

**REHABILITATION CENTERS  
FOR PEOPLE WITH DISABILITIES**





THE BURKE  
REHABILITATION HOSPITAL

## The Burke Rehabilitation Hospital

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As one of the first health care institutions to advocate moderate exercise and physical activity for successful convalescence, The Burke Rehabilitation Hospital's 60-acre campus lends a supportive environment to help restore hope and speed the recovery process.

Burke's wheelchair sports and fitness programs provide people with disabilities opportunities for maintaining fitness and building competitive skills throughout the year.

Burke utilizes a multidisciplinary team approach to tailor individual programs to lessen disability and dependence resulting from disease or injury.

Combining experience, state-of-the-art technology and training, Burke's doctors, nurses and therapists provide physical, occupational, speech/language, audiology and therapeutic recreation services along with medical and rehabilitative nursing care.

The Burke Rehabilitation Hospital  
785 Mamaroneck Avenue  
White Plains, NY 10605  
Phone: 914.597.2500

For more information about The Burke Rehabilitation Hospital,  
please visit [www.burke.org](http://www.burke.org)



## Cancer Support Services

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Cancer Support Services is a non-profit corporation, founded in 1994, that encourages patients through exercise, nutrition and psychosocial/spiritual support to become physically, mentally and socially active during and following cancer treatment.

In 1998, Cancer Support Services launched the FORCE™ Program (Focus on Rehabilitation and Cancer Education), a first-of-its-kind intervention intended to dramatically increase the likelihood that cancer patients will recover faster, remain disease free, and most importantly, live longer. This modality addresses the particular needs of young cancer patients in addition to the general cancer population at large.

The FORCE Program is a 20-week intervention that includes membership to a NYC health club and educational workshops devoted to stress management techniques and nutritional counseling.

Cancer Support Services  
1919 Madison Avenue, Suite 108  
New York, NY 10035  
Phone/Fax: 212.369.3205  
Email: [DGWilsonDavis@aol.com](mailto:DGWilsonDavis@aol.com)

For more information about Cancer Support Services,  
please visit [www.cancersupport.org](http://www.cancersupport.org)



NEW YORK CITY  
CHAPTER

## National Multiple Sclerosis Society: New York City

The New York City Chapter of the National Multiple Sclerosis Society provides comprehensive support services to help people with MS and their families better cope with the consequences of the disease. Whether providing accurate and up-to-date information and referrals, helping people obtain or keep jobs, providing comprehensive medical care or running rehabilitation and counseling programs, the goal of the chapter's support system is to empower people with MS and their loved ones so that they can better control their lives.

The Chapter offers 8 to 14-week recreation and fitness programs twice a year beginning in October and March. The programs take place on weekdays and evenings, and consist of yoga, aquatics, Pilates, an adult day program and body sculpting. The groups are for people with MS only and are designed to address the varying levels of mobility. The groups are led by instructors and often have aides available to assist, but cannot provide one-to-one assistance. In addition to these multi-week programs, the Chapter offers adaptive sports, therapeutic horseback riding and more. Registration is required for all programs.

New York City Chapter  
Multiple Sclerosis Society  
30 West 26th Street  
New York, NY 10010-2094  
Phone: 212.463.7787



For more information about the Multiple Sclerosis Society,  
please visit [www.msny.org](http://www.msny.org)



## The New York Institute for Special Education

The New York Institute for Special Education (NYISE) is a private, non-profit, nonsectarian educational facility which provides quality programs for children who are blind or visually disabled, emotionally and learning disabled, and preschoolers who are developmentally delayed.

The school was founded in 1831 as the New York Institution for the Blind, which was one of the first schools in the United States to provide an educational program for children who were blind or visually impaired. Early in the twentieth century, the name was changed to the New York Institute for the Education of the Blind to emphasize the educational character of the school.

Nearly 300 students from ages 3 to 21 now attend NYISE. The school offers the option of a day program or a five-day residential program. An individualized education program is developed for each student. In addition, a full array of services is provided, which includes counseling, career guidance, occupational therapy, physical therapy, speech-language therapy, individual and team sports, and adaptive recreational activities.

New York Institute for Special Education  
999 Pelham Parkway  
Bronx, NY 10469-4998  
Phone: 718.519.7000  
TTY: 718.519.6196  
Fax: 718.231.9314

For more information about the NYISE,  
please visit [www.nyise.org](http://www.nyise.org)



## Casa Colina Centers for Rehabilitation

Casa Colina Adaptive Sports helps athletes with disabilities gain self-confidence by experiencing success through mastering new skills. Participants maintain their health through regular physical activity, and set goals for a lifetime of achievement.

