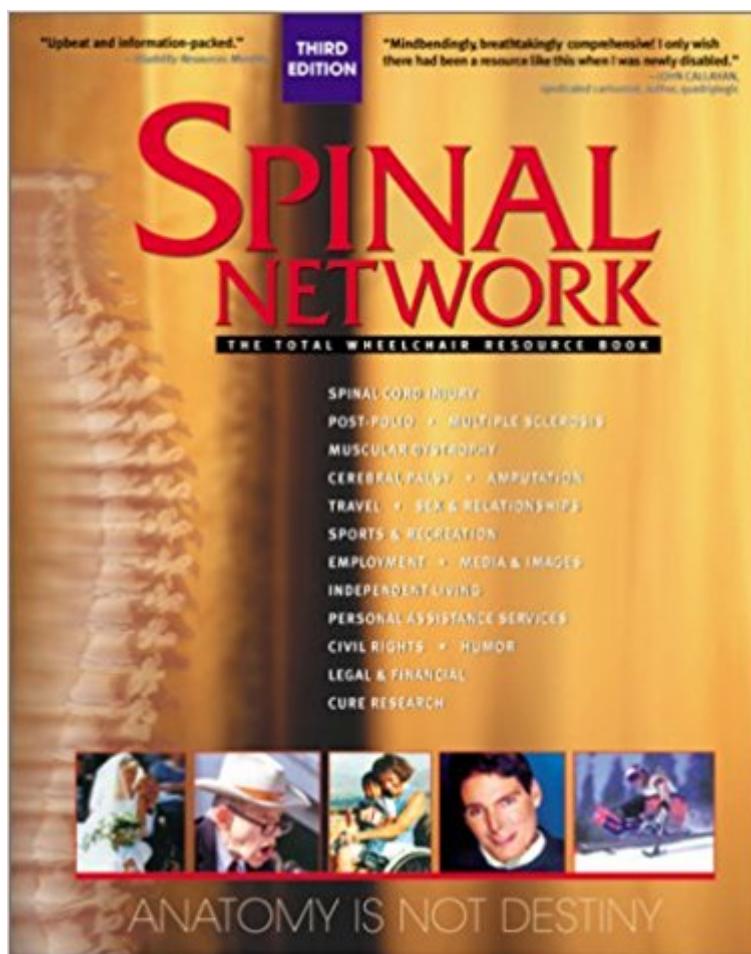


The book was found

# Spinal Network: The Total Wheelchair Resource Book



## **Synopsis**

Now in its 3rd edition, Spinal Network: The Total Wheelchair Resource Book is as vibrant as ever with 586 pages of profiles, articles and resources on every topic of interest to wheelchair users. Subjects include health, coping, relationships, sexuality, parenthood, computers, sports, recreation, travel, personal assistance services, legal rights, financial strategies, employment, media images and much more.

## **Book Information**

Spiral-bound: 586 pages

Publisher: Nine Lives Press (January 2002)

Language: English

ISBN-10: 0971522308

ISBN-13: 978-0971522305

Package Dimensions: 10.7 x 9.2 x 1.1 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.6 out of 5 stars 8 customer reviews

Best Sellers Rank: #3,118,727 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Spinal Cord Injuries #1073 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #2609 in Books > Health, Fitness & Dieting > Reference

## **Customer Reviews**

"Awesomely complete ... should be kept within reach of all wheelchair users and their companions."  
-- Los Angeles Times "Mindbendingly, breathtakingly comprehensive! I only wish there had been a resource like this when I was newly disabled." -- John Callahan, syndicated cartoonist and quadriplegic

Imagine a big, beautiful, comprehensive resource book for people with disabilities: That's what we did back in 1988 for the first edition of Spinal Network. It was published on a shoestring and a prayer--an exercise in faith, hope and deficit financing. The second edition was launched on more tangible grounds, but we still didn't know the true depth of the need for resources, role models and community connection. In this, our third edition, we think we've found our voice. It's the voice of disability past, present and future, not anything we invented. Informed by hundreds of accomplished wheelers sharing their thousands of years of disability experience, Spinal Network is your key to

quality of life. You'll find stories about health and sexuality; about travel, sports and recreation; about selecting gear and dealing with bureaucracies. You'll find medical and rehab topics strongly covered, as well as the attitudes and the street smarts for taking control of your life. You'll find inside information from people who know. A constant theme in this book is that the best coaches for living with a disability are those who have already done it. That's why we've included so many engaging people with so many different answers to so many different questions. The line between a tough break and a satisfying life may be as simple as knowing the full range of options. Disability does force hard choices on us, but there's no reason we have to make them in ignorance. We hope this book makes your choices easier. We know you'll find a wealth of information. And, who knows, somewhere in these pages you might find yourself. You might find that Spinal Network is your ticket not only to living well with a disability, but to enjoying the ride. --Barry Corbet

I can't understand why this book is no longer in print. I bought it soon after I suffered a severe spinal cord injury. This book describes so many ways that someone with a SCI can remain active, from sailboating to downhill skiing, handcycling, flying a glider, traveling, mountain climbing, sex, etc, etc, etc... It also gives the current state of medical research in stem cell therapy. It gives phone numbers and web site addresses to the experts where you can get more information and the book itself is FULL of practical information (for example, what to do if you need to urinate during a long airplane flight). I've mentored other new SCI patients and loaned out my copy of this book and found this to be an indispensable resource. It answers basic questions that aren't covered by rehab therapists.

