

THE PARALYSIS RESOURCE GUIDE

WHERE TO TURN WHEN DEALING WITH PARALYSIS



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DISCLAIMER: This information is not intended to replace the advice of a doctor. Please use this information to help in your conversation with you doctor. This is general background information and should not be followed as medical advice. Please consult your doctor regarding all medical questions and for all medical treatment.

This document is dedicated to providing public information regarding Paralysis. None of the information in this document is intended to be formal legal advice, nor the formation of a lawyer/attorney-client relationship. Contact a personal injury lawyer at our law firm for information regarding your particular case.



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INTRODUCTION TO PARALYSIS

“Paralysis” often refers to the partial or complete loss of feeling in part of the body; however, it is more accurately defined as a condition in which there is a total loss of strength of a particular muscle, muscle group, or limb(s). This loss of strength is characterized by the inability to move the affected area as well as, more often than not, the loss of feeling—whether complete or partial—in the affected area.

So what causes paralysis? There are actually many different causes, but they all stem from nerve damage. Paralysis-causing nerve damage either occurs inside the brain, inside the spinal cord, or in the nerves surrounding the outside of the spinal cord, otherwise known as the peripheral nervous system.

Brain nerve damage that leads to paralysis is most often caused by:

- **Stroke.** In fact, stroke is considered one of the two leading underlying causes of paralysis. A stroke occurs when insufficient blood flow causes the sudden death of brain cells in a localized area of the body. This can cause paralysis in the face, arm, or leg, generally on one side of the body only.
- **Trauma or injury.** Trauma is the other leading underlying cause of paralysis. A major injury (from a fall, a blow to the head, a car crash, etc.) can cause brain damage, resulting in partial, complete, temporary, or permanent paralysis, depending on the nature of the brain trauma.
- **Tumor.** Paralysis can occur as a symptom of a brain tumor, which causes nerve damage.
- **Cerebral palsy.** Cerebral palsy, a disorder characterized by a brain injury or defect, occurs in infants during, right after, or shortly after birth. A common symptom is partial paralysis in the baby.
- **Multiple Sclerosis (MS).** MS is a chronic, debilitating autoimmune disorder in which the nerve cells’ protective covering, the sheath, is destroyed, resulting in nerve damage, which leads to muscle weakness, numbness, and paralysis. MS can also cause paralysis through spinal cord nerve damage.



Spinal cord nerve damage is most often caused by:

- **Trauma.** Trauma is actually what is most responsible for spinal cord nerve damage-inflicted paralysis, and generally causes the most severe forms of paralysis.
- **Spondylosis.** Often associated with aging, spondylosis is a spinal degeneration disease characterized by a deformity and stiffness in the joints of the spine. Spondylosis creates spinal cord nerve damage, which can lead to paralysis.
- **Tumor.** A tumor in the spinal cord can cause paralysis.
- **Herniated disc.** Also known as a slipped—or ruptured—disc, a herniated disc can lead to paralysis below the waist if it occurs in the middle of the back, which puts pressure on the spinal cord, causing spinal cord nerve damage.
- **Neurodegenerative disease.** This disease damages nerve cells. When cells are damaged in the spinal cord, paralysis can result.
- **Rheumatoid arthritis (of the spine).** When arthritis develops in the spine, symptoms can include pain, swelling, stiffness, weakness, numbness, and partial paralysis.

Peripheral nervous system damage that leads to paralysis is most often caused by:

- **Trauma.** Guillain-Barre syndrome. This rare nervous system disorder is characterized by swiftly progressing muscle weakness and numbness in various parts of the body. People with severe causes of Guillain-Barre, however, often experience paralysis.
- **CIDP** (chronic inflammatory demyelinating polyradiculoneuropathy). Patients with CIDP experience pain and swelling in the nerve cells' protective sheath, which can lead to paralysis.
- **Inherited Demyelinating Disease** is similar to CIDP and MS in that it destroys the protective sheath surrounding the nerve cell, leading to paralysis.





PREVENTING PARALYSIS

Now that we know some of the more common causes of paralysis, you can now take steps to prevent them. The most obvious step to take in order to prevent any kind of paralysis is to wear a helmet when you are doing potentially dangerous activities, such as skateboarding or riding a motorcycle. As we all know, severe head trauma and brain damage can lead to partial or full paralysis.

Another way you can help yourself prevent paralysis is to watch what you eat. Eating fatty foods high on cholesterol levels can raise your blood pressure, which can cause a stroke. Strokes can leave only certain areas paralyzed, or they can render an entire half of your body immobile. Luckily strokes are one of the easiest causes of paralysis to prevent. Eating healthy and keeping your cholesterol low is a very easy way to prevent paralysis, as is cutting back on your smoking. In addition to increasing the chances of having health problems down the road with cancer and emphysema, nicotine is a vasoconstrictor. Vasoconstriction is the narrowing of blood vessels, which raises your blood pressure and can actually lead to temporary paralysis of your face.

Eating right and avoiding unhealthy habits such as smoking are especially vital for pregnant women, as the adverse effects of these habits can not only have an effect on you, but on your child. Taking these preventative measures will help to ensure that you give birth to a healthy and happy baby.

Preventing Spinal Trauma

However the most common cause of paralysis is from spinal trauma. Taking basic safety precautions, such as wearing your seatbelt when driving, or proper support on a ladder when you're doing housework can go a long way in preventing possible injury. Unfortunately, accidents and unpredictable acts can and sometimes do happen.

If you work a high-stress job that requires much physical exertion, such as a construction or plant worker, you would be wise to take out some health insurance that covers paralysis. If you can, also look into setting money aside for possible injury, as you will most likely will be unable to work during your rehabilitation. Another step you may want to consider is counseling to help you better come to grips with your condition. It may seem daunting and somewhat frightening, but with the proper support from your friends and family you will come to grips with your condition.



PARALYSIS RESEARCH

Every day progress is being made in the field of paralysis research, however there is still a long way to go before a proper viable solution or cure is found. Organizations such as the Center for Paralysis Research, the Christopher Reeve Paralysis Foundation, and the Spinal Research Trust have spent millions of dollars looking at ways to repair spinal damage that would allow hundreds of thousands of people to walk again one day.

Much of the research is currently focused on the causes of paralysis. While scientists and doctors can sometimes tell the cause, such as in the case of trauma or stroke, other times they are left perplexed by the cause. Diseases such as Transverse Myelitis and Multiple Sclerosis, which are internal breakdowns of the nervous system and can lead to paralysis, have left the medical field collectively baffled. This is where the research plays a vital role as scientists and doctors alike try to solve the mysteries of why the nervous system breaks down, and how they can repair as much of the damage as possible. This research has led to new medications and forms of treatment that are now being tested in clinical trials, and many one day lead to finding a full treatment.

While there are many causes for the paralysis that scientists are currently studying, two of the most prevalent are Cerebral Palsy and Amyotrophic Lateral Sclerosis (ALS), better known as 'Lou Gehrig's disease'. Cerebral Palsy is a disorder that is taken on before, during, or shortly after birth. ALS, or Lou Gehrig's disease, is a degeneration of motor neurons that ultimately leads to the weakening of muscles, and the loss of all voluntary movement except for the eyes.

A treatment for paralysis from both ALS and CP, as well as for all kinds of paralysis, may be found through the use of stem cell research. Scientists have learned that stem cells can take on the role of motor neurons, and actually create contacts with muscles that can restore at least some function. Other treatments include the use of stem cells from umbilical cords, and a cocktail of drugs including Riluzole, Nimodipine and Mino-cycline.

Science is making definite progress towards finding treatments for paralysis, though there is still much work to be done. However, when you consider that only 50 years ago the idea of treating any kind of paralysis was but a hopeful idea, we have made tremendous progress.



STATE RESOURCES FOR PATIENTS AND THEIR FAMILIES

Alabama Resources

Paralysis Rehabilitation Treatment Centers

Spain Rehabilitation Center

University of Alabama at Birmingham

619 19th Street S

Birmingham, AL 35249-7330

Phone: 205-934-3283

Email: none listed

URL: <http://main.uab.edu/show.asp?durki=10712>

The UAB has been researching and treating paralysis since 1972 and offers comprehensive support to patients throughout the region.

Support Groups for Paralysis

Alabama Head Injury Foundation

3100 Lorna Road, Suite 200

Hoover, AL 35216-5451

Phone: 205-823-3818

Email: ahif1@bellsouth.net

URL: <http://www.ahif.org/index.htm>

This organization promotes the improvement of life after a traumatic brain injury (including SCIs).

Vocational Rehab Resources

Alabama Association for Persons in Supported Employment

8228 Royal Oak Court

Montgomery, AL 36117

Phone: 334-613-3527

Email: bwhite@rehab.state.al.us

URL: <http://www.al-apse.org/>

The mission of the AAPSE is to support people with all kinds of disabilities in their career choices.

Alabama Department of Vocational Rehabilitation

ADRS State Office

2129 East South Boulevard

Montgomery, AL 36116-2455

Phone: 800-441-7607

Email: <http://www.rehab.state.al.us> (contact form)

URL: <http://www.rehab.state.al.us>

The largest division within the rehabilitation department, this organization's vocational rehabilitation service (VRS) provide one-on-one employment counseling for disabled patients in Alabama.

Hospitals with Spinal Cord Injury Resources

Spain Rehabilitation Center

University of Alabama at Birmingham

619 19th Street S

Birmingham, AL 35249-7330

Phone: 205-934-3283

Email: none listed

URL: <http://main.uab.edu/show.asp?durki=10712>

The Spain Center is one of the country's top paralysis research and treatment facilities.



Alaska Resources

Paralysis Rehabilitation Treatment Centers

Providence Rehabilitation Services

3200 Providence Drive

Anchorage, AK 99508

Phone: 907-562-2211

Email: <http://www.providence.org/alaska/contact.htm> (email form)

URL: <http://www.providence.org>

Their staff is specially trained to deal with amputation, bone and joint problems, multiple sclerosis, neuromuscular diseases, SCIs, stroke, and sports injuries.

Support Groups for Paralysis

Anchor Rides

3650 A East Tudor Road

Anchorage, AK 99507

Phone: 907-342-6543

Email: wwtd@ci.anchorage.ak.us

URL: <http://www.muni.org/transit1/anchor.cfm>

This "people mover" program is designed to help SCI and other paralysis or wheel-chair bound patients travel throughout Alaska.

Vocational Rehab Resources

Division of Vocational Rehabilitation

801 West 10th Street, Suite A

Juneau, AK 99801-1894

Phone: 907-465-2814

Email: dawn.Hamilton@alaska.gov

URL: <http://www.labor.state.ak.us/dvr/home.htm>

This government-sponsored department offers resources to all people needing vocational rehabilitation, including those dealing with paralysis.

Hospitals with Special Spinal Cord Injury Resources

None found.



Arizona Resources

Paralysis Rehabilitation Treatment Centers

The Neuro Institute

1221 West Warner Road, Suite 102

Tempe, AZ 85284

Phone: 1-888-22-NEURO

Email: TheHandsOfHope@TheNeuroInstitute.com

URL: www.theneuroinstitute.com

The Neuro Institute provides programs in immersion therapy for patients with all kinds of brain and spinal cord injuries.

Support Groups for Paralysis

Arizona Spinal Cord Injury Association

901 East Willetta Street, Suite 2306

Phoenix, AZ 85006-2727

Phone: 602-239-5929

Email: info@azspinal.org

URL: <http://www.azspinal.org/index.aspx>

The mission of the Arizona Spinal Cord Injury Association is to promote recovery and offer support, as well as to raise money for injury rehabilitation research.

SCI Women Support Group

Banner Good Samaritan Hospital

1111 East McDowell Road

Phoenix, AZ 85006

Phone: 602-239-3307

Email: none listed

URL: none listed

This support group meets once a month at the Banner Samaritan Hospital. Contact Jill Greenlee to RSVP.

