information for independent living. It monitors and reviews publications, audio video materials, online services and other information resources. It publishes a newsletter and maintains an active website that features the DRM Guide to Disability Resources. For more information, please contact:

DRI Dept. IN
4 Glatter Lane
CenterReach NY, 11720-1032
516-585-0290
www.disabilityresources.org

New Mobility. This monthly wheelchair lifestyle magazine, subtitled “Life on Wheels,” runs the gamut of topics from accessible travel to medical research, legislative issues, relationships and sexuality. The Magazine publishes many articles on health and innovations in medical care. It also publishes an annual Consumer Guide on new equipment and has a web site that features an active message board, archives, great links and interactive forums with disability experts. For more information, please contact:

No Limits Communication Inc.
P.O. Box 220
Horsham, PA 19044
(215) 675-9133
www.newmobility.com

Paraplegia News (PN). First published in 1946, PN is the magazine of the Paralyzed Veterans of America (PVA) and is intended primarily for veterans with spinal cord injuries and other related physical disabilities. Topics addressed are spinal cord research, employment, housing, health care, accessible travel and specific news for veterans. For more information, please contact:

Paraplegic News,
2111 East Highland Ave. Suite 180
Phoenix AZ. 85016-4702
888-888-2201 or 602-224-0500
www.pn-magazine.com

Sports N' Spokes. SPORTS 'N SPOKES is an international wheelchair sports and recreation activities publication. The magazine covers many diverse topics, e.g., bass fishing, tennis, golf, rugby, basketball and snow skiing. Each issue provides information on training, nutrition, people in sports, national and international competition, new products and a calendar of events. For more information, contact:

Paralyzed Veterans of America
2111 East. Highland Ave. Suite 180
Phoenix, AZ 85016-4702
(888) 888-2201 or 602-224-0500
www.sportspokes.com

Wheelin' Sportsman. Outdoor magazine for hunters and anglers with disabilities with features on equipment and resources of interest to the outdoor enthusiast as well as a calendar of events, a monthly magazine and a website. For more information, please contact:
800-THE-NWTF
www.wheelinsportsmen.org

Mainstream. This magazine describes itself as the 'Magazine of the Able-Disabled which is, produced by, for and about people with disabilities.' Mainstream magazine covers news & current affairs, new products & technology, profiles of 'movers & shakers' in the disability world, education, employment, sexuality & relationships, housing, transportation, travel & recreation. For more information, please contact:

www.mainstream-mag.com

LOCAL, STATE & REGIONAL ORGANIZATIONS

Kentucky Wheelchair Athletics Association (KWAA). The Kentucky Wheelchair Athletics Association (KWAA) is an independent, not-for-profit organization supporting sports and recreation opportunities for individuals with physical disabilities. They offer an array of competitive and non-competitive athletic and recreational activities to meet the diverse interests and activities of its members. KWAA offers opportunities to individuals with disabilities to enhance quality of life, promote physical fitness, introduce recreational and wheelchair sports, and challenge participants to perform at a competitive level. These activities include, but are not limited to, wheelchair basketball, fencing, rowing, tennis, rugby, track and field and racing.

The KWAA is supported by fundraising activities and community involvement. It has the support and endorsement of the leading rehabilitation and health care organizations in the state.

In the fall of 2002 the Kentucky Wheelchair Athletics Association partnered with the Derby City Area Chapter of the National Spinal Cord Injury Association (Derby City/NSCIA) and

Friends For Michael Spinal Cord Injury Organization (FFM) to become the Charter Organizations for the Spinal Cord Injury Association of Kentucky (SCIAK). The Mission of the SCIAK is closely linked with that of the KWAA in their service to those affected by spinal cord injury through increased awareness, greater resource availability and support services and enhanced educational and preventative interventions as well as increased athletic and recreational opportunities. For more information, please contact:

Frazier Rehab Institute
 Therapeutic Recreation Department
 220 Abraham Flexner Way, 11th Floor
 Louisville, Kentucky 40202
 Contact: Jill Farmer, President
 (502) 582-7618
jill.farmer@jhsmh.org

Spinal Cord Injury Association of Kentucky (SCIAK). The Spinal Cord Injury Association of Kentucky or “SCIAK” was formed in the fall of 2002 by practicing physicians, individuals with spinal cord injury and advocacy groups to utilize the expertise of the founding organizations and increase the areas of awareness, resource availability, education and athletic opportunities within the geographical region of Kentucky for those affected by spinal cord injury.