\*\*\* Update 12/28/13 \*\*\*Note: My copy of the book is an earlier edition than the fourth edition being sold now. At that time the word "Wheelchair" was not in the title, hence my comments about having SCI but being ambulatory. One reviewer said, "This is a 'must have' book for people with any connection to Spinal Cord Injury (SCI)." Another said, "No joke - if you are living with a spinal cord injury or if you are newly injured, you need to own this book." Well...sort of. The author of the book clearly meant it for wheelchair-bound persons and all the previous reviewers must have assumed anyone with SCI is. If you are, this book is a great resource. If you have SCI but are still able to walk, dress yourself, etc., albeit with difficulty, as I am, you will find it less useful. There is no information on walking aids, exercise equipment, etc. for those with limited ability to walk or use their arms. I would also have liked to have tabs for all the chapters not just a couple. My other gripe...after paying over thirty bucks for this book I am annoyed at all the advertisements thru out the book. The day will probably come when I will need wheels to get around, and will find the book

more useful. In the interim, it will spend most of the time on the shelf.

I recently started dating a gentleman with SCI. I purchased this book to become better informed and to understand what he goes through on a regular basis. I found this book to be educational, informative, and enlightening. How do you know what you don't know? It certainly helped open my eyes. I recommend this book to everyone.

We enjoyed the knowledge of this book. It came promptly in the mail. Would highly recommend this book to all people.

This is a brand-new edition of probably the very best resource volume for anyone who is paralyzed, quasi-paralyzed, or just thinking about becoming paralyzed, and it's a beauty. If you are old enough to grok the reference, this is the **WHOLE EARTH CATALOG** of all things wheelchair and para-health related, from sex, travel, and sports to personal assistant services and cure research. It's all there. There are also many witty and provocative essays on life in a wheelchair by people who live it daily. One example: in a section called "Our Labels, Ourselves," the writer S.L. Rosen makes this eloquent observation: "For me, and I imagine for most others like me, 'survivor' is the real term that holds meaning. We are surviving indeed, to the embarrassment of a society that can't figure out what to do with us, ghastly successes of that medical skill of patching shards of people who, some years ago, wouldn't have survived at all." As a patch of shards myself, I say buy this book.

For consumers who have succeeded for decades in living with their disability, "Spinal Network" has earned its reputation as a survival reference; for those who are coping with disability as a new lifestyle, SN provides coping strategies as well as time-proven resources for becoming independent and living each day to the max; for professionals and the curious community, SN provides the most grounded and accurate portrait of active people who have declared their disability an asset. Having survived my disability for 35 years, I can say with confidence -- for everyone -- that SN is the "Best Disability Read" available anywhere! Buy it.

This is a "must have" book for people with any connection to Spinal Cord Injury (SCI). The list of people that will benefit from and enjoy this book is endless. After 24 years as a T10 paraplegic I still return to Spinal Network for information, be it medical info, resources, or reading and re-reading some of the profiles when I need to get "re-stoked". It addresses all of my SCI related questions and

then some. Should be on the reference shelf of every journalist and writer as well!

No joke - if you are living with a spinal cord injury or if you are newly injured, you need to own this book. From getting groceries to medical issues, this book is filled with tips and tricks. Great!

[Download to continue reading...](#)

Spinal Network: The Total Wheelchair Resource Book Network Marketing: Go Pro in Network Marketing, Build Your Team, Serve Others and Create the Life of Your Dreams - Network Marketing Secrets Revealed, ... Books, Scam Free Network Marketing Book 1) Wheelchair Champions: A History of Wheelchair Sports Network Marketing For Introverts: Guide To Success For The Shy Network Marketer (network marketing, multi level marketing, mlm, direct sales) Spinal Surgery Written Simply by a Spinal Surgeon Anatomy and Physiology Study Guide: Key Review Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord, Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System, Special Senses) Managing Spinal Cord Injury A Guide to Living Well with Spinal Cord Injury Back And Neck Sourcebook: Basic Consumer Health Information About Spinal Pain, Spinal Cord Injuries, And Related Disorders, Such as Degenerative Disk ... Osteoarthritis, S (Health Reference Series) Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises How to get every Network Diagram question right on the PMP® Exam:: 50+ PMP® Exam Prep Sample Questions and Solutions on Network Diagrams (PMP® Exam Prep Simplified Book 3) The Four Color Personalities For MLM: The Secret Language For Network Marketing (MLM & Network Marketing Book 2) How to Follow Up With Your Network Marketing Prospects: Turn Not Now Into Right Now! (MLM & Network Marketing Book 4) Life care planning for spinal cord injury: A resource manual for case managers A Resource Guide for Parents of Children with Brain or Spinal Cord Tumors How to get every Network Diagram question right on the PMP® Exam:: 50+ PMP® Exam Prep Sample Questions and Solutions on Network Diagrams (PMP® Exam Prep Simplified) (Volume 3) Rock Your Network Marketing Business: How to Become a Network Marketing Rock Star The Miracle Morning for Network Marketers 90-Day Action Planner (The Miracle Morning for Network Marketing) (Volume 2) CompTIA Network+ Study Guide: Exam N10-006 (Comptia Network + Study Guide Authorized Courseware) Wireshark Network Analysis (Second Edition): The Official Wireshark Certified Network Analyst Study Guide Network Programmability and Automation: Skills for the Next-Generation Network Engineer

[Contact Us](#)

DMCA

Privacy

FAQ & Help