West Valley Support Group (VOICE)

Glendale Public Library Foothills Branch

19055 North 57th Avenue

Glendale, AZ 85308

Phone: 602-789-9129 x207

Email: none listed

URL: none listed

This support group meets on the 2nd Tuesday of every month. Contact Clayton Guffey for more details.

Vocational Rehab Resources

Arizona Vocational Rehabilitation

1789 W. Jefferson, 2NW

Phoenix, AZ 85007

Phone: 602-542-3332

Email: +AZRSA@azdes.gov

URL: <https://www.azdes.gov/rsa/vr.asp>

The vocational rehab program run by the state provides a number of employment services for those dealing with paralysis and other disabilities.

Hospitals with Special Spinal Cord Injury Resources

Barrow Neurological Institute

St. Joseph's Hospital and Medical Center

350 West Thomans Road

Phoenix, AZ 85013

Phone: 602-406-4680

Email: none listed

URL: http://www.stjosephs-phx.org/Medical_Services/086969

The Barrow Neurological Institute specializes in brain and spine injuries and disease.



Arkansas Resources

Paralysis Rehabilitation Treatment Centers

St. Vincent Rehabilitation Hospital

2201 Wildwood Avenue

Sherwood, AR 72120

Phone: 501-834-1800

Email: <https://www.stvincenthealth.com/contact.html> (email form)

URL: <https://www.stvincenthealth.com>

They offer comprehensive services for patients needing rehabilitation.

Support Groups for Paralysis

Arkansas Spinal Cord Commission

1501 North University Avenue, Suite 470

Little Rock, AR 72202

Phone: 1-800-459-1517

Email: cvines@arspinalcord.org

URL: <http://www.spinalcord.ar.gov/>

The mission of the ASCC is to provide continuing support to those dealing with major paralysis conditions.

Sherwood SCI Support Group

St. Vincent Rehabilitation Hospital

2201 Wildwood Avenue

Sherwood, AR 72120

Phone: 501-296-1792

Email: none listed

URL: none listed

This support group meets on the third Thursday of every month. Contact Allison Martinez for more information.

Vocational Rehab Resources

Arkansas Rehabilitation Services

Arkansas Department of Workforce Education

ARS Central Office

1616 Brookwood Drive

Little Rock, AR 72202

Phone: 501-296-1600

Email: <http://www.arsinfo.org/contact.aspx> (contact form)

URL: <http://www.arsinfo.org/>

This state department runs a number of programs to help disabled individuals find jobs and the proper rehabilitation programs.

Hospitals with Special Spinal Cord Injury Resources

Baptist Health Rehabilitation Institute

9601 Interstate 630, Exit 7

Little Rock, AR 72205

Phone: 501-202-7011

Email: <http://www.baptist-health.com/contact/> (email form)

URL: http://www.baptist-health.com/rehab_institute/about/

With both in-house and outpatient programs, this rehab center is the largest in the state.



California Resources

Paralysis Rehabilitation Treatment Centers

Rancho Los Amigos National Rehabilitation Center

7601 East Hwy.
Downey, CA 90242
Phone: 562-401-7111
Email: webmaster@rancho.org
URL: <http://www.rancho.org>

This rehab facility is state of the art, with clinical programs for almost any paralysis problem.

California Pacific Medical Center

P.O. Box Box 7999
San Francisco, CA 94120-7999
Phone: 415-600-6000
Email: cpmadmin@sutterhealth.org
URL: <http://www.cpmc.org>

This rehab facility works with patients needed help due to many medical conditions, including paralysis.

Support Groups for Paralysis

Project Walk

2738 Loker Avenue
Carlsbad, CA 92010
Phone: 760-431-9789
Email: projectwalksci@sbcglobal.net
URL: www.projectwalk.org

Project Walk gets SCI patients working and walking again in an exercised-based recovery program

Sonoma County SCI Outreach & Activities Project

980 Hopper Avenue
Santa Rosa, CA 95403

Phone: 707-528-2745

Email: none listed

URL: http://www.cri-dove.org/cri_row.htm

Supported by the CRI/Christopher Reeve Project, this organization provides support for paralysis patients of all ages.

Southern California Spinal Cord Injury Support Group

Casa Colina Centers for Rehabilitation
255 East Bonita Avenue
Pomona, CA 91769
Phone: 818-267-3031
Email: wyngs2sci@msn.com
URL: none listed

This support group holds meetings once a month. Contact Michele Altamirano for more information.

Vocational Rehab Resources

Peninsula ReCare

1764 Marco Polo Way
Burlingame, CA 94010
Phone: 650-697-8924
Email: none listed
URL: none listed

This vocational rehab center is part of the Department of Rehab and Regional Center Programs.

Project Hired

270 Franklin Mall
Santa Clara, CA 95050
Phone: 408-557-0880
Email: prohired@ix.netcom.com
URL: none listed

Project Hired is specifically designed to help people with dis-



California Resources (Continued)

abilities meet career goals.

Hospitals with Special Spinal Cord Injury Resources

Santa Clara Valley Medical Center

751 South Bascom Avenue

San Jose, CA 95128

Phone: 408-885-5000

Email: none listed

URL: www.scvmed.org

About 150 SCI patients are treated at this hospital's rehabilitation center annually. They have unique programs that helps patients get up and walking again, including a High-Quadriplegic program.



Colorado Resources

Paralysis Rehabilitation Treatment Centers

Spalding Rehabilitation Hospital

900 Potomac

Aurora, CO 80011

Phone: 303-367-1166

Email: none

URL: <http://www.spaldingrehab.com/>

The staff here is expertly trained in brain trauma, stroke, and amputee paralysis problems

Support Groups for Paralysis

SCI Recovery Project

1668 Valtec Lane, Suite E

Boulder, CO 80301

Phone: 303-440-7304

Email: info@scirecoveryproject.com

URL: <http://www.scirecoveryproject.com/index.html>

This extensive project studies rehab techniques and supports those who have recently suffered SCIs.

Vocational Rehab Resources

Division of Vocational Rehabilitation

Colorado Department of Human Services

1575 Sherman Street, 4th Floor

Denver, CO 80203

Phone: 866-870-4595

Email: Voc.Rehab@state.co.us

URL: <http://www.cdhs.state.co.us/dvr/>

Led by director Nancy Smith, the Division of Vocational Rehabilitation helps people with SCIs and other disabilities enter the workforce and live independently.

Hospitals with Special Spinal Cord Injury Resources

Craig Hospital

3425 South Clarkson Street

Englewood, CO 80113

Phone: 303-789-800

Email: Admissions@craighospital.org

URL: <http://www.craighospital.org/>

Craig Hospital is specially devoted to research and rehabilitation for spinal cord injury patients. They have 93 beds and also run an outpatient program.

The Spine Center

University of Colorado Hospital

12605 E. 16th Ave.

Aurora, CO 80045

Phone: 720-848-4011

Email: none listed

URL: <http://www.uch.edu>

The Spine Center specializes in helping people with spine cord, neck, and back problems.



Connecticut Resources

Paralysis Rehabilitation Treatment Centers

Hospital for Special Care

2150 Corbin Avenue

New Britain, CT 06053

Phone: 860-223-2761

Email: <http://www.hfsc.org/Contact/> (contact form)

URL: <http://www.hfsc.org/>

The Hospital for Special Care has special programs for rehabilitation of paralysis patients.

Support Groups for Paralysis

National Spinal Cord Injury Association – Connecticut Chapter

C/o Gaylord Hospital

Caylord Farms Road

Wallingford, CT 06492

Phone: 203-284-1045

Email: nscia@sciact.org

URL: www.sciact.org

This chapter of the national organization sponsors support groups, sporting groups, peer assistance programs, educational programs, and more.

Vocational Rehab Resources

Bureau of Rehabilitation Services

Department of Social Services

25 Sigourney Street, 11th Floor

Hartford, CT 06106

Phone: 800-537-2549

Email: evelyn.knight@po.state.ct.us

URL: <http://www.brs.state.ct.us/index.html>

The mission of this department is to create employment and educational opportunities for people with disabilities.

Hospitals with Special Spinal Cord Injury Resources

Gaylord Hospital

P.O. Box 400

Wallingford, CT 06492

Phone: 203-284-2810

Email: alvarado@gaylord.org

URL: <http://www.gaylord.org>

The Gaylord Hospital has teamed up with the Centers for Disease Control and other hospitals in the area to help prevent secondary conditions associated with SCIs.



Delaware Resources

Paralysis Rehabilitation Treatment Centers

None listed.

Support Groups for Paralysis

Delaware Spinal Cord Injury Support Group

Wilmington Hospital
501 West 14th Street
Wilmington, DE 19801
Phone: 302-428-6689
Email: none listed
URL: none listed

This group meets once a month, and they often have guest speakers. Contact Julie Gatchel for more information.

Vocational Rehab Resources

Division of Vocational Rehabilitation

Delaware Department of Labor
Fox Valley Shops
4425 North Market Street
Wilmington, DE 19802
Phone: 302-761-8275
Email: none listed

URL: <http://www.delawareworks.com/dvr/welcome.shtml>

This department helps people with disabilities find and keep jobs.

Hospitals with Special Spinal Cord Injury Resources

None listed. See nearby hospitals under "Pennsylvania."



Florida Resources

Paralysis Rehabilitation Treatment Centers

Florida Spinal Cord Injury Resource Center

Tampa General Rehabilitation Center

P.O. Box 1289

Tampa, FL 33601

Phone: 813-844-4286

Email: info@flspinalcord.us

URL: <http://www.flspinalcord.us/>

The FSCIRC is an information support organization for people dealing with spinal cord injuries and their families.

Support Groups for Paralysis

Orlando Lucerne Spinal Cord Injury Support Group

Orlando Regional Lucerne

818 South Main Lane

Orlando, FL 32801

Phone: 321-841-4173

Email: none provided

URL: none provided

The group meets every other Thursday at 2 PM. Contact Cindy Hennig for more information.

Vocational Rehab Resources

The Florida Department of Health

Brain and Spinal Cord Injury Program

4025 Esplanade Way, 3rd Floor

Tallahassee, Florida 32399

Phone: 850-245-4045

Email: none listed

URL: <http://www.doh.state.fl.us/Workforce/BrainSC/index.html>

This government-funded program helps SCI patients transition back into a typical working world.

Hospitals with Special Spinal Cord Injury Resources

University of Miami Hospital

1150 NW 14 Street, Suite 610

Miami, Florida 33136

Phone: 305-243-7100

Email: comments.umm@med.miami.edu

URL: <http://www.sci.med.miami.edu/>

The University of Miami Hospital has a number of state-of-the-art facilities to help paralysis patients. They run a special program called The Miami Project to Cure Paralysis, which actively looks for medical solutions.



Georgia Resources

Paralysis Rehabilitation Treatment Centers

Central GA Rehab Hospital

3351 Northside Drive

Macon, GA 31210

Phone: 800-491-3550

Email: tamboli.sara@mccg.org

URL: <http://www.centralgarehab.com/>

This is one of the oldest rehab facilities in Georgia and is one of two free-standing rehab hospitals in the state.

Support Group for Paralysis

Brain & Spinal Injury Trust Fund Commission

Phone: 888-233-5760

Email: info-bsitf@dhr.state.ga.us

URL: <http://www.ciclt.net>

This online support commission gives money to paralysis patients who need help.

Vocational Rehab Resources

Vocational Rehabilitation Program

Georgia Department of Labor's Rehabilitation Services

1700 Century Circle, Suite 300

Atlanta, GA 30345-3020

Phone: 404-486-6331

Email: rehab@dol.state.ga.us

URL: <http://www.vocrehabga.org/>

This department runs five separate programs that help people with disabilities work towards complete independence and employment.