The range of adaptive sports is constantly expanding both in the number of sports available and the skill level at which the sport is played. Casa Colina provides activities for people at every level of ability and sponsors the annual *Land Meets Sea Sports Camp* in Long Beach, CA. This is a five-day event at which experienced players share their expertise with campers in a range of land and sea activities including water skiing, jet skiing, introduction to SCUBA, basketball, hockey, rugby, power soccer, tennis and an expanded two-day kids camp. This event draws participants not only from California, but from across the nation.

Casa Colina Centers for Rehabilitation  
2850 North Garey Avenue  
PO Box 6001  
Pomona, CA 91769-6001  
Phone: 909.596.7733  
Fax: 909.593.0153

For more information about Casa Colina,  
please visit [www.casacolina.org](http://www.casacolina.org)



## Craig Hospital

Craig Hospital offers a variety of recreational activities with the goal of facilitating improvement in patient rehabilitation.

Craig has a full-court gymnasium, swimming pool, weight-training room, and a new therapeutic recreation center. In addition, Craig has various pieces of equipment that patients can try, including all-terrain vehicles, equestrian gear, and hand-propelled three-wheeled cycles.

Craig also offers outings to lectures, movies, professional sporting events and more. Activities include aquatics, basketball, camping, canoeing, catamaran sailing, snow skiing, kayaking, cycling, tennis, fishing, waterskiing, hiking, wheelchair sports, horseback riding, white-water rafting, and hot-air ballooning.

Craig Hospital  
3425 South Clarkston Street  
Englewood, CO 80110  
Phone: 303.789.8000

For more information about Craig Hospital,  
please visit [www.craighospital.org](http://www.craighospital.org)



## Shake -A- Leg

Shake-A-Leg, Inc. is a non-profit organization founded in 1982 to serve people with disabilities, with an emphasis on spinal cord and nervous system impairments. Shake-A-Leg strives to provide patients with a better quality of life through therapy programs focusing on improving the mind, body and spirit.

Shake-A-Leg is a progressive rehabilitation center that operates four major programs: Body Awareness Therapy; Body Awareness Therapy for Teenagers; Adaptive Sailing; and Confidence Is Cool programs for children with disabilities. All programs challenge and encourage participants to move beyond what they think possible, generating the self-worth, confidence and esteem needed to build fulfilling lives.

Shake-A-Leg programs are guided by the belief that self-confidence and self-esteem are the ingredients necessary for individuals to feel good about themselves, improve their quality of life, and ultimately, become more productive members of society. Working in both individual and team environments, participants not only make improvements in their own physical abilities and attitude, but also make significant contributions toward bettering the lives of their peers.

Shake-A-Leg  
PO Box 1264  
Newport, RI 02840  
Phone: 401.849.8898  
Fax: 401.848.9072

For more information about Shake-A-Leg,  
please visit [www.shakealeg.org](http://www.shakealeg.org)



## Winners on Wheels

Winners on Wheels (WOW), established in 1991 as a non-profit organization, empowers children in wheelchairs by encouraging personal achievement through creative learning and expanded life experiences that lead to independent living skills.

WOW believes that by encouraging personal achievement through creative learning and fun, self-esteem can be increased. WOW strives to guide each “Winner” to achieve at his/her own talent and skill level in order to become a valuable, contributing citizen.

The WOW program is designed to accomplish the following goals: build self-esteem, encourage achievement, have fun, provide education, offer opportunity for teamwork, promote independence, and facilitate parental freedom. In order to make these goals memorable, an acronym was developed — SAFE-TIP. These seven SAFE-TIP goals create a strong foundation and framework within which their “Winners” can grow.

Every element of the program, including sports and recreation, is designed to accomplish these SAFE-TIP goals.

WOW (Winners On Wheels)  
2842 Business Park Avenue  
Fresno, CA 93727-1328  
Phone: 559.292.0151  
Fax: 559.291.3386

For more information about WOW,  
please visit [www.wowusa.com](http://www.wowusa.com)





## **The National Center on Physical Activity and Disability**

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The National Center on Physical Activity and Disability (NCPAD) is operated by the Department of Disability and Human Development at the University of Illinois at Chicago and works in partnership with the Rehabilitation Institute of Chicago (RIC) and the National Center on Accessibility at Indiana University.

NCPAD believes that exercise is for everybody.

NCPAD's goal is to encourage and support people with disabilities who wish to increase their overall level of activity and participate in some form of regular physical activity.

NCPAD offers a variety of resources to help people with disabilities become more active. NCPAD also offers resources for fitness and exercise professionals, health professionals, and researchers who share an interest in promoting increased physical activity for people with disabilities.

National Center on Physical  
Activity and Disability  
1640 W. Roosevelt Road  
Chicago, IL 60608-6904  
Phone: 800.900.8086  
Fax: 312.355.4058

For more information about NCPAD,  
please visit [www.ncpad.org](http://www.ncpad.org)