You Tube Video References: Daily Living with SCI

https://www.youtube.com/watch?v=lKx_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=YxPj7afKpK
https://www.youtube.com/watch?v=cykm9SlXgXg
https://www.youtube.com/watch?v=bcKIMC41-CM
https://www.youtube.com/watch?v=hmDfIA5rV0
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https://www.youtube.com/watch?v=XTq8cwB7g

https://www.youtube.com/watch?v=Z3LSc81_EyM
https://www.youtube.com/watch?v=SO8hNfZI3M
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https://www.youtube.com/watch?v=OklRa4aTmPw

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https://www.youtube.com/watch?v=fsJ7d_zjyk
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https://www.youtube.com/watch?v=dWZI_wFwZnE
https://www.youtube.com/watch?v=kawZfSpOrPv
https://www.youtube.com/watch?v=CYHcVFd2AQ

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 c5/6 Catheter bag change ‘Live to roll’ series - Sheila
cool BR set up / male self-cath transfers by Jaz Blackburn
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
lock 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 rehabilitative care 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.
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**Compiled by Barb Zerbee, COTA/L**

April 2017

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**http://www.quadtools.com/**

**https://www.youtube.com/watch?v=elBzSTmfl3w**

**https://www.youtube.com/watch?v=6ECF2ql1ia4**

**https://www.youtube.com/watch?v=IBNH7g8I87w**

**https://www.youtube.com/watch?v=zH_vJtpFqA**

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

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

**https://www.youtube.com/watch?v=JTf9-LUV-DE**

**https://www.youtube.com/watch?v=cJ_B_35I7B4**

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

**https://www.youtube.com/watch?v=kRhGkg_SSz4**

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

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

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

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

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

T band HEP ‘Quadriplegic’ series Mason Ellis

Rubber band use tips ‘Quadriplegic’ series Mason Ellis

Fishing – quad home tips