Hospitals with Special Spinal Cord Injury Resources

Shepherd Center

2020 Peachtree Road, NW

Atlanta, GA 30309-1465

Phone: 404-352-2020

Email: webmaster@shapherd.org

URL: <http://www.shepherd.org>

The Shepherd Center is one of the nation's leading paralysis rehab facilities.



Hawaii Resources

Paralysis Rehabilitation Treatment Centers

Rehabilitation Hospital of the Pacific

226 North Kuakini Street

Honolulu, HI 96817

Phone: 808-531-3511

Email: hr@rehabhospital.org

URL: www.rehabhospital.org

The Rehabilitation Hospital of the Pacific is a 100-bed hospital with seven outpatient clinics. They work with regional hospitals to provide the best patient care possible.

Support Groups for Paralysis

Protection and Advocacy Agency

Hawaii Disability Rights Center

900 Fort Street Mall, Suite 1040

Honolulu, HI 96813

Phone: 808-949-2922

Email: pahi@pixi.com

URL: www.hawaiidisabilityrights.org

This organization deals with promoting equal opportunities for all disabled citizens of Hawaii, including SCI patients.

Vocational Rehab Resources

G&C Vocational Consultants

2618 Waolani Avenue

Honolulu, HI 96817

Phone: 808-595-7673

Email: gary@vocrehabhawaii.com

URL: http://www.vocrehabhawaii.com/gary_whitney.htm

O. Gary Whitney is one of Hawaii's most prominent vocational rehabilitation counselors.

Hospitals with Special Spinal Cord Injury Resources

None listed.



Idaho Resources

Paralysis Rehabilitation Treatment Centers

Saint Alphonsus Rehabilitation Unit

1055 North Curtis Road

Boise, ID 83706

Phone: 208-367-2660

Email: none listed

URL: <http://www.saintalphonsus.org>

The Saint Alphonsus Rehabilitation Unit focuses on finding the best treatment plan for every individual patient.

Support Groups for Paralysis

AdvoCare of South-Eastern Idaho

25th Street

Idaho Falls, ID

Phone: 208-745-6575

Email: advocare@advocareworld.com

URL: none listed

This organization meets monthly to help those dealing with SCIs and diseases causing paralysis.

Vocational Rehab Resources

Idaho Division of Vocational Rehabilitation

650 West State Street, Room 150

Boise, ID 83720-0096

Phone: 208-334-3390

Email: mgraham@vr.idaho.gov

URL: www.vr.idaho.gov

This state-federal program supports individuals with any type of disability, helping them prepare for employment and involvement in the community.

Hospitals with Special Spinal Cord Injury Resources

Idaho Elks Rehabilitation Hospital

600 North Robbins Road

Boise, ID 83702

Phone: 208-489-4522

Email: jcaroselli@ierh.org

URL: <http://www.idahoelksrehab.org/program.html>

The IERH has a brain and spinal cord center that helps paralysis patients and their families with treatment and adjusting to their limitations.



Illinois Resources

Paralysis Rehabilitation Treatment Centers

Winning Wheels

701 East Third Street
Prophetstown, IL 61277
Phone: 815-537-5168

Email: http://winningwheels.com/docs/contact_us.shtml (contact form)

URL: <http://winningwheels.com>

Winning Wheels is one of the few places in the country that offers full-time nursing support with paralysis rehabilitation programs.

Support Groups for Paralysis

Ready to Roll

600 Water Street
Peoria, IL 60607

Email: jalambert@insightbb.com

URL: <http://www.geocities.com/ready2roll/>

This support group meets on the first Tuesday of every month. Contact Jack Lambert for more details.

Spinal Cord Injury Association of Illinois

1032 South LaGrange Road
LaGrange, IL 60525
Phone: 708-352-6223

Email: sciinjury@aol.com

URL: www.sci-illinois.org

This organization provides support to patients and their families, works with health care professionals dealing with SCI patients, and offers resources and education for the general public.

Vocational Rehab Resources

Illinois Department of Human Services

Rehabilitation Services
100 South Grand Avenue East
Springfield, IL 62762
Phone: 217-557-1601

Email: web.bits@Illinois.gov

URL: <http://www.dhs.state.il.us/page.aspx?item=29737>

Anyone in the working age range is eligible to participate in vocational rehabilitation services with this state program.

Hospitals with Special Spinal Cord Injury Resources

Department of Physical Medicine & Rehabilitation

Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, IL 60611
Phone: 321-238-2870

Email: r-bailey@northwestern.edu

URL: <http://www.medschool.northwestern.edu/>

The SCI rehabilitation program at this center was the first in the Midwest and still is one of the best in the entire country.



Indiana Resources

Paralysis Rehabilitation Treatment Centers

Rehabilitation Hospital of Indiana

4141 Shore Drive
Indianapolis, IN 46254
Phone: 317-329-2000
Email: none listed
URL: www.rhin.com/

RHI provides the best rehab care possible for all patients, including SCI and paralysis patients.

Support Groups for Paralysis

Northwest Indiana Spinal Cord Injury Group

1052 Joliet Road
Valparaiso, IN 46385
Phone: 219-531-005
Email: nwiscig@gmail.com
URL: www.nwiscig.blogspot.com

This group sponsors special events and meets monthly to share SCI experiences and concerns.

Vocational Rehab Resources

Vocational Rehabilitation Services

138 East Lincoln Hwy (Rt 30)
Schererville, IN 46375
Phone: 219-864-8163
Email: none listed
URL: <http://www.in.gov/fssa/ddrs/4938.htm>

This comprehensive department program prepared individuals for working and joining the community.

Hospitals with Special Spinal Cord Injury Resources

None listed.



Iowa Resources

Paralysis Rehabilitation Treatment Centers

Center for Disabilities and Development

University of Iowa Hospitals and Clinics

100 Hawkins Drive

Iowa City, IA 52242-1011

Phone: 877-686-0031

Email: CDD-Webmaster@uiowa.edu

URL: <http://www.healthcare.uiowa.edu/cdd/index.asp>

The CDD has special paralysis rehab programs available for patients.

Support Groups for Paralysis

Cedar Rapids SCI Support Group

St. Luke's Rehabilitation Center

1026 A Avenue NE

Cedar Rapids, IA 52403

Phone:

Spinal Cord Injury Association of Iowa

3936 NW Urbandale Drive

Urbandale, Iowa 50322

Phone: 515-270-1522

Email: tima@advancedrebadtech.com

URL: none listed

This organization supports patients all over the state dealing with paralysis and other SCI issues.

Vocational Rehab Resources

Iowa Division of Persons with Disabilities

Department of Human Rights

Lucas State Office Building, Second Floor

Des Moines, IA 50319

Phone: 888-219-0471

Email: chr.disabilities@iowa.gov

URL: <http://www.state.ia.us/government/dhr/pd/index.html>

This state department funds programs that support education and training for persons with disabilities so that they can find jobs.

Iowa Vocational Rehabilitation Services

510 East 12th Street

Des Moines, IA 50319

Phone: 515-281-4211

Email: none listed

URL: <http://www.ivrs.iowa.gov/index.html>

The IVRS works for career rights for disabled citizens of Iowa. They have a number of resources online, as well as newsletters and training programs.

Hospitals with Special Spinal Cord Injury Resources

Yunker Rehabilitation Center

1200 Pleasant Street

Des Moines, IA 50309

Phone: 515-241-6212

Email: <http://www.iowahealth.org/body.cfm?id=219> (contact form)

URL: <http://www.iowahealth.org/body.cfm?id=267>

The staff here helped to found the Spinal Cord Injury Association of Iowa. They work with patients on a one-on-one basis and have outpatient therapy options available as well.



Kansas Resources

Paralysis Rehabilitation Treatment Centers

Kansas Rehabilitation Hospital

1504 SW 8th Avenue

Topeka, KS 66606

Phone: 785-234-6600

Email: leslie.cunningham3@healthsouth.com

URL: <http://www.kansasrehab.com/>

This treatment center seeks to maximize the functional skills of each patient to promote independence.

Support Groups for Paralysis

Spinal Cord Injury Support

Via-Christi Rehabilitation Hospital

1151 North Rock Road

Wichita, KS

Phone: 316-634-3404

Email: Barney_Hoss@Via-Christi.org

URL: non listed

This group meets every other month on the first Monday of the month.

Vocational Rehab Resources

Kansas Department of Social and Rehabilitation Services

Docking State Office Building, 9th Floor

915 SW Harrison

Topeka, KS 66612

Phone: 866-213-9079

Email: rehab@srs.ks.gov

URL: <http://www.srskansas.org/rehab/index.htm>

The vocational division of this department helps disabled patients with training and transition from education to the workforce.

Hospitals with Special Spinal Cord Injury Resources

None listed.



Kentucky Resources

Paralysis Rehabilitation Treatment Centers

Cardinal Hill Rehabilitation Hospital

2050 Versailles Road
Lexington, KY 40504
Phone: 859-254-5701
Email: none listed

URL: <http://www.cardinalhill.org/>

At the Cardinal Hill Rehabilitation Hospital, you can receive inpatient and outpatient care for your SCIs and paralysis-causing diseases. They also run a home-based program.

Support Groups for Paralysis

Derby City Area Chapter - NSCIA

Center for Accessible Living
305 West Broadway, Suite 200
Louisville, KY 40202
Phone: 502-589-6620

Email: dallgood@calky.org

URL: <http://www.derbycityspinalcord.org/>

This is a chapter of the National SCI Association, based in Derby City.

Spinal Cord Injury Association of Kentucky

C/o Julie Duncan
2050 Versailles Road
Lexington, KY 40504
Phone: 859-254-5701 x5642

Email: <http://www.sciak.org/pages/Contacts> (contact form)

URL: <http://www.sciak.org/>

This group was established in 2002 and seeks to increase awareness and promote education about those with SCIs.

Vocational Rehab Resources

Kentucky Office of Vocational Rehabilitation

209 St. Clair
Frankfort, KY 40601
Phone: 502-564-4440
Email: wfd.vocrehab@ky.gov

URL: <http://ovr.ky.gov/index.htm>

The main goals of this department are independent for all at work and at home.

Hospitals with Special Spinal Cord Injury Resources

Kentucky Spinal Cord Injury Research Center

University of Louisville
Louisville, KY 40292
Phone: 800-334-8635
Email: none listed

URL: <http://louisville.edu/kscirc/>

This state-of-the-art research facility is committed to developing spinal cord treatments for patients.



Louisiana Resources

Paralysis Rehabilitation Treatment Centers

Touro Rehabilitation Center

1401 Foucher Street

New Orleans, LA 70115

Phone: 504-897-8642

Email: HaunJ@Touro.com

URL: <http://www.touro.com/content/spinalinjury.htm>

The SCI program at Touro is one of the best in the state. They also deal with paralysis-causing diseases and provide education support to patients.

Support Groups for Paralysis

Northshore SCI Support Group

North Oaks Medical Center

Brent E. Dufreche Conference Room, Suite C

Hammond, LA 70403

Phone: 985-687-5232

Email: none listed

URL: none listed

Contact the medical center for more information about this group, which meets on a monthly basis.

Vocational Rehab Resources

Louisiana Rehabilitation Services

6620 Riverside Drive, Suite 101

Metairie, LA 70003

Phone: 504-838-5180

Email: lrsno@dss.state.la.us

URL: <http://www.dss.state.la.us>

You can apply to participate in vocational counseling, training, rehabilitation technological programs, and more.

Hospitals with Special Spinal Cord Injury Resources

Louisiana Medical Center & Heart Hospital

64030 Highway 434

Lacombe, LA 70445

Phone: 985-690-7500

Email: info@LouisianaHeartHospital.com

URL: www.LouisianaHeartHospital.com

This hospital has a special program specifically for SCI patients.



