**COVID 19: Exercise**

|  |  |  |  |
| --- | --- | --- | --- |
| Organization Name | Website | Contact | Resources |
| The Rocky Mountain Regional Spinal Injury System | <https://craighospital.org/programs/research> | Craig Hospital, Englewood, CO(303) 789-8306 | * Shoulder Stretches & Exercises: <https://www.youtube.com/playlist?list=PLHvasfo9gYvtG3imF7iZiapO67gH97wsp&fbclid=IwAR1WsdP_VbPJY-VLcj6U4DlJBlQj0_z-Yq78f6fWrWveIIDefr83FDooqhI>
 |
| Southeastern Regional Spinal Cord Injury Model System | <https://www.shepherd.org>  | Shepherd Center, Inc., Atlanta, GA(404) 352-2020 | * Home Exercises: <https://www.myshepherdconnection.org/sci/home-exercises?fbclid=IwAR2lzC1BojfgPYSdm_CQ4Eq_5B4wgUE7t8gbqTg8o3Xd-hjIkun-hrqGEBE>
* Staying Active While Social Distancing: <https://news.shepherd.org/heres-how-to-stay-active-while-practicing-social-distancing/?fbclid=IwAR0u6VJG9fw2Qw5qY1-UfP0gXiPIu5yCUxkw6utZOQVrQlXu-Jg3PuiV9Jo>
* Exercise for People with SCI: <https://www.youtube.com/playlist?list=PLOW85HV_qUD4qtm6WQbGTN2tv58sFLCHP&fbclid=IwAR1NVDSER3NzikAS8ZpK68KzJQYy49RtTGksV-aIYAvgq5SvQtS-43607xo>
* Bike Safety 101: <https://news.shepherd.org/bike-safety-101/?fbclid=IwAR1s_TU_zSPsReinRiUaHWJk6oeKvvmHvjwGSCFZrUBarKNFw7eepRsnFyo> Co
 |
| New Mobility | <https://www.newmobility.com/category/covid-19/>  | Magazine for active wheelchair users | * Stay at Home Wheelchair Workouts: <https://newmobility.com/2020/04/stay-at-home-wheelchair-workouts/>
* Adapt Training (Sit Strong Program): <https://www.adapttraining.com/sit-strong>
 |
| SCI Alberta | <https://sci-ab.ca>  | edmonton@sci-ab.ca 1-888-654-5444 | * Exercise Webinar: <https://www.facebook.com/SpinalCordInjuryAlberta/videos/593874994812175/>
* Seated Core: <https://www.facebook.com/watch/?v=3013574258729104>
* Core: <https://www.facebook.com/watch/?v=260214771891106>
* Exercise After SCI: <https://www.youtube.com/watch?v=HXVaLdhsBuk&fbclid=IwAR3RKj_KJYJzP4Vr8ajnUnDZQhETdi9T2NkwVYm_yjfayVv0GZsh_6qPH44>
 |
| SCI Ontario | <https://sciontario.org>  | info@sciontario.org416-422-5644  | * Get in Motion: <https://cdpp.ca/get-involved>
 |
| SCI BC | <https://sci-bc.ca> | info@sci-bc.ca1 800 689 2477  | * SCI Rehab & Exercise During COVID: <https://sci-bc.ca/askanexpert-rehab-resources/>
 |
| SCI Saskatchewan | <https://scisask.ca>  | 306.652.9644 or 1.888.282.0186sciinfo@scisask.ca  | * New Activity Guidelines: <https://scisask.ca/new-activity-guidelines-university-of-saskatchewan-college-of-physiotherapy/>
* NeuroSask (Drop in classes): <https://rehabscience.usask.ca/neurosask.php>
 |
| SCI Nova Scotia | <https://www.thespine.ca>  | 902-423-1277halifax@canparaplegic.org | * Get in Motion: <https://www.thespine.ca/wp-content/uploads/2020/04/activity.jpg>
 |
| Other Websites | * <https://sciontario.org/community/wheelchair-fitness/>
* Chair Sun Salutation Yoga: <https://www.doyogawithme.com/content/chair-sun-salutations>
* Chair Yoga for Upper Body: <https://www.doyogawithme.com/content/chair-yoga-upper-body>
* Gentle Wheelchair Yoga: <https://www.youtube.com/watch?v=FrVE1a2vgvA>
* Exercise & SCI: <http://sci.washington.edu/info/forums/reports/exercise_2013.asp>
* The Best SCI Exercises: <https://www.flintrehab.com/spinal-cord-injury-exercises/>
* United Spinal How To Exercises: <https://askus.unitedspinal.org/index.php?pg=kb.page&id=2424>
* Improving Range of Motion: <https://www.saebo.com/blog/range-motion-exercises-spinal-cord-injuries/>
* Flexibility: <https://www.healthlinkbc.ca/health-topics/ug2762>
 |