

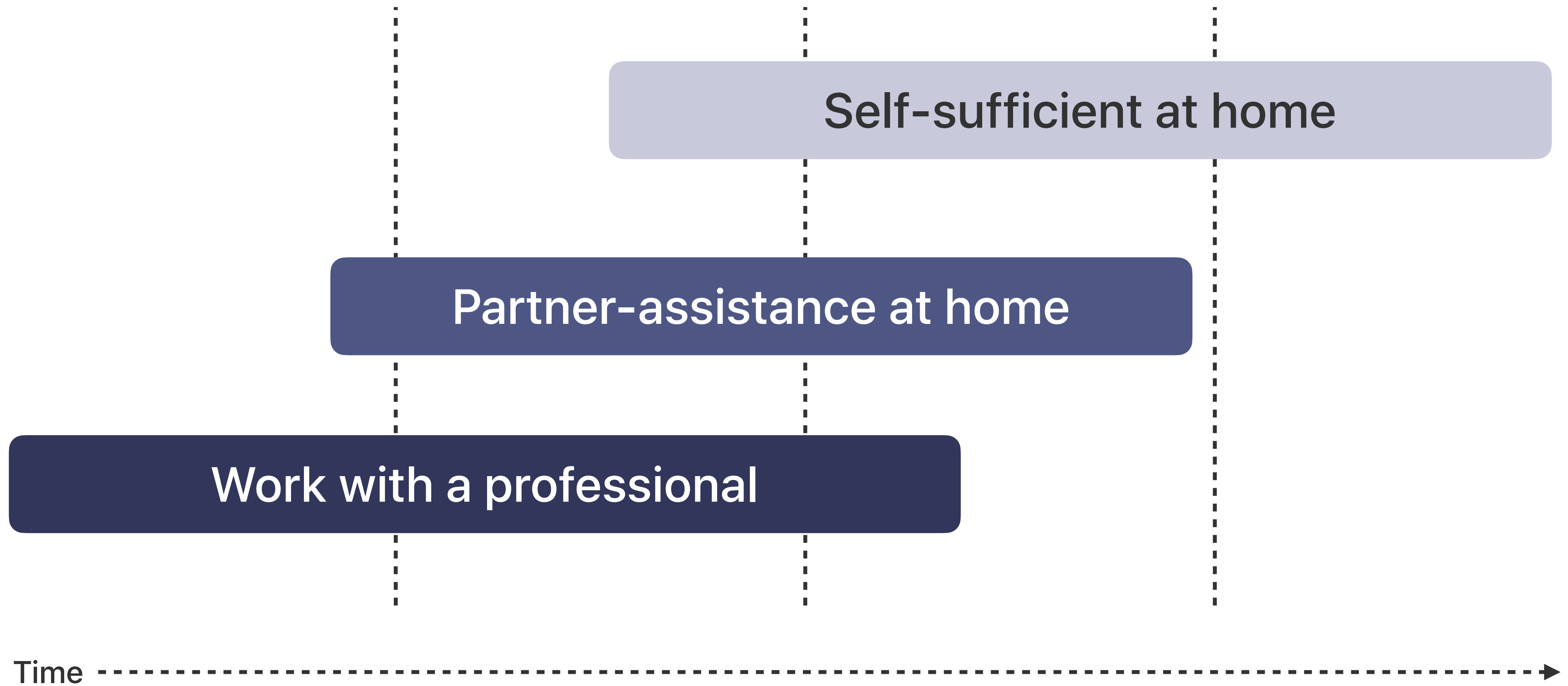
Empowering SCI Recovery Partnerships

Best practices for assisting your partner with at-home therapy

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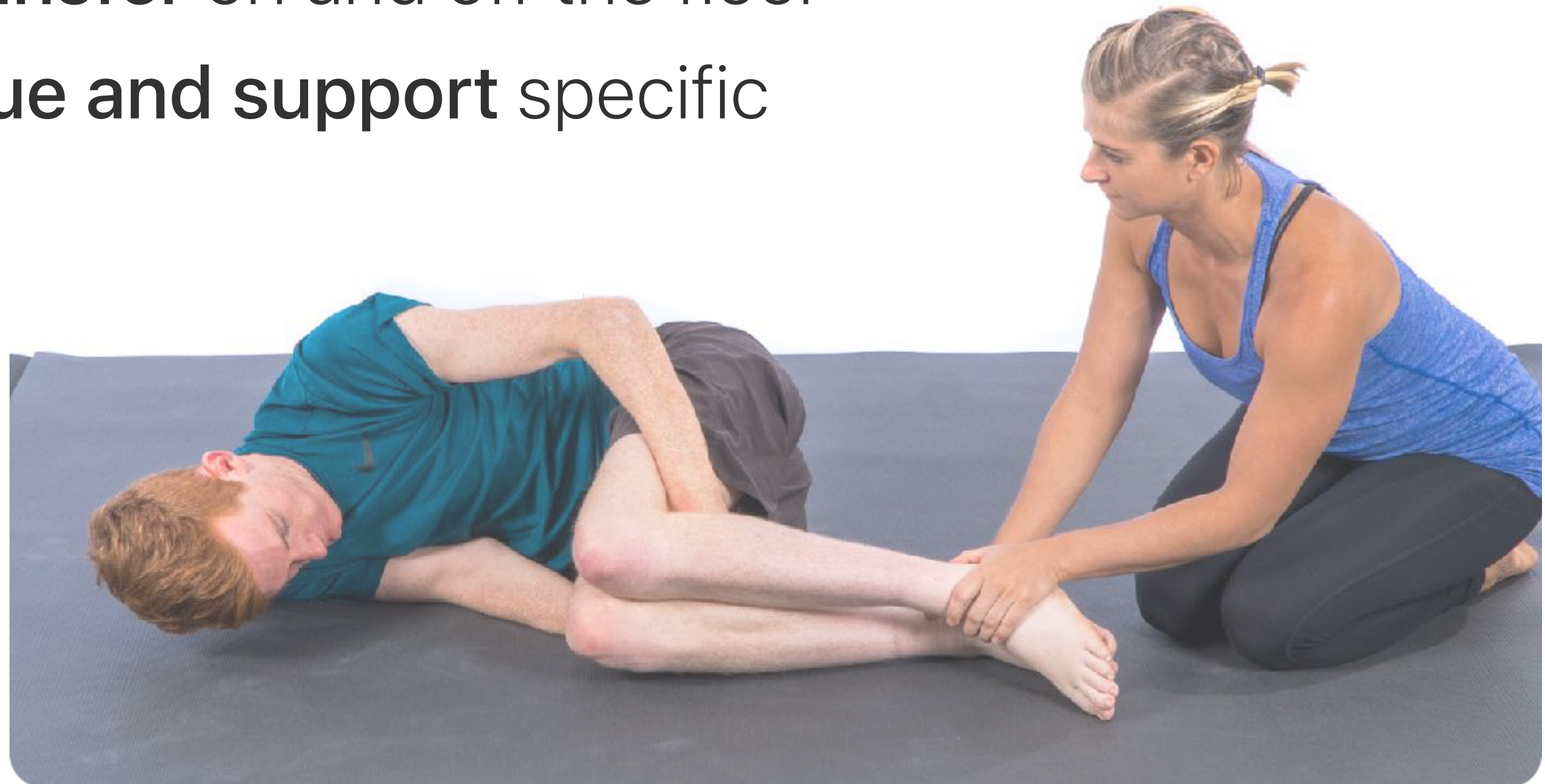
How does
partner-assisted rehab
fit into the **big picture** of
SCI recovery/rehab?

How does partner-assisted rehab fit into the big picture of SCI recovery?



Workshop Overview: topics covered in today's workshop

- Show the **value of partner-assisted**, at-home programs in SCI recovery
- Discuss the **partner's required skills** -developed over time and to be learned today
- Explore **strategies to transfer** on and off the floor
- Discover how to **spot, cue and support** specific foundational exercises
- Review physical components for **keeping a healthy back and body** while doing this work



Workshop objectives: what we want you to take away

- **Confidence** to begin
- **Knowledge** to do it effectively
- Excitement about making **team discoveries**



Value of partner-assisted rehab

THE OBVIOUS



THE PRACTICAL



THE FUNDAMENTAL



THE PHILOSOPHICAL



Equipment vs. Floor movement: which is better?