Maine Resources

Paralysis Rehabilitation Treatment Centers

New England Rehabilitation Hospital of Portland

335 Brighton Avenue
Portland, ME 04102-2374
Phone: 207-227-4000
Email: jaye.sewall@healthsouth.com

URL: www.nerhp.org

This joint venture of Maine Medical Center and HealthSouth LLC offers full-service rehab programs for paralysis patients.

Support Groups for Paralysis

Spinal Cord Injury Support Group

Maine General Medical Center
30 Chase Avenue
Waterville, ME
Phone: 207-872-440
Email: none listed
URL: none listed

This SCI support group is open to anyone with an SCI or anyone with an interest in SCIs. They meet every other Monday.

Vocational Rehab Resources

Maine Bureau of Rehabilitation Services

150 State House Station
Augusta, ME 04333-0150
Phone: 800-698-4440
Email: none listed

URL: http://www.maine.gov/rehab/dvr/dvr_vr.htm

This department's vocational rehab program is open to anyone with a physical, mental, or emotional disease or injury.

Hospitals with Special Spinal Cord Injury Resources

Maine Medical Center

22 Bramhall Street
Portland, Maine 04102-3175
Phone: 207-662-0111

Email: http://www.mmc.org/mmc_body.cfm?id=559 (contact form)

URL: <http://www.mmc.org>

The Maine Medical Center has a number of SCI treatment programs and they co-sponsor a rehabilitation center in Portland that employs top-notch physicians to help SCI patients.



Maryland Resources

Paralysis Rehabilitation Treatment Centers

Spinal Cord Injury Program

Adventist Rehabilitation Hospital of Maryland
9909 Medical Center Drive
Rockville, MD 20850
Phone: 240-864-6000

Email: <http://www.adventisthealthcare.com> (contact form)

URL: <http://www.adventisthealthcare.com>

The SCI program here is one of the best in the country. They have standing programs, community outings, bladder teaching, home programs, independence training, and more.

Support Group for Paralysis

From One Family to Another

P.O. Box 1685
Sykesville, MD 21784
Phone: 888-247-8598

Email: info@fofta.org

URL: <http://www.fromonefamilytoanother.org>

This organization distributes the latest SCI equipment to members, raises awareness in the community, and provides support for anyone dealing with an SCI.

SCI Network

51 Monroe Place
Plaza West 9
Rockville, MD 20850
Phone: 301-424-8335

Email: dcsharp1@comcast.net

URL: <http://www.spinalcordinjury.net/index.htm>

This center is the Washington D.C. chapter of the National Spinal Cord Injury Association. They're open daily and sponsor

a number of programs and community events.

Vocational Rehab Resources

Division of Rehabilitation Services

2301 Argonne Drive
Baltimore, MD 21218
Phone: 410-554-9385

Email: dors@dors.state.md.us

URL: <http://www.dors.state.md.us/dors>

DORS is the Maryland state support system for disability educational and vocational training.

Hospitals with Special Spinal Cord Injury Resources

Kernan Hospital

2200 Kernan Drive
Baltimore, MD 21207
Phone: 800-492-5538

Email: none listed

URL: http://www.kernan.org/schaefer_rehab.html

This hospital is JCAHO and CARF accredited with special rehab programs for SCI patients and monthly support groups for families.



Massachusetts Resources

Paralysis Rehabilitation Treatment Centers

Project Walk Spinal Cord Injury Recovery Center

755 Dedham Street

Boston, MA 02021

Phone: 781-821-WALK

Email: boston@projectwalk.org

URL: <http://www.projectwalk.org/boston/index.html>

The Project Walk Center opened in January 2008 as a state-of-the-art SCI rehab center.

Support Groups for Paralysis

Greater Boston Chapter Spinal Cord Injury Association

Spaulding Rehab Hospital

125 Nachue Street

Boston, MA 02114

Phone: 617-573-2081

Email: sciboston@aol.com

URL: <http://www.sciboston.com/support.htm>

This chapter of the NSCIA holds a number of support group meetings in areas throughout the state.

Vocational Rehab Resources

Vocational Rehabilitation Services

One Ashburton Place, 11th Floor

Boston, MA 02108

Phone: 617-573-1600

Email: none listed

URL: <http://www.mass.gov/>

This state program is committed to promoting equality in the workforce.

Hospitals with Special Spinal Cord Injury Resources

New England Regional Spinal Cord Injury Center

Boston Medical Center

Preston F511

732 Harrison Avenue

Boston, MA 02118

Phone: 617-638-7380

Email: bethlyn.houlihan@bmc.org

URL: <http://www.bumc.bu.edu/>

This regional center is one of the best for SCI patients in the region.



Michigan Resources

Paralysis Rehabilitation Treatment Centers

Mary Free Bed Rehabilitation Hospital

235 Wealthy SE

Grand Rapids, MI 48503

Phone: 616-242-0300

Email: info@maryfreebed.com

URL: <http://www.mfbrc.com/HomePage.aspx>

This rehab center treats patients dealing with SCIs, stroke, aphasia, brain trauma, MS, and many other paralysis-causing conditions.

Support Groups for Paralysis

The Foundation for Spinal Cord Injury Prevention, Care & Cure

13246 Golden Circle

Fenton, MI 48430

Phone: 1-800-342-0330

Email: ron@fscip.org

URL: www.fscip.org

This education support center helps to serve those with SCIs, as well as provide resources for people at risk.

Vocational Rehab Resources

Detroit Grand River Main MRS Office

Michigan Works! Service Center

Town Mall Center

15400 Grand River, 3rd Floor

Detroit, MI 48227

Phone: 313-270-2200

Email: HillD1@michigan.gov

URL: <http://www.michigan.gov/>

If you are a paralysis patient, you can apply to take part in a number of their programs.

Hospitals with Special Spinal Cord Injury Resources

Center for Spinal Cord Injury Recovery

Rehabilitation Institute of Michigan

261 Mack

Detroit, MI 48201

Phone: 1-866-SCI-CENTER

Email: bsherida@dmc.org

URL: <http://www.centerforscirecovery.org/>

This internationally renowned center works one-on-one with patients to activate muscles and nerves below the injury level.



Minnesota Resources

Paralysis Rehabilitation Treatment Centers

Gillette Children's Specialty Healthcare

200 East University Avenue

St. Paul, MN 55101

Phone: 651-291-2848

Email: none listed

URL: <http://www.gillettechildrens.org/default.cfm?pid=1>

This hospital is for children dealing with SCIs and paralysis-causing diseases. They're internationally recognized for their state-of-the-art programs.

Sister Kenny Rehabilitation Institute

Allina Health System

Allina Commons at Midtown Exchange

2925 Chicago Avenue

Minneapolis, MN 55407

Phone: 612-262-5000

Email: <http://www.allina.com/ahs/help.nsf/page/contact>

URL: <http://www.allina.com/ahs/ski.nsf/>

This rehab center has five locations and an outpatient program to help people recovering from SCIs and dealing with paralysis.

Support Groups for Paralysis

St. Paul Spinal Cord Injury Support Group

Bethesda Hospital

559 Capitol Boulevard

St. Paul, MN 55103

Phone: 651-232-2167

Email: tkheise@healtheast.org

URL: none listed

This group meets monthly and is for SCI patients and their friends and family members. Contact Tammy Heise for more information.

Vocational Rehab Resources

Minnesota Department of Employment and Economic Development

Rehabilitation Services Branch

First National Bank Building

221 Minnesota Street, Suite E200

St. Paul, MN 22101

Phone: 800-328-9095

E-Mail: deed.customerservice@state.mn.us

URL: http://www.deed.state.mn.us/rehab/vr/main_vr.htm

Minnesota's Department of Vocational Rehabilitation has a number of programs to help those with disabilities, including those with paralysis, find a place in the workforce.

Hospitals with Special Spinal Cord Injury Resources

Miller-Dwan Medical Center

502 East Second Street

Duluth, MN 55805

Phone: 218-727-8762

Email: webfeedback@smdc.org

URL: www.miller-dwan.com/prspinal.htm

They have a special center specifically for SCI patients and their families.



Mississippi Resources

Paralysis Rehabilitation Treatment Centers

Not listed.

Support Groups for Paralysis

LIFE of Mississippi

C/o Christy Dunaway

1304 Vine Street

Jackson, MS 39202

Phone: 601-969-4009

Email: lifefms@aol.com

URL: <http://www.lifeofms.com/>

This support group is for all Mississippi patients dealing with disabilities. LIFE stands for "Living Independence For Everyone."

Mississippi Paralysis Association

P.O. Box 256

Clinton, MS 39060-0256

Phone: 601-924-0452

Email: info@msparalysisassociation.com

URL: <http://www.lifeofms.com/>

This support group was formed in 1983 and helps provide paralysis patients get the assistance they need with equipment, supplies, therapy.

Vocational Rehab Resources

Mississippi Department of Rehabilitation Services

1281 Highway 51

Madison, MS 39110

Phone: 1-800-443-1000

E-Mail: http://www.mdrs.state.ms.us/contact_us.asp

URL: <http://www.mdrs.state.ms.us/default.asp>

Mississippi's Department of Rehabilitation Services provides resources to help those with disabilities find new careers, and live more independently.

Hospitals with Special Spinal Cord Injury Resources

Methodist Rehabilitation Center

1350 East Woodrow Wilson

Jackson, MS 39216

Phone: 601-981-2611

Email: loisw@mmscrehab.org

URL: <http://www.mmscrehab.org/>

The Methodist Rehab Center has a special program for SCI patients.



Missouri Resources

Paralysis Rehabilitation Treatment Centers

Rusk Rehabilitation Center

Department of Health Psychology

One Hospital Drive

Columbia, MO 65212

Phone: 573-882-8847

Email: none listed

URL: <http://www.umshp.org/hp/resources.htm#sci>

There are a number of programs that paralysis patients can use to help them live independently.

Support Group for Paralysis

St. John's Spinal Cord Injury Support Group

1235 East Cherokee

Springfield, MO 65804

Phone: 417-820-3157

Email: pauston@sprg.mercy.net

URL: none listed

This group holds meetings every month and luncheons regularly. Family members are welcome!

Vocational Rehab Resources

Missouri Division of Vocational Rehabilitation

3024 Dupont Circle

Jefferson City, MO 65109

Phone: 573-751-3251

E-Mail: info@vr.dese.mo.gov

URL: <http://vr.dese.mo.gov/>

Missouri's Division of Vocational Rehabilitation provides services and resources to those with disabilities to improve their condition of living by helping them find jobs, finish school, and improve their quality of life.

Hospitals with Special Spinal Cord Injury Resources

HealthPoint Capre

2126 Independence

Cape Girardeau, MO 63703

Phone: 573-986-440

Email: <http://www.healthpointplaza.com/ContactUs.aspx> (contact form)

URL: <http://www.healthpointplaza.com/>

This special rehab facility have 16 private treatment rooms and helps to support SCI patients and their families.



Montana Resources

Paralysis Rehabilitation Treatment Centers

The Rural Institute

The University of Montana

52 Corbin Hall

Missoula, MT 59812

Phone: 406-243-5467

Email: website@ruralinstitute.umt.edu

URL: <http://ruralinstitute.umt.edu/>

This center is a rehab and research facility for SCI and other disabled patients.

Support Group for Paralysis

Bozeman Spinal Cord Injury Group

Eagle Mount

6901 Goldenstein Lane

Bozeman, MT 59715

Phone: 406-284-6023

Email: ichatriand@yahoo.com

URL: none listed

This group meets on the second Tuesday of every month.

Contact Linda Chatriand for more information.

Vocational Rehab Resources

Montana Department of Public Health & Human Services

111 North Sanders Street

Helena, MT

Phone: 877-296-1197

E-Mail: <http://www.dphhs.mt.gov/dsd/contactus.shtml>

URL: <http://www.dphhs.mt.gov/dsd/index.shtml>

Montana's Department of Public Health and Human Services offers Vocational Rehabilitation provides a broad range of services to help those with disabilities improve their quality of life.

