

United Spinal Association Gait Training Scholarship Treatment

Apply now for a Gait Training Scholarship Treatment from Everyday Abilities Foundation, the San Francisco Bay Area Chapter of the United Spinal Association! <http://www.unitedspinal.org/>

United Spinal Association and the Everyday Abilities Foundation, in partnership with SCI-FIT, are offering scholarships to individuals in the Bay Area to receive complimentary treatment with these state-of-the-art gait training machines at SCI-Fit for one year. Scholarship treatment will consist of twice weekly sessions, using one or both machines. Each session will include approximately 15 minutes of set-up and 45 minutes of therapy.

Click on these links to learn more about the equipment:

<https://www.youtube.com/watch?v=1MgpCOr3BfM>
<https://www.youtube.com/watch?v=PufPyEHDFpQ>

Many in the SCI/D community face challenges finding and using accessible exercise equipment. It is often too costly to purchase, or too far away to access. United Spinal Association has donated two of the leading gait training therapy machines for members of the SCI/D community living in the San Francisco Bay Area to use: the Robomedica StepGain-GRF, manufactured by Robomedica, Inc.; and the Lokomat Nanos, manufactured by Hocoma. Gait training on these machines is an exciting new therapy for individuals living with spinal cord injury and related diseases. These gait training machines are located at SCI-Fit, an accessible exercise facility in Pleasanton, CA. <http://www.sci-fit.org/>

Benefits of Gait Training:

- Promotes joint and bone development
- Prevents contractures and increases motion
- Better bowel and bladder function
- Better circulation
- Decreased spasticity
- Lower risk of pressure sores
- Improved socio-emotional and psychological aspects
- Promotes a more active lifestyle

Contestant Eligibility:

- Someone living with spinal cord injuries and disorders (SCI/D)
- Available to personally receive the award at the ribbon-cutting ceremony at SCI-Fit in Pleasanton, CA. Exact date and time to be determined.
- Contestant shall agree and consent to, participate in, as well as use their likeness in USA and Everyday Abilities Foundation communications and promotions.
- Participants must provide their own transportation to SCI-Fit in Pleasanton, CA.

To participate in the Scholarship, you must meet the following criteria:

- Neurological disorders at any level
- Cleared by a physician to participate in an intense exercise therapy program
- Cleared by a physician to perform weight-bearing activities through the upper and lower extremities (a bone scan will be required for those individuals one or more years post-injury)
- A positive attitude and a willingness to work hard



United Spinal Association

San Francisco Bay Area Chapter

- Ability to be able to stand (assisted) or be vertical for 20 minutes with no blood pressure issues
- No open lesions or pressure sores
- Existing SCI-Fit clientele are exempt from being able to apply for the scholarship treatment

Conditions of Receiving Scholarship:

- Scholarship treatment recipients are not eligible to receive any other complimentary treatments or services at SCI-Fit other than Scholarship.
- Scholarship treatments are not transferrable. Each Scholarship is only valid for the Scholarship Recipient to whom it was awarded by USA.
- Scholarship Recipients are responsible for making all arrangements to book appointments and traveling to and from appointments.
- Scholarship Recipients must abide by all applicable terms and conditions of receiving treatment at SCI-Fit.

Submission Content

- Provide a brief autobiography of yourself
- Describe your spinal cord injury
- Challenges you face in working toward your health goals
- Include any accomplishments you may want to share
- How do you feel this scholarship will help you reach your goals?

Submission Guidelines (Essay or Video):

Choose one submission option

- Essay Option
 - 500 words or less covering all five topics under “Submission Content”
 - Microsoft Word or PDF format. Typed applications only.
 - Save document as [Your Name] Gait Training Scholarship Treatment
 - At the top of page 1, please include your name, injury level, onset date, address, and phone number
- Video Option
 - Cover all five topics under “Submission Content”
 - Video must be less than 5 minutes
 - A link (URL) to a video submission is preferred but not required
 - In your email with your video submission, please include your name, injury level, onset date, address, and phone number
- For all submissions
 - Include a photo of yourself as an attachment
 - Email Subject Line: “Gait Training Scholarship Treatment”
 - Send your submission to scholarships@everydayabilities.org by **June 1, 2015**
 - Contestants must register with United Spinal Association, at <http://www.spinalcord.org/forms/ind-membership.html>. Towards the bottom of the page, where it asks “Where did you find out about United Spinal?” – choose “United Spinal Chapter” and write “Bay Area Chapter” in the “Other” field.
 - If you have any questions, please contact Tom or Walter at (510) 868-9175

About United Spinal Association

United Spinal Association (USA) is dedicated to enhancing the quality of life of all people living with spinal cord injuries and disorders (SCI/D), including veterans, and providing support and information to loved ones, care providers and professionals. USA believes that no person should be excluded from opportunity on the basis of their disability. USA’s goal is to provide people living with SCI/D with programs and services that maximize their independence and enable them to remain active in their communities.