

This is a work-in-progress list of the information sources I've compiled on Spinal Cord Injuries over the course of 5 years of writing X-Men fanfic. Most of the documents at the beginning are my go-to don't-need-a-net-connection references. The websites list is broken down into General and Sexuality. Opinions are wholly my own...

(Note: Some of the links no longer seem to be working directly. Will work on this.
09/14/21)

Images



These images that map out which segments of the spinal cord control various areas of the body are my go-to quick reference. Unfortunately, the website mentioned in the images no longer exists, but the images are reproduced in the document from RN.org.

<https://calvin-arium.tumblr.com/post/184341867538/its-here-the-guide-for-two-legged-people-who>

Lots of valuable info about wheelchairs here, and not just for artists.

<https://twitter.com/goldfvsh/status/1410790003748208647?s=20>

Guide to rigid-frame wheelchairs.

Miscellaneous

<http://www.scriptmedicblog.com/injury-profiles-complete-spinal-cord-injury-2/>

A writer's guide to SCI.

<https://marauders4evr.tumblr.com/post/139439412697/see-the-problem-with-people-who-arent-in>

Info on how to drive a wheelchair

PDF and Word Documents

[Trauma: Spinal Cord Injuries - RN.org](#)

Has a good overview. Basics on injury levels, and quite a bit of info on the immediate aftermath of injury. Course material for nurses. I use this a lot.

<http://physicaltherapy.med.ubc.ca/files/2014/01/JC-Champion-Award-SCI-functional-skills-2011.doc>

Extensive information on physical therapy goals post-SCI. Written for therapists, so fairly technical, though a lot of the definitions are included at the end. Probably what I use most after the images above.

[Sexuality Following Spinal Cord Injury - United Spinal Association](#)

Solid information, intended for lay readers. Not too technical. Fairly useful.

[Understanding Spinal Cord Injury, Part 2—Recovery - Model Systems ...](#)

Also has solid information on therapy goals for various levels of injuries. Less technical. Forgot I had this -- I'll be using it more in the future.

Websites -- General

<http://www.spinalinjury101.org/details/levels-of-injury>

A really good basic overview of SCI levels.

<https://www.travisroyfoundation.org/sci/resources/spinal-cord-injury-levels-classification/>

A really detailed but user-friendly description of the spinal cord and what controls what.

https://www.medicinenet.com/spinal_cord_injury_treatments_and_rehabilitation/article.htm#what_is_the_spinal_cord_injury

A really good basic overview of SCI.

<https://www.shepherd.org/patient-programs/spinal-cord-injury/about/levels-and-types>

Another detailed source for info on types and levels of SCI. The site is for a rehabilitation center, and there's quite a bit of other useful info.

<https://www.healthlinkbc.ca/health-topics/ug2980>

Info on autonomic dysreflexia, a complication of certain types of SCI. Good, but a little incomplete. Read the PDF from RN.org to fill in the gaps.

<https://www.healthpages.org/health-a-z/spinal-cord-injury-function/>

Yet another site with a bunch of good basic information.

Websites -- Sexuality

Note: Most of these have a very heterosexual focus, but there's still a lot of good information here...

<https://www.brainandspinalcord.org/spinal-cord-injury-sex-mens-sexuality-after-sci/>

Emotional effects of SCI on men's sexuality. Brief, but worth reading.

<https://facingdisability.com/resources/sex-and-fertility>

An extensive list of resources on sexuality after SCI. I haven't investigated all of them yet.

<https://www.intimaterider.com/>

Device for enhancing mobility for sexual encounters. Site presumes heterosexual sex, but I can see top! Charles using this.

<https://www.christopherreeve.org/living-with-paralysis/health/sexual-health/sexual-health-for-men>

Good basic information on sexuality and SCI.

<https://craighospital.org/resources/sexual-function-for-men-after-a-spinal-cord-injury>

A lot of good information.

<https://scisexualhealth.ca/>

Lots of info, some details I haven't seen elsewhere.

Videos

T1 paraplegic getting dressed:

<https://youtu.be/kMlulsywR6E>

Floor-to-chair transfer:

<https://youtu.be/SvgPX7U-eDM>

Driving with portable hand controls:

https://youtu.be/tkdWr_le0Ec

Going up and down curbs:

https://youtu.be/GK_kYCRKI_A

Getting in and out of a pool:

<https://youtu.be/R0wEkBwt7CA>

Maneuvering in bed & more:

<https://youtu.be/G6wGzEgc57g>

Driving with hand controls:

<https://youtu.be/L3x9Zfe2MP4>

Workout routine:

<https://youtu.be/LEMONYInKi4>

Self-defense:

<https://youtu.be/oUZ4-2uXvro>

Stretching routine (w/feline audience):

<https://youtu.be/5UTbaO0EzSg>

Stairs:

<https://youtu.be/NU8wGF1T7fI>

Getting in and out of a bathtub:

<https://youtu.be/XttdFUPSPcY>

Couch transfer:

<https://youtu.be/hYmINj3wNOo>

Steps, No Ramp:

<https://youtu.be/Yp6TDtJ-H1c>

Yoga:

https://youtu.be/htG-OUysz_0

Standing frame demo:

<https://youtu.be/ZyJOkpF8K68>

Coping Skills:

<https://youtu.be/M7OJ-RlfRoM>

Maneuvering in bed:

<https://youtu.be/JNlxjFz7izU>

Bladder Management:

<https://youtu.be/LmqvAoPeOEo>

Bowel Management:

<https://youtu.be/cGWoKPrxyl8>

Bathing:

<https://youtu.be/0ckhZzuH98g>

Dealing with doors:

<https://youtu.be/ltQuPRAurng>

YouTube Channels

Paralyzed Living

Tons of good info. A bunch of the videos above are from here.

<https://youtube.com/c/ParalyzedLiving>

Roll with Cole and Charisma

Slice of life videos from an interabled couple.

<https://youtube.com/c/rollwithcole>

More coming soon eventually...