Hospitals with Special Spinal Cord Injury Resources

None listed.



Nebraska Resources

Paralysis Rehabilitation Treatment Centers

Immanuel Rehabilitation Center

6901 North 72nd Street

Omaha, NE 68122

Phone: 402-572-2121

Email: none listed

URL: <http://www.alegent.com/body.cfm?id=42>

This rehab center has some of the most advanced programs in the state.

Support Groups for Paralysis

Not listed.

Vocational Rehab Resources

Nebraska Department of Education

Quality Employment Solutions

Department of Education

State of Nebraska

P.O. Box 94987

Lincoln, NE 68509

Phone: 1-800-554-3382

E-Mail: vr.lincoln@vr.ne.gov

URL: <http://www.vocrehab.state.ne.us/>

Nebraska's Vocational Rehabilitation program has helped the disabled re-enter the workforce since 1921.

Hospitals with Special Spinal Cord Injury Resources

Madonna Rehabilitation Hospital

5401 South Street

Lincoln, NE 68506

Phone: 402-489-7102

Email: none listed

URL: <http://www.madonna.org/>

This facility is one of the most premier for SCI patients in the entire country.



Nevada Resources

Paralysis Rehabilitation Treatment Centers

North Nevada Center for Independent Living

999 Pyramid Way
Sparks, NV 89431
Phone: 775-353-3599
Email: mickeyd531@charter.net
URL: www.nncil.org

This center is dedicated to improving the lives of those with SCIs and other disabilities.

Support Groups for Paralysis

National Spinal Cord Injury Association

Nevada Chapter
4708 East Rochelle Avenue
Las Vegas, NV 8911
Phone: 702-988-1158
Email: brian@nscia-nv.org
URL: www.nscia-nv.org

This is the Nevada chapter of the national organization supporting SCI.

Vocational Rehab Resources

Nevada Department of Employment, Training & Rehabilitation

Rehabilitation Division
Bureau of Vocational Rehabilitation
1370 South Curry Street
Carson City, Nevada 89703-5146
Phone: 775-684-4070
E-Mail: detrvr@nvdetr.org

URL: http://detr.state.nv.us/rehab/reh_vorh.htm

Nevada's Vocational Rehabilitation department provides services to help those with disabilities find work, finish school, and make their lives easier.

Hospitals with Special Spinal Cord Injury Resources

CareMeridian

7690 Carmen Boulevard
Las Vegas, NV 89128
Phone: 800-852-1256
Email: gwakefield@caremeridian.com
URL: <http://www.caremeridian.com/>

CareMeridian is a leader in helping people with major health problems. Their SCI program is state-of-the-art.



New Hampshire Resources

Paralysis Rehabilitation Treatment Centers

Northeast Rehabilitation Health Network

70 Butler Street

Salam, NH 03079

Phone: 603-893-2900

Email: webmaster@northeastrehab.com

URL: www.northeastrehab.com

Built in 1984, this rehab hospital has helped thousands of SCI patients successfully return home.

Support Groups for Paralysis

National SCI Association

New Hampshire Chapter

54 Wentworth Avenue

Londonderry, NH 03053

Phone: 603-216-3920

Email: info@nhspinal.org

URL: www.nhspinal.org

This is the state chapter of the National SCI association, an organization that helps those dealing with SCIs.

Vocational Rehab Resources

Vocational Rehabilitation Coordinator

New Hampshire Department of Labor

95 Pleasant Street

Concord, NH 03301

Phone: 1-800-272-4353

E-Mail: <http://www.labor.state.nh.us/>

URL: <http://www.labor.state.nh.us/>

New Hampshire offers a variety of Vocational Rehabilitation Services, such as counseling, testing and job seeking skills to help those with disabilities get back into the workforce.

Hospitals with Special Spinal Cord Injury Resources

Valley Regional Hospital

243 Elm Street

Claremont, NH 03743

Phone: 603-542-7771

Email: info@vrh.org

URL: www.vrh.org

This hospital was recognized by the NH chapter of the NSCIA as being one of the best SCI treatment centers in the state.



New Jersey Resources

Paralysis Rehabilitation Treatment Centers

Kessler Institute for Rehabilitation

201 Pleasant Hill Road

Chester, NJ 07930

Phone: 973-584-7500

Email: rhedeman@kesslet-rehab.com

URL: www.kessler-rehab.com

The Kessler Institute has three locations in New Jersey and also runs an outpatient program to help anyone with an SCI.

Support Groups for Paralysis

The Adam Taliaferro Foundation

P.O. Box 8232

Turnersville, NJ 08012

Phone: 856-582-0212

Email: info@taliaferrofoundation.org

URL: <http://taliaferrofoundation.org>

Adam Taliaferro was an injured football player who defied his prognosis and learned to walk again. Today, this support organization helps athletes and other SCI patients get the best care possible as well.

Vocational Rehab Resources

New Jersey Department of Labor & Workforce Development

Vocational Rehabilitation Services

135 East State Street, 3rd Floor

P.O. Box 398 08625-0398

Trenton, NJ 08625

Phone: 609-292-5987

E-Mail: <http://www.state.nj.us/labor/survey/contact.shtml>

URL: <http://lwd.dol.state.nj.us/labor/dvrs/DVRIndex.html>

New Jersey's Department of Labor and Workforce Vocational Rehabilitation offers counseling, as well as training to help those with disabilities ease their way back into work or school.

Hospitals with Special Spinal Cord Injury Resources

The Spine Center

The University Hospital

The University of Medicine and Dentistry of NJ

150 Bergen Street

Newark, NJ 07103

Phone: 973-972-6273

Email: ramseyro@umdnj.edu

URL: <http://www.umdnj.edu/nsurgweb/spinecenter.html>

The Spine Center deals with both traumatic injury and deformities or disorders.



New Mexico Resources

Paralysis Rehabilitation Treatment Centers

Rehabilitation Hospital of Southern New Mexico

4441 East Lohman Avenue

Las Cruces, NM 88011

Phone: 575-521-6400

Email: none listed

URL: <http://www.ernesthealth.com/rhsm/>

This is a CARF-accredited rehab hospital, since significant experience dealing with paralysis patients.

Support Groups for Paralysis

Shiprock SCI Support Group

Northern Navajo Medical Center

P.O. Box 160

Shiprock, NM 87420

Phone: 505-368-4691

Email: none listed

URL: none listed

This group meets once a month in the evenings. Contact Timothy Mescal or Matthew Junior for more information.

Vocational Rehab Resources

New Mexico Division of Vocational Rehabilitation

Sante Fe, NM 87500

Phone: None Listed

E-Mail: KEArchuleta@state.nm.us

URL: <http://www.dvrgetsjobs.com/>

New Mexico's Division of Vocational Rehabilitation's purpose is to help those with disabilities find employment in a competitive workforce.

Hospitals with Special Spinal Cord Injury Resources

None listed.



New York Resources

Paralysis Rehabilitation Treatment Centers

Burke Rehabilitation Hospital

785 Mamaroneck Avenue

White Plains, NY 10605

Phone: 914-597-2500

Email: web@burke.org

URL: <http://www.burke.org/>

This hospital has both inpatient and outpatient programs for paralysis patients.

Support Groups for Paralysis

Long Island Spinal Cord Injury Resource Center

3445 Edgerton Avenue

Wantagh, NY 11793

Phone: 516-221-WALK

Email: info@testaverdefund.org

URL: www.testadverdefund.org

This group works to fund SCI research projects and individuals who have SCIs.

National SCI Association

The Greater New York Chapter

Mount Sinai Rehab Center

1 Gustve L. Levy Place, Box 1240

New York, NY 10029

Phone: 212-659-9369

Email: nycspinal@nycspinal.org

URL: www.nycspinal.org

This is the NYC chapters of the National SCI Association. This meet once a month and all patients and families are welcome.

Vocational Rehab Resources

New York State Education Department

Vocational and Educational Services for Individuals with Disabilities

Vocational Rehabilitation Services

One Commerce Plaza, Room 1603

Albany, NY 12234

Phone: 1-800-222-5627

E-Mail: vesidadm@mail.nysed.gov

URL: <http://www.vesid.nysed.gov/all/>

New York's Department of Vocational Rehabilitation helps those with disabilities who are in need of assistance in getting back into the workforce.

Hospitals with Special Spinal Cord Injury Resources

Center for Spinal Disorders

The Mount Sinai Medical Center

One Gustave L. Levy Place

1190 Fifth Avenue

New York, NY 10029

Phone: 212-241-6500

Email: http://www.mountsinai.org/msh/msh_fb.jsp (feedback form)

URL: <http://www.mountsinai.org/>

The Mount Sinai Hospital offers treatment programs for all kinds of SCIs and paralysis disorders.



North Carolina Resources

Paralysis Rehabilitation Treatment Centers

Day Rehabilitation Center

2264 Stantonsburg Road
Greenville, NC 27835
Phone: 252-847-6603
Email: <http://www.uhseast.com/body.cfm?id=23> (contact form)
URL: <http://www.uhseast.com/body.cfm?id=183>
This is a premier SCI and paralysis rehab center in North Carolina.

Support Groups for Paralysis

Cape Fear Valley SCI Support Group

1638 Owen Drive
Fayetteville, NC 28304
Phone: 910-609-4051
Email: none listed
URL: non listed
This group meets on the first Monday of each month and welcomes friends and families as well as SCI patients. Contact James Jones for more information.

National SCI Association

North Carolina Chapter
3701 Wake Forest Road
Raleigh, NC 27609
Phone: 919-350-4172
Email: dmyers8@triad.rr.com
URL: none listed
This is the NC chapters of the National SCI Association. Contact Deborah Myers for more information.

Vocational Rehab Resources

North Carolina Division of Vocational Rehabilitation Services

2801 Mail Services Center
Raleigh, NC 27699-2801
Phone: 919-855-3500
E-Mail: None Listed
URL: <http://dvr.dhhs.state.nc.us/>
North Carolina's Division of Vocational Rehabilitation helps those with disabilities receive counseling and training to help them return to the workforce.

Hospitals with Special Spinal Cord Injury Resources

University Health Systems of Eastern Carolina

The Regional Rehabilitation Center
2100 Stantonsburg Road, PO Box 6028
Greenville, NC 27835
Phone: 252-847-4400
Email: http://www.uhseast.com/rehab_body.cfm?id=23 (contact form)
URL: www.uhseast.com/rehab_home.cfm?id=10&oTopID=10
The rehab center in this health system helps patients with all kinds of SCI needs.



North Dakota Resources

Paralysis Rehabilitation Treatment Centers

None listed.

Support Group for Paralysis

North Dakota Association for the Disabled

3509 Interstate Blvd

Fargo, ND 58103

Phone: 701-281-8215

Email: fargo@ndad.org

URL: www.ndad.org

This organization was founded to help promote the rights of the disabled. All SCI patients are welcome to apply for membership.

Vocational Rehab Resources

North Dakota Department of Human Services

600 East Boulevard Avenue, Dept 325

Bismark, ND 58505

Phone: 701-328-0250

E-Mail: dhseo@nd.gov

URL: <http://www.nd.gov/dhs/services/disabilities/vr/>

North Dakota's Vocational Rehabilitation unit is committed to assisting those individuals with disabilities return to school or work.

Hospitals with Special Spinal Cord Injury Resources

None found.



Ohio Resources

Paralysis Rehabilitation Treatment Centers

MetroHealth Medical Center

2500 MetroHealth Drive
Cleveland, OH 44109-1998
Phone: 216-778-3867

Email: none listed

URL: <http://www.metrohealth.org/body.cfm?id=343>

This institute is a regional and national leader in rehabilitation.

Support Group for Paralysis

National SCI Association

Northeast Ohio Chapter
2500 MetroHealth Drive
Cleveland, OH 44109
Phone: 440-813-2783

Email: asweeney@leapinfo.org

URL: <http://www.metrohealth.org/body.cfm?id=2391>

This is the NE Ohio chapter of the National SCI Association.
Contact president Adam Sweeney for more details.