Equipment-based movement

- Supports greater freedom to ranges of motion previously inaccessible
- Enables reliable repetition
- **Takes the load off** of the trainer/assistant



Floor-based movement

- Discover new ways of moving, explore further ranges of motion and create 'shapes' without restriction
- **Requires the athlete to generate their own stability**



The floor is not just a 'back-up plan'

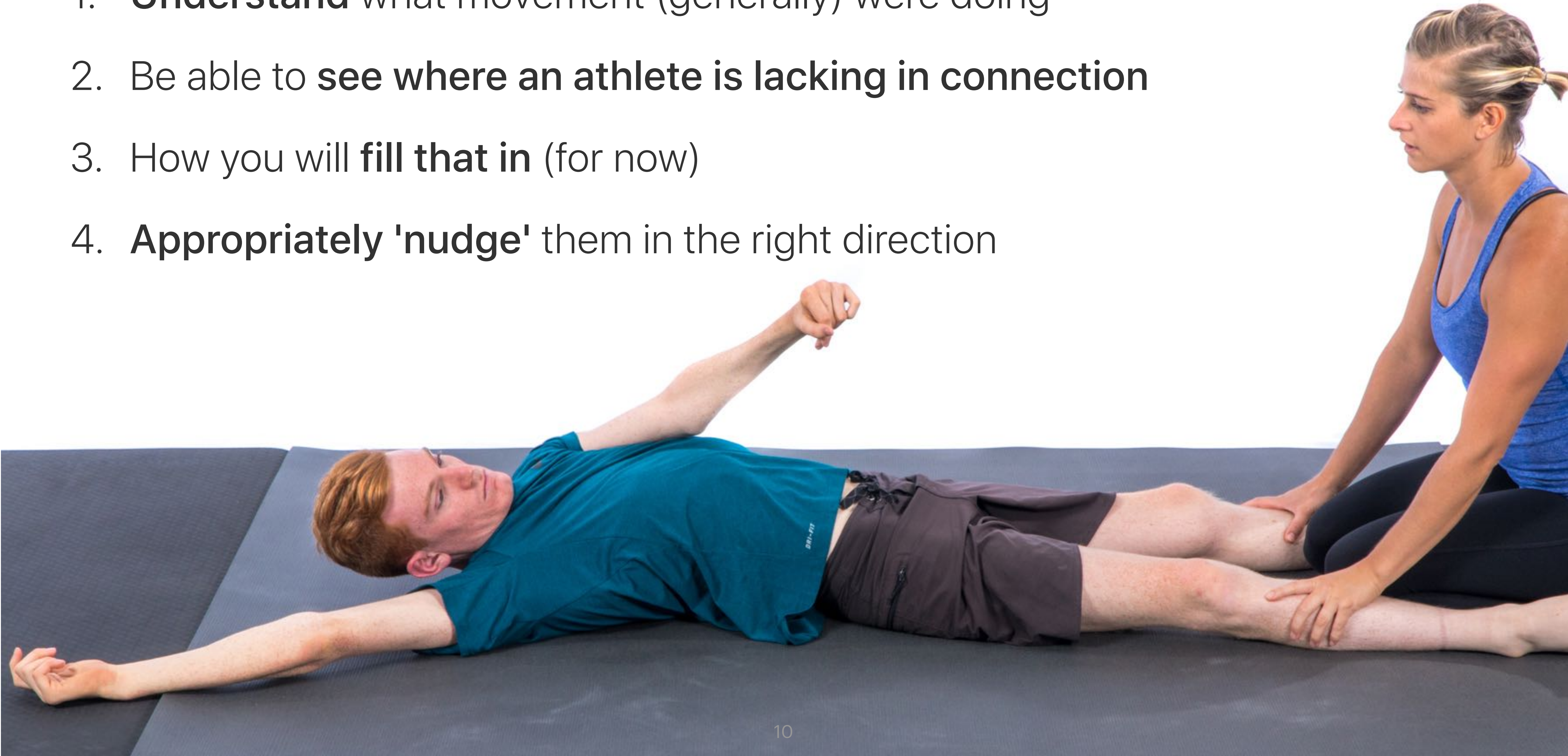
Partner skills: high-level, practical goals

- Intuitive spotting
- Amount of help
- Identifying inhibited movements



Partner skills: what we want you to achieve today

1. **Understand** what movement (generally) were doing
2. Be able to **see where an athlete is lacking in connection**
3. How you will **fill that in** (for now)
4. **Appropriately 'nudge'** them in the right direction



Assistance: standard partnership or not?

