

A Therapist's Guide on How To Teach Patients
After SCI

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Mat Mobility Skills 101

Goals

- Provide step-by-step guide of initial mat mobility skills to perform with someone after SCI
 - These skills can/should be applied to every level of injury (LOI)
 - The lower the LOI, the faster they will progress through these skills
 - Can be performed in acute, inpatient rehab, or outpatient settings depending on each patient's other medical complications or co-morbidities, as well as time since injury
- Describe therapist positioning/handling recommendations for most effective and efficient treatment with each skill
- Utilize pictures & videos to reinforce learned skills through visual representation, repetition, & a variety of examples