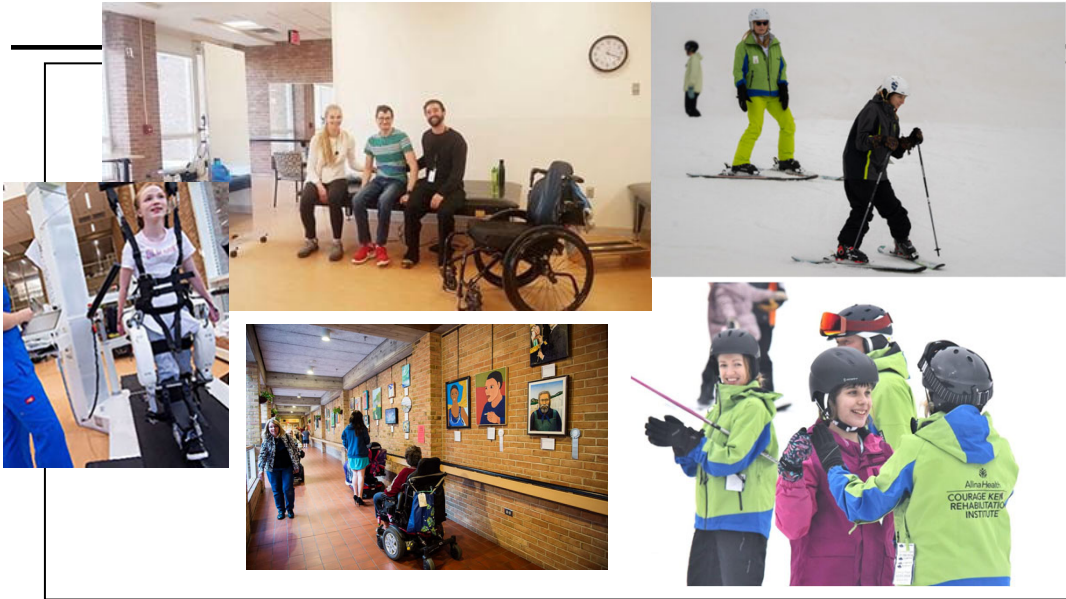


# JOURNEY FROM SPINAL CORD INJURY TO THE SLOPES

Jennifer Steele, PT, DPT, Manager CKRI Aquatics, Fitness and ABLE  
Courage Kenny Rehabilitation Institute  
Golden Valley and Stillwater



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## THE REHABILITATION JOURNEY AFTER SPINAL CORD INJURY

- Rehabilitation is a multi-stage process:
    - Acute Care
    - Inpatient and Outpatient Therapy
    - Life Beyond Therapy
  - Emotional and physical milestones are equally important
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## ACUTE CARE: IMMEDIATE RESPONSE AFTER SPINAL CORD INJURY

**Focus:** Stabilization and prevention of further injury

- **Key Actions:**
    - Emergency medical intervention
    - Surgical procedures (if needed)
    - Initial assessment of neurological function
  - **Goals:**
    - Preserve life and function
    - Begin early mobilization when safe
    - Initiate psychological support for patient and family
  - **Transition:** Prepares patient for entry into specialized rehabilitation
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**Focus:** Building strength, skills, restoring mobility, strength, and improving independence

- **Key Actions:**
  - Inpatient therapy: physical, occupational, and recreational therapy
  - Adaptive equipment training (e.g., sit-skis, wheelchairs)
  - Goal setting for functional milestones
- **Emotional Milestones:**
  - Overcoming fear and building confidence
  - Reconnecting with physical activity
- **Transition:** Outpatient therapy introduces adaptive sports for ongoing recovery

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**Focus:** Continued recovery and skill development outside the hospital,

- **Key Actions:**
  - Participation in adaptive sports (e.g., adaptive skiing, wheelchair athletics)
  - Ongoing physical, occupational, and recreational therapy
  - Training with adaptive equipment for daily living and sports
  - Setting and achieving new functional goals
- **Emotional Milestones:**
  - Overcoming fear and building confidence
  - Reconnecting with physical activity and community
  - Developing resilience and independence
  - Achieving a sense of belonging and accomplishment
- **Support:** Structured programs (e.g., CKRI Adaptive Sports) guide safe and successful transitions