Standard partnership

- Open communication about what you need
- Asking for help is expected
- You are on the same team, working towards the same goal
- Friendship/enjoyable time together



Fun

Non-standard partnership

- Remember why you're here: you're coming together to improve the athlete's movement
- Sometimes it is best to get down to business



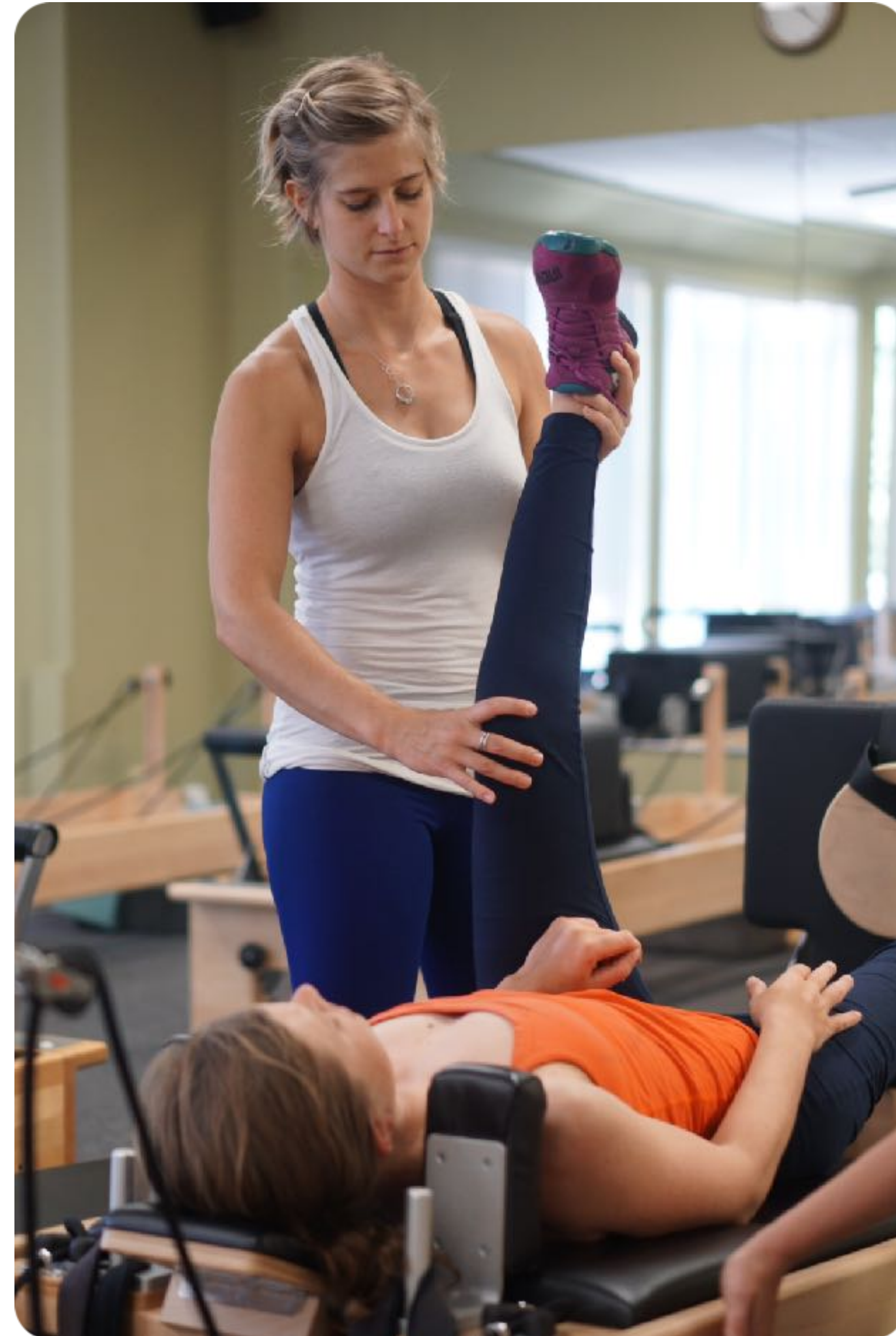
Business

Your goal is to help your athlete to
struggle well.

Safety

Keep an eye on these areas!

