



Outpatient Rehabilitation Centers



STRIDES

SCI FUNCTIONAL FITNESS

Strides

www.stridessci.com

31371 Rancho Viejo Road, Suite 103 San Juan Capistrano, CA 92675

949-354-5655

Strides is a new training facility providing individuals living with spinal cord injury and paralysis the means to increase the ability to perform activities of daily living. They are determined to assist those with a spinal cord injury and paralysis to reach their short and long term goals, through their services. They promote fitness for health and increasing activities of daily living. Every injury and form of paralysis is unique to each individual as well as regaining function is unique to each individual. They believe that improvement with spinal cord injuries and paralysis start with a mind set of determination, consistency, perseverance to move forward, a positive outlook and commitment to taking new STRIDES.

*First time clients receive a free 1-hour session of Q&A and evaluation.



Henry Mayo Fitness and Health

www.henrymayofitness.org

24525 Town Center Dr. Valencia, CA 91355

661-200-2348

Henry Mayo Fitness and Health offers a state-of-the art facility with the most cutting-edge training equipment available. At Henry Mayo Fitness and Health, they are committed to helping our community achieve their fitness and health goals. Their mission is to be your complete fitness and health resource by providing the community the highest level of customer service, wellness education, nutritional counseling, Physical Therapy and the most effective and safest training techniques. They have a fitness center featuring high-tech fitness equipment, a credentialed fitness staff, an expansive workout facility, an outdoor lap pool & more.

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Precision Rehabilitation

www.PrecisionRehabilitation.com

3294 E. Spring St.

Long Beach, CA 90806

562-988-3570

Our mission is to optimize our clients' physical performance by providing an evidence-based comprehensive state of the art program that maximizes mobility, balance, and gait. We are a physical therapy clinic specializing in neurological and orthopedic rehabilitation. Precision also offers wheelchair seating clinic/specialists, they evaluate and offer recommendations for wheelchairs, cushions, postural alignment, and durable medical equipment.

Rancho Los Amigos Hospital Wellness Center

www.dhs.lacounty.gov/wps/portal/dhs/rancho

7601 Imperial Highway Downey, CA 90242

562-401-7111

Offers a wide-ranging variety of wellness experiences at a low cost, from full-gym workouts to aerobics to massage to nutrition counseling and more.

OC Goodwill Fitness Center

<http://www.ocgoodwill.org/fitness-center/>

1601 E. St. Andrew Place Santa Ana, CA 92705

888-OCFITCENTER

A 12,000 square foot facility that is fully outfitted with the finest accessible fitness equipment for people with physical disabilities.

CSUN Center of Achievement

www.csun.edu/hhd/kin/capd.html

18111 Nordhoff St. Northridge, CA 91330-8287

818-677-2182

Offers both aquatic and land-based therapeutic exercise programs for individuals with special needs while training students and professionals in health and rehabilitation-related fields.



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Neuro Move Fitness

www.NeuroMoveFitness.com

Serves the Los Angeles, Simi Valley area.

Neuro Move Fitness is an in-home specialized personal training service that aims to improve the health, fitness and promote recovery in all people with Neurological Impairment. Neuro Move Fitness is a combination of a lifetime of dedication to sporting endeavor, fitness, health and rehabilitation. NMF is a fully accessible service, regardless of your level of ability you can be coached.

Every Body Fitness | Fitness for EVERY Body

www.SCITotalFitness.com

EVERY BODY Fitness, an exercise ideology created by Physical Therapist Kristin McNealus, provides in home physical therapy treatments, weight loss courses, and online work-out classes has launched the first online exercise program for people with spinal cord injuries. The 45-minute Fitness And Strength Training (F.A.S.T.) class is offered online, twice weekly, and costs \$25 a month, with no sign up or cancellation fees. The online exercise program is the solution to many wheelchair users' transportation problems and isolation issues.

Neuro Ex

www.neuroex.net

Mobile neuro recovery program that specializes in activity-based, custom designed training programs for each client based on his or her particular needs. Neuro Ex custom designs each program for each client and continually adjust your program to ensure maximum gain. Contact Eric Harness:

eharness@neuroex.net

ADAPT

www.adaptmovement.org

Adapt is a unique rehabilitation facility in San Diego. While most rehabilitation and recovery practices focus on traditional methods of physical therapy, Adapt's facility aims to blend modalities and disciplines in order to provide a personalized and integrative approach for overcoming the challenges of disability.

C.O.R.E. (Center of Restorative Exercise)

www.centerofrestorativeexercise.com

9631 Reseda Blvd. Northridge, CA. 91324

818-718-CORE

Provides comprehensive personalized and progressive treatment plans in a state-of-the-art facility equipped with specialized exercise equipment.

Reneu Health

www.reneu-health.com

Serves the San Diego, Orange County and Los Angeles areas

Reneu Health is a mobile team of clinical kinesiologists that provides adaptive exercise therapy to combat paralysis and restore independence.



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NextStep Fitness

www.nextstepfitness.org

4447 Redondo Beach Blvd. Lawndale, CA 90260

310-546-5666

Serves individuals living with paralysis and mobility impairments including; stroke, SCI, multiple sclerosis, traumatic brain injury, cerebral palsy, Parkinson's disease, and all other neurological impairments. They have specially adapted equipment for individuals with disabilities.

