

You Tube Video References: Daily Living with SCI

https://www.youtube.com/watch?v=IKx_5KSrteA
<https://www.youtube.com/watch?v=U1xOpnLv71c>

<https://www.youtube.com/watch?v=2CN6p3nTvaw>
<https://www.youtube.com/watch?v=leMaFqck8yg>
<https://www.youtube.com/watch?v=YxPjl7afKNw>
<https://www.youtube.com/watch?v=cykm9SIxgXg>
<https://www.youtube.com/watch?v=bckjMC41-CM>
<https://www.youtube.com/watch?v=hmDfIGA5rVo>
<https://www.youtube.com/watch?v=Uq120f5Qkm4>
<https://www.youtube.com/watch?v=XIFFYq0GKfc>

<https://www.youtube.com/watch?v=XIFFYq0GKfc>
<https://www.youtube.com/watch?v=792EvZmyEIE>
<https://www.youtube.com/watch?v=g-6vUuSLb8k>
<https://www.youtube.com/watch?v=FayfvdVLdJQ>
<https://www.youtube.com/watch?v=5QhKFhothJQ>
<https://www.youtube.com/watch?v=SJujdpFHIG4>
<https://www.youtube.com/watch?v=XTqh8CwB7g>

https://www.youtube.com/watch?v=Z3LSC81_EyM
<https://www.youtube.com/watch?v=5O8hNtFZ13M>
<https://www.youtube.com/watch?v=UpXMDFEH8TY>
<https://www.youtube.com/watch?v=2Qi5V7tU6ig>
<https://www.youtube.com/watch?v=CKLRg4aTmPw>

<https://www.youtube.com/watch?v=YhYQ57s8Myk>
https://www.youtube.com/watch?v=fs6JDz_jqyk
https://www.youtube.com/watch?v=54_L2X0F8Po
<https://www.youtube.com/watch?v=0IEkXDdCe8A>

https://www.youtube.com/watch?v=dWZl_wFwZnE
<https://www.youtube.com/watch?v=kawZfSpOrPY>
<https://www.youtube.com/watch?v=rYHCyVFd2AQ>

Autonomic dysreflexia: a pt perspective
What still works /what doesn't 'Live to roll' series – Sean

Bowel/ Bladder Management Quadriplegia
BT routine by Mark - Abilitease
Quad c5/6 BT 'Live to roll' series - Sean
Cath - Male by Mark - Abilitease
Cathing male -quad 'Quadriplegic' series Mason Ellis
Quad c 5/6 Catheter bag change 'Live to roll' series -Sean
cool BR set up / male self-cath transfers by Jaz Blackman
Quad female Cath reconstructive approach Mitrofanoff -
NOT Suprapubic

Quad c5/6 transfer bed/dressing 'Live to roll' series -Sean
Quad LB dressing w/ spasms side lying
Quad c5/6 shoes/socks 'Live to roll' series - Sean
Quad socks/ shoes w/ spasms from chair rope ladders
Quad shoes socks EOB Jonathan Sigworth
Locking needle nose pliers use 'Live to roll' series Sean
AM / grooming quad 'Quadriplegic' series Mason Ellis

My life as a quad series c5 part 1 - Trent
My life as a quad series c5 part 2 - Trent
Quad applying make up Kiesha Mastrodimos
Quad applying make up
Quad applying make up Carissa Louise

w/c access home ideas
Home modifications
w/c access apartment
Bathroom layout 'Quadriplegic' series Mason Ellis

Parenting -para
Parenting twins - para mom
Parenting -quad dad

Mission

At the UPMC Rehabilitation Institute we provide the highest quality rehabilitative care, conduct highly relevant, cutting edge research that improves our care, create the next generation of clinicians and researchers, all with the focused goal of improving the lives of people with disabilities.

Clinical Mission

At the UPMC Rehabilitation Institute, our community based inpatient and outpatient facilities provide the highest quality individualized rehabilitation to our patients. We establish a nurturing environment that maximizes each patient's quality of life, utilizes evidence based care, fosters teamwork, cultivates education, promotes research and exceeds our customers' expectations.

<http://www.quadtools.com/>

<https://www.youtube.com/watch?v=eIBzSTmfL3w>

<https://www.youtube.com/watch?v=6ECF2qI1ia4>

<https://www.youtube.com/watch?v=IBNH7g8l87w>

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

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

<https://www.youtube.com/watch?v=jTf9-LUV-DE>

https://www.youtube.com/watch?v=cJ_B35i7B4

<https://www.youtube.com/watch?v=XIFFYq0GKfc>

https://www.youtube.com/watch?v=kRhGkq_SSz4

<https://www.youtube.com/watch?v=ESQhq38FJXI>

https://www.youtube.com/watch?v=2mxI2YrD7_s

<https://www.youtube.com/watch?v=DfzbrVzw0A>

<https://www.youtube.com/watch?v=JNRRSMd7nZg>

Wrist driven/tenodesis driven reachers

Wrist driven/tenodesis driven reachers -Chris Cowell

Wrist driven/tenodesis driven reachers meal prep-Chris Cowell

Quad -Chris Cowell kitchen prep (smoothie)

Quad - Kiesha Mastrodimos

Quad transfer - sofa 'Live to roll series' - Sean

Quad transfer -regular toilet, no board

Quad transfer -bed, no board

Quad bed transfers using overhead lift

Low bed transfer – Quad, w/ slide board

Long/short sitting - Johnathan Sigworth

T band HEP 'Quadriplegic' series Mason Ellis

Rubber band use tips 'Quadriplegic' series Mason Ellis

Fishing - quad home tips

Compiled by Barb Zerbee, COTA/L

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