The founding organizations which were instrumental in forming the Spinal Cord Injury Association of Kentucky include the Derby City Chapter of the National Spinal Cord Injury Association, Friends for Michael, Inc.-Spinal Cord Injury Organization and the Kentucky Wheelchair Athletics Association. These organizations have provided services for those affected by spinal cord injury through increased awareness, greater resource availability and support services, enhanced educational and preventative interventions, as well as increased athletic and recreational opportunities.

The mission of The Spinal Cord Injury Association of Kentucky is to network with state, federal, public and private agencies to raise awareness of and about people with spinal cord injury and advocate for their needs. In addition, the Association seeks to provide and identify additional funding sources for the provision of client services, research and innovative program development. Area activities and events include Miss Kentucky Wheelchair Pageant, U.S. Quad Rugby National Tournament, Wheelchair Tennis Camp/Clinics, Disability Day at Kentucky Speedway, and Louisville Fencing Center, Adapted Rowing, National Wheelchair Basketball Tournament to name a few.

The Spinal Cord Injury Association of Kentucky identifies and supports opportunities for people with spinal cord injury to learn, play and compete in organized sports and recreational activities/events. Various events are held throughout the year to promote and bring focus to awareness, resource availability, education, and athletics. A listing of events can be found on our website at www.sciak.org.

Cardinal Hill Rehabilitation Hospital
2020 Versailles Road
Lexington, Kentucky 40504
Contact: Julie Duncan, President
(859) 254-5701
jbd1@cardinalhill.org

OR

Frazier Rehab Institute
Therapeutic Recreation Department
220 Abraham Flexner Way, 11th Floor
Louisville, Kentucky 40202
Contact: Jill Farmer, President-Elect
(502) 582-7618
jill.farmer@jhsmh.org

Friends for Michael. Michael Brent of the Friends For Michael Organization was in a car accident on July 21, 1997 as he returned home for PGA Valhalla Golf Course in Louisville, KY. He had been caddying on an extremely hot day, unknowingly became dehydrated and blacked out while driving home. Michael had earned an academic/golf scholarship to attend college in the fall of 1997 and was working all summer to improve his game in order to compete at the collegiate level.

The organization, which was originally founded to help Michael with immediate financial burdens, has turned into much more. It is now a non-profit 501(c)(3), volunteer based, organization that raises funds primarily for spinal cord injury research, grants for victims and their families, spinal cord injury prevention/awareness education and scholarships for locally active high school graduates. It are also one of three founders of the Spinal Cord Injury Association of Kentucky.

Contact: Cindy Norton in Campbellsville, Kentucky
Cnort4@insightbb.net

Derby City Chapter of the National Spinal Cord Injury Association (NSCIA). The Derby City Area Chapter of the National Spinal Cord Injury Association is a membership organization for individuals with spinal cord injuries, their families and health professionals. Founded in 1984 as a Charter Member of the National Spinal Cord Injury Association, it was incorporated as a not- for-profit organization.

The Board of Directors consists of the Officers, Past President and the Board Members At Large. The group meets on the third Monday of each month at Frazier Rehab Institute, 220 Abraham Flexner Way, Louisville, Kentucky 40202. The meetings begin at 6:30PM and run until 8:00PM. All interested individuals are welcome to attend.

Frazier Rehab Institute
Therapeutic Recreation Department
220 Abraham Flexner Way, 11th Floor
Louisville, Kentucky 40202
Contact: David Allgood, President
(502) 589-6620
dallgood@cal.ky

Winners on Wheels_(W.O.W.). Winners On Wheels is a nationally recognized program designed specifically for youth with mobility impairments (i.e. wheelchairs, walkers, crutches, canes or leg braces). Similar to a Boy or Girl Scout program the participants receive Merit badges or “Wheels” for participation in planned activities. This program meets twice a month for themed activities and field trips within the community.

