

SPINAL CORD INJURY WELLNESS PROGRAM



General information

The Spinal Cord Injury Wellness Program is a unique community program available at the South Tampa and New Tampa YMCA. This program was made possible by the Creating Opportunity and Independence Grant through the Craig H. Nielson Foundation.

This grant provides both YMCA locations with the equipment and resources needed to serve the unique needs of Spinal Cord Injury patients in our community.

The program offers individuals living with a spinal cord injury (SCI) the chance to start or continue their exercise program, improve functional mobility, maintain overall health and wellness, and decrease the chance of secondary complications in conjunction with or following formal rehabilitation.

The main goal of the program is to improve the overall quality of life of individuals living with a SCI by creating a suitable community wellness space for these individuals to improve cardiovascular and pulmonary fitness, increase strength, and increase function.





Program requirements:

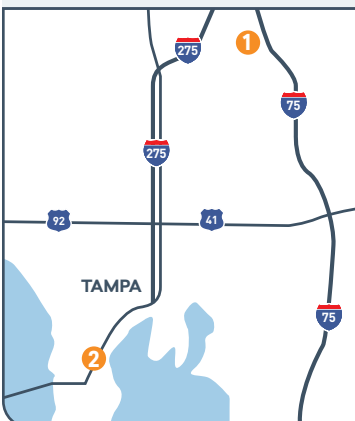
- Caregiver support and attendance at YMCA if the individual is not independent.
- Ability to bring any supplies needed for safe care during exercising (i.e. catheter).
- Transportation to and from YMCA.
- Clearance from physician to use functional electrical stimulation with Motomed cycling and standing frame (if desired).
- Commitment to the program for at least 6 months.
- Completion of intake and outtake paperwork to track program progress and goals.

Goals of the program:

- Provide a community fitness center for Tampa Bay community members living with a spinal cord injury to enjoy individually or with family.
- Decrease secondary complications including pressure sores, falls, infections, etc. by 50% during program.
- Improve self-identified wellness goals such as decreased pain and increased function.
- Improve overall quality of life as measured objectively through improved health, better relationships, increased socialization (less isolation), and improved self-efficacy.

Other Information:

- 1-year YMCA membership will be covered for the first 15 participants.
- Doctor's clearance is required for use of functional electrical stimulation and standing frame. The physician will refer participants to the TGH therapy team to complete short-term outpatient rehabilitation to create appropriate parameters for both pieces of equipment.
- Trained YMCA staff members will not serve as personal trainers. They will be present for initial paperwork and guidance throughout the program. The goal is to allow individuals to workout independently. If the participant is utilizing the Motomed cycling bike or standing frame, the YMCA staff member will assist with equipment and set up.



1. New Tampa YMCA
16221 Compton Dr., Tampa, FL 33647

2. South Tampa YMCA
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