- Face & head
- Feet & ankles
- Joint with potential excessive range of motion



Types of spotting

Nudging

- **Bits of support** to help the athlete get over the “hump” of the movement
- Make sure you are helping in a way that mimics what the athlete needs to develop



Types of spotting

Anchoring/Grounding

- Pressing part of the body into the floor, or providing traction
- Creates a sense of push-off
- Creates a new leverage point to work from



Types of spotting

Halo Spotting

- **Spotting to limit the movement** when an athlete approaches or falls out of their controlled boundaries
- Do this especially in movements where there is a sharp drop off in control



Types of spotting

Tactile Cueing

- Guiding alignment (can be similar to 'nudging')
- Sensory inputs to bring awareness to a certain area
- Examples:
 - Squeezing
 - Tapping
 - Rubbing
 - Scratching
 - Patting



Types of spotting

Use of props

- Are you doing a lot of the work? - **Make a judgement call**
 - Is this too much for me?
 - Is this exercise even challenging my athlete?
 - Is it still worth doing?



**If you get hurt, no one is
happy or productive.**

Always work within your strengths, and never beyond.

Keeping healthy backs and bodies

Prepare your body & keep it healthy with programs focused on:

Strength: back strength + core stability

Mobility: deep hip flexion + adductors

Core Integration: using the entire body



Partner movements: what body positions do you make?

