

PARTICIPANT PREPARATION FOR WORKSHOP 2

on: „Posture in people in wheelchairs – prevention, symptoms, causes, diagnosis and treatment”

Workshop issues:

Diseases of wheelchair users: spinal cord injury, stroke, multiple sclerosis, spinal muscular atrophy - **only basic information:** definition, etiology, clinical symptoms.

Anatomy - muscular and skeletal system - **only basic information:** vertebral column, physiological curvatures, normal anatomical position of the spine, muscles of the trunk.

References:

- 1) D'Amico A, Mercuri E, Tiziano FD, Bertini E: *Spinal muscular atrophy*. Orphanet Journal of Rare Diseases 2011, 6:7. www.orphandis.com/content/1750-1172-6-71.pdf
- 2) Gilroy AM, MacPherson BR, Ross LM: *Atlas of Anatomy*. Thieme, 2008 or any atlas of anatomy.
- 3) *Multiple sclerosis*. The Patient Education Institute (www.Xplain.com). www.nlm.nih.gov/medlineplus/tutorials/multiplesclerosis/nr229105.pdf
- 4) *Stroke (brain attack)*. Mayfield Clinic and Spine Institute. www.mayfieldclinic.com/pdf/PE-stroke.pdf
- 5) *Understanding Spinal Cord Injury*. Shepherd Center and KPKinteractive in collaboration with the American Trauma Society, the National Spinal Cord Injury Association and the Christopher & Dana Reeve Foundation. www.spinalinjury101.org/files/understanding-spinal-cord-injury.pdf

Supplementary references

Grundy D, Swain A: *ABC of spinal cord injury*. BMJ Books, 2002. <http://unitedparalysis.org/files/27.pdf>.

Jacobs PL, Nash MS : *Exercise Recommendations for Individuals with Spinal Cord Injury*. Sports Med 2004; 34 (11): 727-751. http://www.starpix.it/download/IUSM5/Sbriccoli/Exercise in SCI_Sports Med 2004_Review.pdf

Multiple sclerosis. PubMed Health <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001747/>

Physical Therapist's Clinical Companion. Chapter " Common Disorders"(multiple sclerosis, cerebrovascular accident, spinal injuries). Springhouse, 2000.

Stroke. The Internet Stroke Center.

<http://www.strokecenter.org/professionals/stroke-diagnosis/stroke-syndromes/>