Vocational Rehab Resources

Ohio State Vocational Rehabilitation Agency

John M. Connelly, Executive Director
Rehabilitation Services Commission
400 E. Campus View Boulevard, SW3
Columbus, OH 43235
Phone: 614-438-1210

E-Mail: john.connelly@rsc.state.oh.us

URL: <http://www.state.oh.us/rsc>

Ohio Rehabilitation Services Commission provides vocational rehabilitation services to help those with disabilities regain their individual independence.

Hospitals with Special Spinal Cord Injury Resources

The Ohio State University Medical Center

410 West 10th Avenue
Columbus, OH 43210
Phone: 800-293-5123

Email: none listed

URL: <http://medicalcenter.osu.edu/>

The OSU Medical Center as a world-renowned SCI program that treats patients and researches cures.



Oklahoma Resources

Paralysis Rehabilitation Treatment Centers

INTEGRIS Stroke Center of Oklahoma

4401 South Western
Oklahoma City, OK 73109
Phone: 405-636-7000
Email: none listed
URL: <http://www.integris-health.com/>

This Center's rehabilitation clinic specifically helps patients recover after dealing with paralysis due to stroke.

Support Group for Paralysis

Oklahoma Disability Law Center

Oklahoma City Office
2915 Classen Boulevard
200 Cameron Building
Oklahoma City, OK 73106
Phone: 405-525-7755
Email: Kayla@okdlc.org
URL: <http://home.flash.net/~odlcokc/>

This group supports all citizens with disabilities, protecting their rights and advocating for solutions to currently unfair rules and laws.

Vocational Rehab Resources

State Department

Department of Rehabilitation Services
3535 N.W. 58th Street, Suite 500
Oklahoma City, OK 73112
Phone: 1-800-845-8476
E-Mail: lsantin@drs.state.ok.us
URL: <http://www.okrehab.org/>

The Oklahoma Department of Rehabilitation Services provides resources and assistance to the disabled as they try to return to a working environment.

Hospitals with Special Spinal Cord Injury Resources

The Oklahoma University Medical Center

1200 Everett Drive
Oklahoma City, OK 73104
Phone: 405-271-4700
Email: none listed
URL: www.oumedcenter.com

This facility has state-of-the-art rehabilitation and recovery programs, as well as treatment programs for those dealing with SCIs and paralysis-causing diseases.



Oregon Resources

Paralysis Rehabilitation Treatment Centers

Project Walk

9923 SW Arctic Drive
Beaverton, OR 97005
Phone: 760-9789

Email: projectwalksci@sbcglobal.net

URL: <http://www.projectwalk.org/portland>

This location is part of a nationally recognized rehabilitation effort to get wheel chair-bound patients walking again.

Support Groups for Paralysis

Oregon Paralyzed Veterans of America

3700 Silverton Road NE
Salem, OR 97305-1472
Phone: 503-362-9837

Email: oregonpva@oregonpva.org

URL: <http://www.oregonpva.org/>

This is a special support group for people who have been paralyzed while serving our country in the military.

St. Charles Medical Center SCI Support Group

2500 NE Neff Road
Bend, OR 97701
Phone: 541-382-4921 x2682

Email: none listed

URL: none listed

This support groups meets once a month. Contact Amy King for more details.

Vocational Rehab Resources

Oregon Department of Human Services

Vocational Rehabilitation Division
28 West 6th Street Ste A,
Medford, OR 97501

Phone: 541-776-6035

E-Mail: None Listed

URL: www.oregon.gov/DHS/vr/

Oregon's Department of Vocational Rehabilitation provides services to help those with disabilities regain their independence.

Hospitals with Special Spinal Cord Injury Resources

Oregon Brain and Spine Institute

9155 SW Barends Road, Suite 440
Portland, OR 97225
Phone: 503-297-2799

Email: judyn@oregonbrainandspine.com

URL: <http://www.oregonbrainandspine.com>

In conjunction with Providence St. Vincent Medical Center, Legacy Emanuel Hospital, Providence Portland Medical Center, and Legacy Good Samaritan Hospital, The OBSI helps people throughout the region deal with diseases of the spine and SCIs.



Pennsylvania Resources

Paralysis Rehabilitation Treatment Centers

Good Shepherd Rehabilitation

Good Shepherd Plaza

850 South Fifth Street

Allentown, PA 18103

Phone: 610-776-3100

Email: <http://www.goodshepherdrehab.org/contact/index.asp>
(contact form)

URL: <http://www.goodshepherdrehab.org/>

Some of their program specialties include rehabilitation nursing, physical therapy, wheelchair training, social work services, substance abuse counseling, pastoral care, vocational counseling, and occupational therapy.

Magee Rehabilitation

Jefferson Health System

1513 Race Street

Philadelphia, PA 19102-1177

Phone: 800-96-MAGEE

Email: hs koczen@mageerehab.org

URL: www.magreerehab.org

This is one of the nation's leading SCI and paralysis rehab facilities.

Support Group for Paralysis

Hershey Medical Center SCI Support Group

Penn State – Hershey Medical Center

500 University Drive

Hershey, PA 17033

Phone: 717-531-7010

Email: none listed

URL: none listed

This support group meets every third Wednesday of the month at 7 PM. Contact Cindy Hulse for more details.

Vocational Rehab Resources

Pennsylvania Vocational Rehabilitation Services

444 N. 3rd Street, 5th Floor

Philadelphia, PA 19123

Phone: 1-800-442-6381

E-Mail: None Listed

Phone: <http://www.dli.state.pa.us/>

Pennsylvania's Office of Vocational Rehabilitation offers assistance to the disabled who are wanting to return to work or school.

Hospitals with Special Spinal Cord Injury Resources

UPMC

200 Lothrop Street

Pittsburgh, PA 15213-2582

Phone: 412-647-UPMC

Email: <https://secure.upmc.com/contactform/>

URL: www.upmc.com

This SCI program here deals with all facets of paralysis injuries and diseases.



Rhode Island Resources

Paralysis Rehabilitation Treatment Centers

Rehabilitation Hospital of Rhode Island

116 Eddie Dowling Highway
North Smithfield, RI 02896
Phone: 401-766-0800
Email: none listed
URL: <http://www.rhri.net/>

This facility is a leader in inpatient and outpatient services and their goal is to help you regain independence and enjoy a high quality of life.

Support Groups for Paralysis

Shake-a-Leg

850 Aquidneck Avenue
Middletown, RI 02842
Phone: 401-849-8898
Email: jimc@shakealeg.org
URL: www.shakealeg.org

This organization focuses on what people with paralysis-causing conditions can do, not what they cannot.

Vocational Rehab Resources

Rhode Island Department of Human Services

Office of Rehabilitation Services
40 Fountain Street
Providence, RI 02903
Phone: 401-421-7005
E-Mail: steveb@ors.ri.gov
URL: <http://www.ors.state.ri.us/>

Rhode Island's Vocational Rehabilitation Services help the disabled return to the workforce by providing resources for those in need.

Hospitals with Special Spinal Cord Injury Resources

Kent Hospital

455 Toll Gate Road
Warwick, RI 02886
Phone: 401-737-7000
Email: info@kentri.org
URL: <http://www.kenthospital.org>

The rehab center at Kent Hospital helps many SCI patients learn to live independently.



South Carolina Resources

Paralysis Rehabilitation Treatment Centers

None listed.

Support Groups for Paralysis

Chester County Support Group

The Chester Regional Medical Center
1 Medical Park Drive
Chester, SC 29706
Phone: 803-482-4389
Email: llctcarter@truvista.net
URL: none listed

This group meets once a month. They often have guest speakers and plan social nights and discussion groups.

Rock Hill Area Support Group

Piedmont Medical Center
222 South Herlong Avenue
Rock Hill, SC 29732
Phone: 803-366-5659
Email: bobcatawba@aol.com
URL: none listed

This group is open to all SCI patients and their caregivers.

South Carolina Spinal Cord Injury Association

500 Taylor Street, Suite 403
Columbia, SC 29201
Phone: 803-252-2198
Email: none listed
URL: <http://www.scscia.org/>

The three main goals of the SCSCIA are education, advocacy, and research. They've been helping SCI patients in the region since 1990.

Vocational Rehab Resources

Babcock Center, Inc.

P.O. Box 4389
West Columbia, SC 29170
Phone: 803-799-1970
Email: info@babcockcenter.org
URL: www.babcokccenter.org

This nonprofit organization helps people with SCIs assert their right to work and find jobs in South Carolina.

South Carolina Vocational Rehabilitation Department

1410 Boston Ave., P.O. Box 15
West Columbia, SC 29171
Phone: 803-896-6500
E-Mail: info@scvrd.state.sc.us
URL: http://www.scvrd.net/c_index.html

South Carolina's Vocational Rehabilitation Department works to provide resources and manpower to help the disabled reinsert themselves into the workforce.

Hospitals with Special Spinal Cord Injury Resources

Greenville Hospital System

701 Grove Road
Greenville, SC 29605
Phone: 864-455-8976
Email: epetz@ghs.org
URL: <http://www.ghs.org>

This hospital has a special Spine and Brain Trauma center to help treat patients with all kinds of SCIs.



South Dakota Resources

Paralysis Rehabilitation Treatment Centers

None listed.

Support Group for Paralysis

South Dakota Coalition of Citizens with Disabilities

221 South Central Avenue

Pierre, SD 57501

Phone: 800-210-0143

Email: shellyp@sd-ccd.org

URL: <http://sd-ccd.org/>

This organization work with people of all capabilities to promote equality and provide resources.

Vocational Rehab Resources

South Dakota Department of Human Services

3800 Easy Highway 34,

Hillsview Properties Plaza

c/O 500 Easy Capitol Avenue

Pierre, SD 57501

Phone: 605-773-5990

E-Mail: infodhs@state.sd.us

URL: <http://dhs.sd.gov/>

The Department of Human Services Vocational Rehabilitation Program helps the disabled citizens of South Dakota provide for themselves.

Hospitals with Special Spinal Cord Injury Resources

Avera McKennan

800 East 21st Street

Sioux Falls, S 57105

Phone: 605-322-8000

Email: <https://www.avera.org/amck/contact/reqinfo/index.aspx>
(contact form)

URL: <http://www.mckennan.org>

The rehabilitation center at this hospital specializes in caring for patients disabled by SCIs and other paralysis-causing disease.



Tennessee Resources

Paralysis Rehabilitation Treatment Centers

The Patricia Neal Rehabilitation Clinic

1901 Clinch Avenue

Knoxville, TN 37916

Phone: 865-541-1446

Email: <http://www.patneal.org/pnrc-feedback.cfm>

URL: <http://www.patneal.org/pnrc-spine.cfm>

This facility's spinal cord program is intensive and includes physical, occupational, and many other kinds of therapies.

Support Group for Paralysis

Spinal Cord Injury Peer Support Group

Vanderbilt Stallworth Rehabilitation

2201 Children's Way

Nashville, TN 37212

Phone: 615-963-4051

Email: graham.goodloe@healthsouth.com

URL: none listed

This group meets once a month for refreshments, discussion, and a guest speaker.

Vocational Rehab Resources

Tennessee Vocational Rehabilitation Services

Citizens Plaza State Office Building

2nd Floor, 400 Deaderick Street

Nashville, TN 37243

Phone: 615-313-4891

E-Mail: None Listed

URL: <http://www.state.tn.us/humanserv/rehab/vrs.htm>

Tennessee's Vocational Rehabilitation Services help the disabled find jobs and finish school.

Hospitals with Special Spinal Cord Injury Resources

Veterans Affairs Medical Center

1030 Jefferson Avenue

Memphis, TN 38104

Phone: 901-523-8990

Email: none listed

URL: <http://www1.va.gov/>

There are state-of-the-art programs at this hospital for veterans dealing with SCIs.