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# RETURNING TO LIFE – SOCIAL ENGAGEMENT AND COMMUNITY

**Focus:** Reintegration into daily life and social circles

- **Key Actions:**
  - Re-establishing Routines and Relationships
  - Evaluating readiness and planning for workplace reintegration
  - Vocational Rehabilitation and accessibility planning
- **Emotional Milestones:**
  - Confidence in abilities and independence level
  - Motivation from achievements in rehabilitation, independence, adaptive sports
  - Return to work as a milestone of recovery and empowerment.
- **Support:** Vocational Rehab, Psychology, Advocacy for Inclusion

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# REHABILITATION AND EMOTIONAL MILESTONES

THEME 2: SETTING ME UP

Home & community set-up

Troubleshooting

Support continuity & coordination

THEME 1: RESUMING LIFE & WHAT MATTERS TO ME

Getting back to life

Still early days

Re-evaluating assumptions & priorities

Gaps in support

THEME 3: HOLDING ME BACK

Feeling left in the dark

Loss of momentum

- The circular flow reminds us that rehabilitation is a dynamic process, requiring ongoing support, resilience, and adaptation.
- Emotional milestones—like building confidence, overcoming fear, and achieving a sense of belonging—are just as important as physical recovery.

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POST SPINAL CORD INJURY CONSIDERATIONS



No "finish line"—it's an ongoing journey. Even after formal therapy ends, individuals continue to adapt, learn, and grow.

Each day brings new opportunities and challenges, requiring resilience, creativity, and support.

The focus shifts from structured rehabilitation to living fully, engaging with community, pursuing personal goals, and advocating for accessibility and inclusion.

This lifelong process is about thriving, not just surviving, and finding meaning and empowerment in every stage of life.

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**"ADAPT":**  
TO MAKE (SOMETHING)  
SUITABLE FOR A NEW USE OR  
PURPOSE; MODIFY.

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EVERYDAY  
ADAPTATIONS AFTER  
SPINAL CORD INJURY


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ADAPTING TO LIFE:  
KEY AREAS FOR  
CHANGE

A photograph of a man with a beard and glasses, wearing a light blue long-sleeved shirt and dark pants, sitting in a wheelchair on a wooden deck. He is smiling and looking towards the camera. The deck has a white railing, and a white door is visible on the left. The background shows some greenery and a fence.

- **Home Environment**
  - Wheelchair-accessible entrances, bathrooms, and kitchens
  - Adaptive furniture and assistive devices for daily tasks
- **Transportation**
  - Modified vehicles or accessible public transit
  - Transfer aids and mobility equipment
- **Personal Care**
  - Adaptive tools for grooming, dressing, and bathing
  - Support for bladder/bowel management and medication routines
- **Communication & Technology**
  - Voice-activated devices, adaptive keyboards, and smart home systems
  - Accessible phones and computers for work and social connection
- **Social Engagement**
  - Support for participating in family, community, and social events
  - Advocacy for inclusion and accessibility in public spaces

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<div><h2>EMPOWERMENT THROUGH ADAPTIVE SPORTS</h2></div>	<ul style="list-style-type: none"><li>• Adaptive sports blends biomechanical considerations, specialized equipment, and comprehensive care</li><li>• Empowers individuals to reclaim physical and emotional well-being</li><li>• Fosters resilience, independence, and community engagement</li><li>• Advocacy for inclusion and accessibility in recreation</li></ul>
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<div><h2>FROM REHABILITATION TO EMPOWERMENT: WINTER ATHLETES</h2></div>	<p>Rehabilitation and adaptation open doors to new possibilities</p> <p>Adaptive sports participation is a powerful milestone in the journey to independence</p> <p>Structured programs provide support, training, and community</p> <p>Courage Kenny Adaptive Ski &amp; Snowboard Program brings these principles to life for hundreds each year</p>
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