wheelchair posture
adjustment

leg stretches



Scooting/lifting hips



sitting up from supine

dressing

transfers

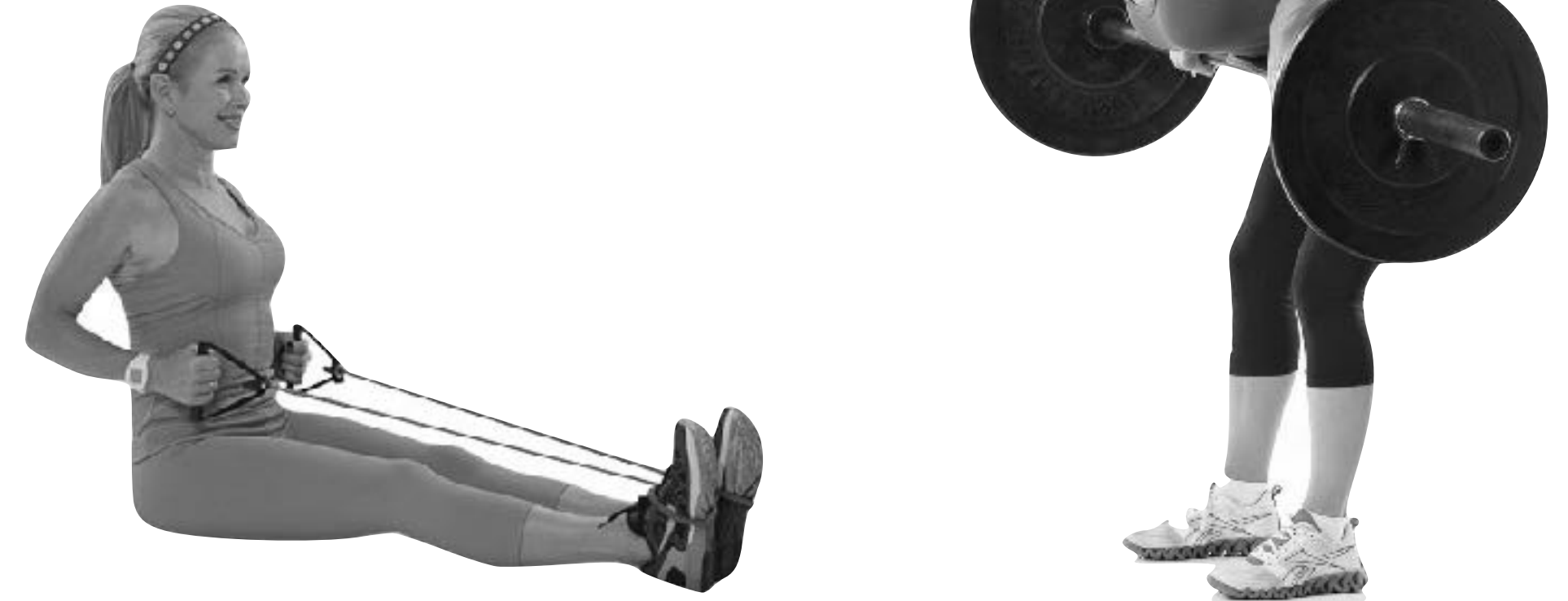


Strength programs: practice the weight & movement of assistance

Deadlift: conventional, offset



Rows: banded, hip-hinge



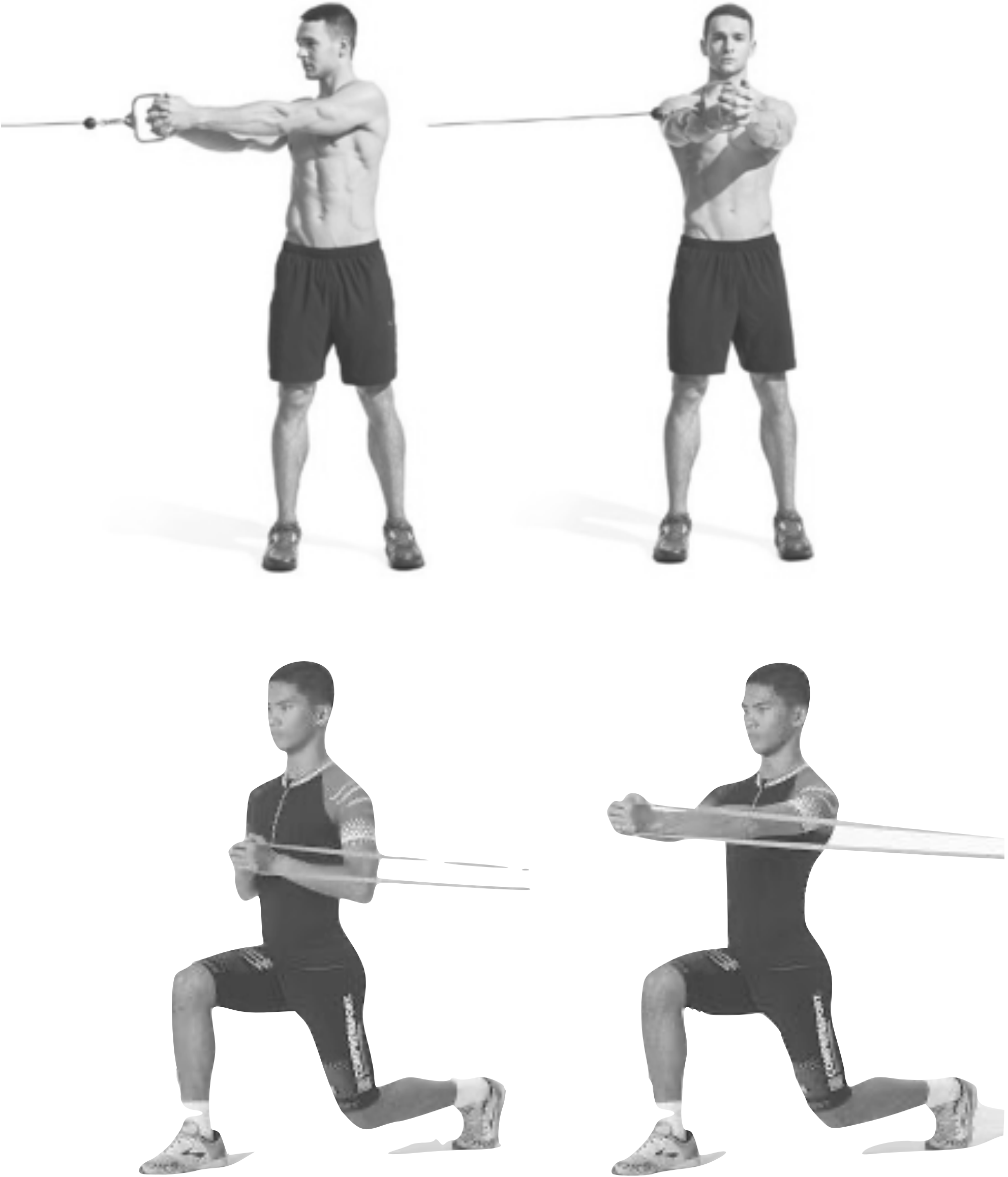
Side lunge



Deep squat: front, sumo



Core stability + rotational strength: exercises that integrate the core



Mobility programs: Dynamic movement replicating your athlete-assistance

Deep squat: assisted, unassisted



Single-leg split



Long-sit



Deep side lunge



Half-kneel



Cross-legged



Lifting checklist

1. Does your **position** support the beginning, middle and end of the lift?
2. Can you get **closer** for best lifting mechanics?
3. Are you able to **engage** your core and legs from this position?