Texas Resources

Paralysis Rehabilitation Treatment Centers

Facial Paralysis and Rehabilitation Clinic

Baylor Facial Plastic Surgery Center
Smith Tower, Suite 1701
6550 Fannin Street
Houston, TX 77030
Phone: 713-441-FACE (3223)
Email: facial_plasticcenter@bcm.edu
URL: <http://www.bcm.edu/facialplasticcenter/facialnerve.htm>
The facial paralysis and rehabilitation clinic at Baylor College of Medicine treats all kinds of facial nerve injuries.

Support Groups for Paralysis

National SCI Association

Rio Grande Chapter
Highlands Regional Rehabilitation Hospital
1395 George Dieter
El Paso, TX 79936
Phone: 915-532-3004
Email: none listed
URL: none listed
This is a Texas chapter of the National SCI Association.

Warm Springs SCI Support Group

Warm Springs Rehabilitation Hospital
5101 Medical Drive
San Antonio, TX 78229
Phone: 210-373-6463
Email: none listed
URL: none listed
This group meets on the third Wednesday of every month.

Vocational Rehab Resources

Texas Department of Assistive and Rehabilitative Services

4800 N. Lamar Blvd.
Austin, TX 78756
Phone: 1-800-628-5115
E-mail: DARS.Inquiries@dars.state.tx.us
URL: <http://www.dars.state.tx.us/>
Texas's Department of Assistive and Rehabilitative Services helps those with disabilities by providing key services to help them reenter the workforce.

Hospitals with Special Spinal Cord Injury Resources

Memorial Hermann Healthcare System

7737 Southwest Freeway, Suite 200
Houston, TX 77074
Phone: 713-799-5000
Email: none listed
URL: <http://www.memorialhermann.org/locations/TIRR.html>
This hospital has a special institute for rehabilitation that focuses on SCI research. It's one of the best locations in the United States.



Utah Resources

Paralysis Rehabilitation Treatment Centers

University Health Care Rehabilitation Center

50 North Meidcal Drive
Salt Lake City, UT 84132
Phone: 801-587-3422

Email: grace.prodnuck@hsc.utah.edu

URL: <http://healthcare.utah.edu/rehab/>

This rehab center has special programs for paralysis treatment.

Support Groups for Paralysis

Common Ground Outdoor Adventures

335 North 100 East
Logan, UT 84321
Phone: 435-713-0288

Email: <http://cgadventures.org/contact-us.php> (contact form)

URL: <http://cgadventures.org/>

This organization provides outdoor opportunities for SCI patients.

Vocational Rehab Resources

Utah State Office of Rehabilitation

P.O. Box 144200
Salt Lake City, UT 84114
Phone: 1-800-473-7530

E-Mail: None Listed

URL: <http://www.usor.utah.gov/vocrehab.htm>

Utah's State Office of Rehabilitation provides many services to help those the disabled work towards reentering the workforce.

Hospitals with Special Spinal Cord Injury Resources

None listed.



Vermont Resources

Paralysis Rehabilitation Treatment Centers

Rehabilitation Services

Waterbury Medical Associates

130 South Main Street

Waterbury, VT 05676

Phone: 802-241-4156

Email: none listed

URL: <http://www.cvmc.hitchcock.org/interior.php/pid/9/sid/62>

This rehab center includes a spinal rehab program, where patients are given individual treatment plans according to their needs.

Support Group for Paralysis

Vermont Protection & Advocacy

141 Main Street, Suite 7

Montpelier, VT 05602

Phone: 802-229-1355

Email: Epaquin@vtpa.org

URL: <http://www.vtpa.org/>

This agency helps people with SCIs and other disabilities combat discrimination.

Vocational Rehab Resources

Vermont Vocational Rehabilitation

103 South Main Street, Weeks 1A

Waterbury, VT 05671

Phone: 1-866-879-6757

E-Mail: VRWEBMASTER@dail.state.vt.us

URL: <http://vocrehab.vermont.gov/>

Vermont's Vocational Rehabilitation programs help those with disabilities train and find employment, as well as return to school.

VocRehab Vermont

McFarland State Office Building

5 Perry Street, Suite 100

Barre, VT 05641

Phone: 802-479-4210

Email: wendy.madigan@dail.state.vt.us

URL: <http://vocrehab.vermont.gov/index.cfm>

This organization offers vocational support for all job seekers with disabilities.

Hospitals with Special Spinal Cord Injury Resources

Southwestern Vermont Health Care

120 Hospital Drive

Bennington, VT 05201

Phone: 802-447-5140

Email: none listed

URL: <http://svhealthcare.org/services/medical-center/rehab/>

This hospital's rehab facility deals with all kinds of disabilities, including SCI and other paralysis problems.



Virginia Resources

Paralysis Rehabilitation Treatment Centers

The Rehabilitation and Research Center

Medical College of Virginia
Virginia Commonwealth University
P.O. Box 980661
Richmond, VA 23298-0661
Phone: 804-828-2156
Email: beagle@hsc.vcu.edu
URL: <http://www.sci.pmr.vcu.edu/>

This facility has a program that specializes in paralysis rehab care.

Support Group for Paralysis

National SCI Association

Old Dominion Chapter
P.O. Box 8326
Richmond, VA 23226
Phone: 804-726-4990
Email: info@odcnsca.org
URL: <http://www.odcnsca.org/>

This is the Old Dominion chapter of the National SCI Association.

Vocational Rehab Resources

Virginia Department of Rehabilitative Services

8004 Franklin Farms Drive
Richmond, VA 23229
Phone: 800-464-9950
E-Mail: James.Rothrock@drs.virginia.gov
URL: <http://www.vadrs.org/vocrehab.htm>

Virginia's Department of Vocational Rehabilitation strives to assist those with disabilities who want to return to the workforce by providing resources and training.

Hospitals with Special Spinal Cord Injury Resources

Orthopaedic Institute

Memorial Regional Medical Center
8260 Atlee Road
Mechanicsville, VA 23116
Phone: 804-764-7564
Email: bsr-webmaster@bshsi.com
URL: <http://www.bonsecours.com/>

This facility has doctors who specialize in spine problems.



Washington Resources

Paralysis Rehabilitation Treatment Centers

Next Steps NW

4162 148th Avenue NE

Redmond, WA 98052

Phone: 425-869-9506

Email: info@nextstepsnw.org

URL: <http://www.nextstepsnw.org/>

This non-profit facility runs an intensive rehab therapy program for paralysis patients.

Support Groups for Paralysis

Spinal Cord Injury Peer Support Group

St. Luke's Rehabilitation Institute

711 South Cowley Street

Spokane, WA 99202

Phone: 509-473-6681

Email: none listed

URL: none listed

This group meets on the third Wednesday of every month.

Contact Cynthia Moore for more details.

Vocational Rehab Resources

DVR State Office Lacey

PO Box 45340

Olympia, WA 98504

Phone: 1-800-637-5627

E-Mail: <http://www1.dshs.wa.gov/dvr/contactus/contactus.htm>

URL: <http://www1.dshs.wa.gov/dvr/>

Washington's Division of Vocational Rehabilitation works daily to help those with disabilities regain control of their life, helping them back into the workforce through training and care.

Hospitals with Special Spinal Cord Injury Resources

Northwest Regional Spinal Cord Injury System

University of Washington

Rehabilitation Medicine, Box 356490

Seattle, WA 98195

Phone: 206-616-2183

Email: csalzman@u.washington.edu

URL: <http://sci.washington.edu/>

The SCI center at this hospital is one of only 15 directly funded by the National Institute on Disability and Rehabilitation Research.



West Virginia Resources

Paralysis Rehabilitation Treatment Centers

Peterson Rehabilitation Center

20 Homestead Avenue

Wheeling, WV 26003

Phone: 304-234-0538

Email: <http://www.petersonrehabilitationhospital.com/> (form)

URL: <http://www.petersonrehabilitationhospital.com/>

This facility specializes in physical therapy, rehabilitation nursing, pain management, driver's assessment, discharge planning, and other programs needed by paralysis patients.

Support Group for Paralysis

HealthSouth Mountain View Regional Rehabilitation Hospital Support Group

1160 Van Voorhis Road

Morgantown, WV 26505

Phone: 304-598-1100

Email: karl.hursey@healthsouth.com

URL: none listed

Contact Karl for more details about this support group.

Vocational Rehab Resources

West Virginia Division of Rehabilitation Services

Charleston District Office

PO Box 547

Institute, WV 25112

Phone: 304-766-2634

E-Mail: None Listed

URL: <http://www.wvdrs.org/>

West Virginia's Division of Rehabilitative Services works with the disabled to help them find ways to reenter the workforce or school.

Hospitals with Special Spinal Cord Injury Resources

CAMC Health Systems, Inc.

P.O. Box 1547

Charleston, WV 25326

Phone: 304-388-6037

Email: <http://www.camc.org> (contact form)

URL: <http://www.camc.org/CAMC/CAMChome.htm>

This is a CARF-Accredited rehab facility with special resources for SCI patients.



Wisconsin Resources

Paralysis Rehabilitation Treatment Centers

Waukesha Memorial Hospital

725 American Avenue

Waukesha, WI 53188

Phone: 262-928-1000

Email: none listed

URL: <http://www.waukeshamemorial.org/>

Their new rehabilitation hospital will treat patients dealing with all kinds of SCIs and paralysis-causing diseases. Construction will be complete in 2008.

Support Group for Paralysis

National SCI Association

Southeastern Wisconsin

1545 South Layton Boulevard

Milwaukee, WI 53215

Phone: 414-384-4022

Email: nsciagmacwi@sbcglobal.net

URL: <http://www.nsciasew.org/>

This is a WI chapter of the National SCI Association.

Wausau Area Spinal Cord Injury Support Group

425 Pine Ridge Boulevard

Wausau, WI 54401

Phone: 715-847-2826

Email: Sheilahe@aspirus.org

URL: none listed

This group meets one a month and is open to patients, care-givers, and friends. Contact Sheila Henrichs for more details.

Vocational Rehab Resources

Wisconsin Department of Workforce Development

Central Office – Division of Vocational Rehabilitation

201 East Washington Ave, PO Box 7852

Madison, WI 53707

Phone: 1-800-442-3477

E-Mail: charlene.dwyer@dwd.state.wi.us

URL: <http://www.dwd.state.wi.us/dvr/>

Wisconsin's Division of Vocational Rehabilitation is set on helping those with disabilities find their place in the workforce by offering training and counseling.

Hospitals with Special Spinal Cord Injury Resources

Froedter & Medical College of Wisconsin

9200 West Wisconsin Avenue

Wilwaukee, WI 53226

Phone: 414-805-3666

Email: <https://www.froedtert.com/> (contact form)

URL: <http://www.froedtert.com/>

This facility's SCI program is designed for patients and families to help them learn to live independently and care for loved ones.



Wyoming Resources

Paralysis Rehabilitation Treatment Centers

Wyoming Neuroscience and Spine Institute

1233 East 2nd Street

Casper, WY 82601

Phone: 877-894-2225

Email: info@wmcnet.org

URL: <http://www.wyomingneurospine.com/>

The team at this center is specially trained to help patients, in their words, "reclaim lives."

Support Group for Paralysis

Protection & Advocacy System, Inc

320 West 25th Street, 2nd Floor

Cheyenne, WY 82001

Phone: 307-632-3496

Email: wypanda@vcn.com

URL: <http://wypanda.vcn.com/> (link is currently under construction)

This organization advocates for the rights of disabled people everywhere.