The Perfect Step

www.ThePerfectStep.com

1775 Monte Vista Ave. Claremont, CA 91711

888-436-2788

The Perfect Step is a world-renowned facility for treatment to those living with paralysis. They believe that "Exercise is Medicine" and the best form of medicine that any doctor can prescribe is a healthy, active, and fit lifestyle based around exercise. They understand that every client has special needs. Therefore, offer several programs to best meet those needs and optimize our client's chances for recovery. The Perfect Step helps give people with paralysis the independence, hope, and dreams that were lost because of this devastating reality.

Abilities Recovery Center

www.AbilitiesRecoveryCenter.com

5051 Exposition Blvd. Los Angeles, CA 90016

310-465-5139

The Abilities Recovery Center, located in Los Angeles, California, is a specialized clinic for clients with neurological conditions. ARC is committed to providing personalized and effective exercise based therapy to help clients reach their full recovery potential, whilst achieving optimal health and wellness.

Apex Chiropractic and SCI Wellness Center

www.ApexChiroWellness.com

33159 Camino Capistrano, Suite D, San Juan Capistrano, CA 92675

949-488-0016

Dedicated to the health and wellness of individuals with SCI. Owned and operated by a doctor who is a paraplegic, Dr. Boris Del Cid, D.C. works to improve the quality of life of all his patients, through chiropractic, education, and nutrition.

Challenge Center

www.challengecenter.org

619-667-8644

The Center provides skilled physical therapy, specialized fitness, and wellness programs to rehabilitate, increase independence, and improve the quality of life for individuals with severe physical disabilities, their families, and caregivers. With its licensed staff, physical therapy and assisted fitness programs, and state-of-the-art equipment; Challenge Center provides continuum of therapy.



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VIP NeuroRehabilitation Center

www.vipneurorehab.org

VIP NeuroRehabilitation Center in San Diego, CA offers top quality outpatient therapy to disabled military veterans, children, and to ALL who are in need, ages 4 and up. Their focus is on those who have difficulty moving secondary to Spinal Cord Injury, Stroke, Brain Injury, MS, Cerebral Palsy, and multiple traumas. Their facility houses the most modern equipment and advanced technologies, such as, the Lokomat, Giger, FES Bikes, and BTE Primus. VIP also has a large rock wall, overhead cable system for harness therapy, and an exercise cage to keep therapy engaging and new everyday!

SDSU/ The Fitness Clinic

www.fitnessclinic.sdsu.edu

619-594-2017

The Fitness Clinic serves those from the San Diego region with a wide variety of physical disabilities and offers them the opportunity to reach their fitness and exercise goals. The mission of the SDSU Adaptive Fitness Clinic is to provide safe and affordable access to fitness for people with disabilities, while serving as an immersive, educational experience for SDSU Kinesiology students.

Irvine Valley College Adapted Fitness Program

<http://academics.ivc.edu/kines/adapted/Pages/default.aspx>

Students enrolled work with their IVC instructor to develop a Personal Exercise Plan (PEP), focusing on fitness goals while accounting for each student's abilities. PEPs include activities designed to improve strength, flexibility, balance and cardiovascular endurance in a well-rounded program. Each student participates in a battery of assessments as a baseline and then periodically throughout the course using objective measures of fitness to determine progress and to make any necessary adjustments to his/her workout regimen. Individual fitness goals of the students are the highest priority for the IVC Adapted Kinesiology Fitness Program.

Saddleback College Adapted Kinesiology

www.saddleback.edu/dsps/adapted-kinesiology

Students may have different levels of mobility, balance, strength, cardiovascular endurance, flexibility and joint range of motion. Since the program is based upon individual plans, most classes have a wide variety of disabilities. Once an assessment has been completed, students will be given a Personal Exercise Plan and begin working towards their class goals.

Empower Spinal Cord Injury

www.empowersci.org/about-us.html

Located in Boston, MA; Empower SCI seeks to fill the gap in the rehabilitation industry that has been created by a decrease in length of stays at rehabilitation hospitals and outpatient services during the recovery from a spinal cord injury. They have a residential program catered to individuals who have had an injury to their spinal cord and give them an opportunity to participate in successful rehabilitation, in a time in their lives where they are motivated, healed (both mentally and orthopedically) and have the potential to succeed.



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Rehab Without Walls

www.RehabWithoutWalls.com

Rehab Without Walls helps brain injury, spinal cord injury and stroke patients in a new way: blending scientifically backed rehab protocols with the patient's real-life activities. It's a combination that delivers better results during the recovery journey and into the future. In addition, they have groundbreaking home and community rehabs, also providing services in residential facilities and outpatient clinics. Services provided from coast to coast.

I Try Fitness

www.ITryFitness.com

In home Personal Training for all levels (able-bodied, triathlete, physically challenged, and senior citizens) looking for a healthier and more active lifestyle. Our personal trainer has several years of experience working in physical and occupational therapy at Casa Colina Hospital, this has given us the knowledge and ability to work with people that have had major life changing events. If you don't have time to make it to the gym or working out there makes you feel awkward and unsure of yourself I Try Fitness will come to you. Serving the Los Angeles/San Bernardino County.

Triumph Foundation Resource Map

<https://www.google.com/maps/d/viewer?mid=1FojzmtXZPqJJxbmcTo1Oq65trXc&hl=en&usp=sharing>