Floor transfers: demonstration types

- **Bed to floor:** reverse kneeling & stepwise
- **Floor to bed:** stepwise
- **Chair to floor**
- **Floor to chair**

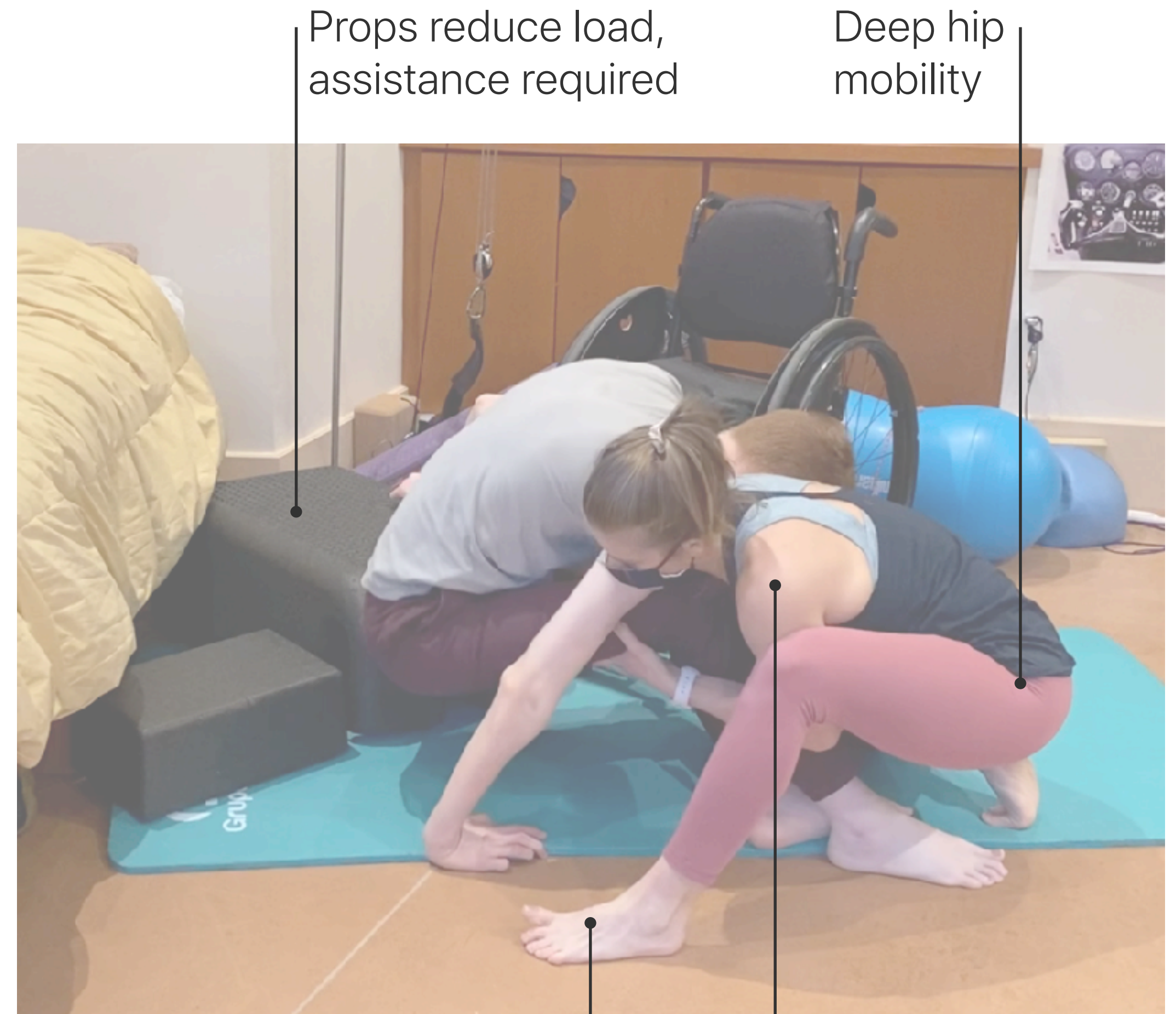
Floor transfers: partner assistance analysis



Guides, but doesn't lift

Flat back

Weight mostly on athlete



Props reduce load, assistance required

Deep hip mobility

Outstretched leg provides leverage

Avoids athletes movement path

Let's move!

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