Vocational Rehab Resources

Wyoming Department of Workforce Services

Vocational Rehabilitation

Norma Whitney

1510 East Pershing Blvd.

Cheyenne, WY 82002

Phone: 307-777-7364

E-Mail: jmcint@state.wy.us

URL: <http://www.wyomingworkforce.org/how/vr.aspx>

Wyoming's Department of Vocational Rehabilitation strives to provide assistance to the disabled as they attempt to reenter the workforce.

Hospitals with Special Spinal Cord Injury Resources

None listed.



PARALYSIS TERMS TO KNOW

Anterior cord syndrome

In individuals with anterior cord syndrome, it is common to experience the loss of motor skills, or sometimes paralysis, below the point of injury. In addition, they may lose the ability to feel certain sensations such as pain or temperature.

Aphasia

Also known as aphemia, aphasia causes the loss of language comprehension and/or speech as a result of damage to the brain's left hemisphere. Aphasia can also co-exist with certain speech disorders. Aphasia may be caused by brain tumors, epilepsy, stroke, or other traumatic brain injuries that can cause paralysis in the language centers of the brain.

Arachnoiditis

Individuals with arachnoiditis experience severe, burning pain as a result of inflammation in the arachnoid, a protective membrane that surrounds nerves in the spinal cord. Arachnoiditis can cause disabilities as the disease progresses, including paralysis of the lower limbs, severe muscle spasms, uncontrollable twitching, incontinence, and sexual dysfunction.

ASIA score

An individual's ASIA score reflects the level of functionality after a spinal cord injury (applies to those with partial and full paralysis). An "A" indicates complete injury, while an "E" indicates full recovery.

Ataxia

Ataxia is a neurological disorder that causes coordination issues and other neurological problems. The causes of ataxia vary widely from focal lesions to drug interactions. As ataxia progresses, individuals may experience instability or a paralysis of the muscles which control eye movement.

Autonomic dysreflexia

Autonomic dysreflexia happens as a result of some spinal cord injuries. In this condition, certain stimuli can trigger discharge from the sympathetic nervous system. Individuals with paralyzing lower spinal cord injuries are especially susceptible to autonomic dysreflexia.

Brown-Sequard Syndrome

Individuals with Brown-Sequard Syndrome have received one-sided spinal cord injuries - often resulting from puncture wounds to the neck or back. Frequently, those with this syndrome have hemiparalysis, or a loss of sensations of touch, vibrations, or position below the point of injury (particularly on the same side of the spine that suffered the initial injury).

Cauda equina syndrome

Those with Cauda equina syndrome can experience paralysis or a loss of function to nerve roots in the spinal canal below the conus (the point of termination of the spinal cord). The syndrome is caused by lesions that upset the function of the cauda equina.

Central cord syndrome

Central cord syndrome is a form of cervical spinal cord injury that causes varying degrees of paralysis and sensory loss below the point of injury, as well as impaired motor skills and bladder dysfunction. This syndrome is more common among older individuals suffering from cervical spondylosis, generally after a hyperextension injury.

Collateral sprouting

Collateral sprouting is a process in which neurons near areas of brain damage can take over the functions previously performed by the damaged neurons. Collateral sprouting may be a viable option for those suffering from paralysis.



General Glossary of Cerebral/Erb's Palsy Terms (Continued)

Conus medullaris syndrome

This condition is quite similar to cauda equina syndrome, however numbness and paralysis are more symmetrical and bilateral. Conus medullaris syndrome can be caused by lumbar stenosis, traumatic spinal injuries, and spinal infections, among other things.

Demyelination

Demyelination, the process of shedding the myelin sheath that insulates nerves, is commonly the result of neurodegenerative autoimmune diseases such as multiple sclerosis. Symptoms can include neuropathy, weakness or paralysis of limbs, instability, incontinence, and fatigue.

Dermatome

Dermatome is an area of skin in which all sensory nerves originate in a single spinal nerve root. Sensory information can be transmitted from a dermatome to the spinal nerve root via sensory nerve fibers. Loss of functionality in a dermatome can result in sensory paralysis.

Dysphagia

Dysphagia refers to an individual's difficulty swallowing, sometimes as a result of the paralysis of one side of the pharynx. Symptoms include choking, uncontrollable salivation, and pneumonia. Many causes can lead to a diagnosis of dysphagia, but some include stroke, neurological disorders, and Parkinson's disease.

Functional electrical stimulation

A technique that uses currents of electricity to stimulate nerves in areas affected by paralysis. Individuals with paralysis from spinal cord injuries, stroke, or other neurological disorders may experience restored abilities as a result of this treatment.

Flaccidity

Flaccid paralysis, often brought on by acute polio, is characterized by reduced muscle tone without any obvious traumatic cause.

Hemiparesis

Hemiparesis, or the partial paralysis of one side of the body, is generally caused by lesions that interfere with communications between cortical and motor neurons in the spinal cord.

Heterotopic ossification

Heterotopic ossification happens when an individual's bone forms outside of the skeleton, usually in soft tissues. This condition is often observed in individuals with paralysis of the spinal cord or extremities.

Incontinence

Incontinence is the result of a loss of control of urinary and bowel functions. Any number of spinal cord injuries or neurological disorders can cause paralysis and incontinence.

Ischemia

The term ischemia refers to restricted blood flow and supply to the body's organs. Ischemia can cause muscles and tissues to become hypoxic or anoxic from lack of oxygen, eventually leading to necrosis. When blood supply to the spinal cord is restricted, spinal ischemia and paralysis can co-occur.

Laminectomy

Laminectomy is a common surgery used to treat spinal stenosis and paralysis. Surgeons remove the lamina of the vertebra to relieve pressure on the spinal cord and make more room for spinal nerves.



General Glossary of Cerebral/Erb's Palsy Terms (Continued)

Lesion

A lesion is any kind of abnormal tissue growth caused by trauma or disease. Lesions are commonly the cause of spinal cord injuries, neurological disorders, and paralysis.

Lumbar

The lumbar region of the spine contains five of the largest and strongest vertebrae in the spinal column. Lumbar, or lower back, pain can be caused by spinal pressure. Lumbar paralysis is a form of paraplegia caused by cerebrospinal nematodiasis.

Multiple sclerosis

Multiple sclerosis is a debilitating autoimmune disease that affects the brain and spinal cord. As a result, individuals can lose muscle control, vision, stability, and sensation, as well as experience various degrees of paralysis.

Neurapraxia

Neurapraxia is a temporary form of motor paralysis that causes relatively little sensory or autonomic dysfunction. With neurapraxia, the nerve and sheath damage is minimal.

Nerve impulse

A nerve impulse is an electrical message that is transmitted through neurons. When nerve impulses are completely obstructed by injury or disease, paralysis results.

Neurological level

A neurological level, in terms of a spinal cord injury, refers to the most caudal part of the spinal cord that has retained normal motor skills and sensory functionality on both sides of the body (where no paralysis is present).

Neurotmesis

Neurotmesis is a classification of nerve damage -- the most serious nerve injury, according to Seddon's classification. Individuals with neurotmesis have suffered damage and disruption to both the nerve and its sheath and may only recover partially from it. Neurotmesis causes a loss of motor, sensory, and autonomic functionality (complete paralysis).

Osteoporosis

Osteoporosis is a condition which causes bones to grow weak, both in terms of strength and mass. Osteoporosis is often unnoticed until the weak bones fracture. Individuals with spinal injuries and paralysis lose bone density and are susceptible to fractures, much like those who suffer from the common form of osteoporosis.

Paralytic Ileus

Paralytic ileus refers to the paralysis of the intestine, which prevents food from passing through, potentially leading to blockage. It frequently occurs after surgery and can cause constipation and bloating.

Paraplegia

Paraplegia is the paralysis of the lower body and extremities, including the legs. Paraplegia can take several forms, such as flaccid paraplegia or spastic paraplegia. As the condition progresses, individuals have more difficulty with walking. Paraplegia is usually caused by spinal cord injuries or congenital defects, such as spina bifida.

Paresis

Paresis (a term used to describe general weakness) is characterized by partial paralysis or impaired mobility. It generally refers to loss of motor skills in the limbs, but paresis can also affect the eye and stomach muscles.



General Glossary of Cerebral/Erb's Palsy Terms (Continued)

Phrenic nerve stimulation

Phrenic nerve stimulation is a technique in which electrical impulses are applied to the diaphragm with the purpose of restoring natural breathing in individuals suffering from respiratory paralysis.

Pressure sore

Pressure sores, commonly referred to as bed sores, are skin injuries that result from constant pressure on an area that restricts blood supply to the tissue. Pressure sores are commonly found in individuals restricted to bed rest and are one of the leading complications for people with paralysis.

Proprioception

Proprioception refers to an individual's sense of body movement, as well as the sense of where certain parts of the body are located in relation to one another. Individuals with motor paralysis (stroke patients, for example) often suffer from a loss of proprioception concurrently.

Quadriplegia

Quadriplegia is the paralysis of all four limbs, often caused by brain damage or high-level spinal cord injuries. Individuals with quadriplegia may have partial or complete paralysis in the four limbs.

Range of motion

An individual's range of motion is measured in degrees. The range is determined by how many degrees a joint can be flexed and extended. Range of motion exercises are often recommended for individuals with varying degrees of paralysis to maintain muscle tone.

Reflex

A reflex is the automatic neuromuscular response to a stimulus. Spinal cord injuries may cause a loss of reflex function below the point of injury.

Regeneration

Nerve regeneration is an experimental science that currently uses four methods to attempt to repair nerve damage: guidance channels, stem cells, growth factors, and gene therapy. Nerve regeneration, if achieved, may be a way to treat paralysis.

SCI

SCI refers to spinal cord injury. A SCI can cause a range of conditions depending on the degree and level of injury. Trauma, tumors, and neurodegenerative diseases, among others, can lead to complications from lumbar pain to complete paralysis.

Secondary injury

Secondary injury refers to the changes that occur in an individual's spinal cord after the initial trauma of a spinal cord injury. These changes can be physiological or biochemical. Secondary damage varies but can include paralysis.

Spasticity

Spasticity occurs when specific muscles continually contract, resulting in a stiffness that can interfere with speech, motor skills, and overall mobility. Spasticity can be caused by spinal cord injuries or multiple sclerosis, among other things; it can also be a side effect of paralysis.



General Glossary of Cerebral/Erb's Palsy Terms (Continued)

Spinal shock

Spinal shock is the loss of sensation, along with motor paralysis, that results from a spinal cord injury. The caudal reflexes are often depressed or completely absent, causing an initial loss of reflex functionality that can eventually be recovered.

Syringomyelia

Individuals with syringomyelia experience the formation of a fluid-filled cyst in the spinal cord. As the cyst, or syrinx, expands, it can disrupt the nerves, causing pain, weakness, or eventually paralysis.

Tetraplegia

Tetraplegia is another term for quadriplegia. Tetraplegia involves complete or partial paralysis of all four limbs, usually resulting from brain damage or spinal cord injury.

Thrombophlebitis

An inflammation of the vein that is caused by blood clotting. Individuals with thrombophlebitis may experience swelling, pain, and if left untreated, pulmonary embolism. Paralysis and certain types of cancer may lead to thrombophlebitis.

Tilt table

A procedure used to diagnose individuals with symptoms of dizziness, fainting, and low blood pressure. Tilt tables are considered necessary to recondition individuals with spinal cord injury or long-term immobilization as a result of paralysis.

Vertebrae

Vertebrae are the bones that constitute the spinal column. Humans usually have 33 vertebrae: 7 vertebrae in the cervical region, 12 vertebrae in the thoracic region, and 5 vertebrae in the lumbar region. Injuries to any of the vertebrae may cause varying degrees of paralysis.

Vital capacity

The measurement of the maximum amount of air an individual can expel from the lungs after maximum inhalation. Vital capacity is decreased in individuals with diaphragmatic paralysis.

Zone of partial preservation

In individuals with complete spinal cord injuries, the zone of partial preservation is the dermatome in which there is only partial nerve damage (partial or no paralysis).





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