Frazier Rehab Institute
Therapeutic Recreation Department
220 Abraham Flexner Way, 11th Floor
Louisville, Kentucky 40202
Circle Leader: Michelle Bazeley
(502) 451-5601
bazeleycei@bellsouth.net

Amputee Golf Charities
Contact: Henry Brown, President
(502) 829-0121
www.AmpGC.com

COACHES/PROGRAM LEADERS - LOUISVILLE, STATE OF KENTUCKY AND THE REGION

Wheelchair Basketball
Men’s/Women’s Head Coach- Julie Duncan
(859) 254-5701
Juniors Head Coach- Bob Davis
(502) 724-6813
Juniors Assistant Coach- Karey Kleinhenz
(502) 582-7411

Adapted Rowing
Contact: Randy Mills
(502) 419-0033

Sitting Volleyball
Head Coach- Karey Kleinhenz
(502) 582-7411

Wheelchair Fencing

US Paralympic/Head Coach- Les Stawicki
(502) 540-5004

Wheelchair Tennis

David Hartsek
(859) 327-4318

Handcycling and Wheelchair Racing

Jill Farmer
(502) 582-7618
Karey Kleinhenz
(502) 582-7411

Track and Field

Jill Farmer
(502) 582-7618
Karey Kleinhenz
(502) 582-7411

Golf

Amputee Golf Charities
Henry Brown
(502) 321-0501

Wheelchair Rugby

Jill Farmer
(502) 582-7618
Karey Kleinhenz
(502) 582-7411

Adaptive Equipment Used for Recreational Activities*

The Action Life Glove enables the user to grip objects and form a closed fist which is helpful in various recreational activities.



Action Life Glove used to grip a tennis racket.

Action Life Glove used for weight training.



Action Life Glove used to grip a fishing pole.

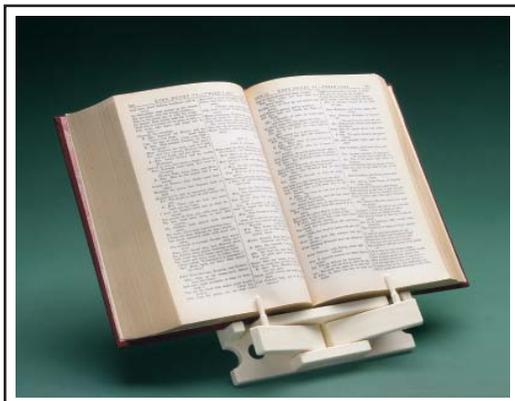
*Photos courtesy of Don Krebs, Access to Recreation, Inc.



Card Holder



Embroidery Hoop



Book Butler will turn pages in a book, magazine or newspaper.

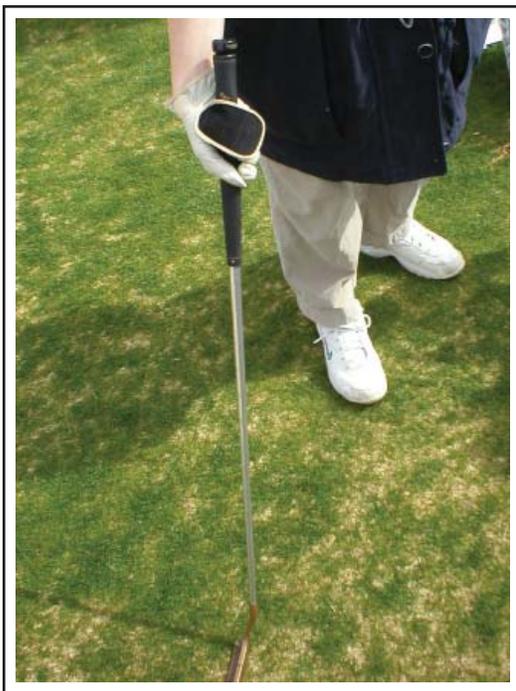
Pool Cue Cuff is adjustable for secure grasp and hand placement.





Strong Arm is one of many devices used to hold a fishing pole.

Fishing Pole Holder is clamped onto a wheelchair, lawn chair or beach chair to allow for one hand operation.

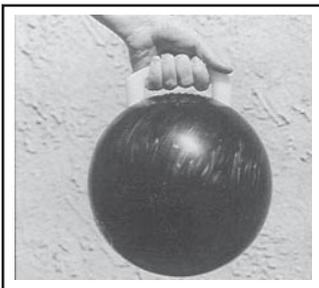


Velcro Golf Strap is an assist when gripping and swinging the golf club.



Wrist and Ankle Cuff can be hooked onto pulley weights and lateral bars for strength training exercises.

Gun Trigger Activator is a simple crank/lever which can be easily attached to the trigger of a rifle.



Bowling Ball With Handle retracts once the ball has been released from the hand.

Bowling Ball Ramp requires only a light push to roll the ball down the lane.

