



Topic: FITNESS/EXERCISE

January 2005

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

Resource Types:

[Books](#)

[inMotion & First Step Articles](#)

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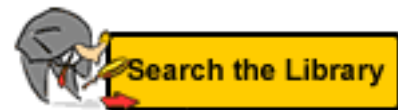
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Library OPAC

http://www.amputee-coalition.org/nllc_library.html



Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.

Books

Accessible Swimming Pools & Spas: A Summary of Accessibility Guidelines for Recreation Facilities. [Washington, DC]: United States Access Board, 2003. This book provides guidance to help designers and operators in using accessibility guidelines for swimming pools, wading pools, and spas. The guidelines are for newly designed or newly constructed and altered swimming pools.

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities / American College of Sports Medicine. Champaign, IL: Human Kinetics, 2003. This is a quick reference guide for the successful exercise

management of 46 chronic diseases and disabilities.

Exercise and Cancer Recovery / Carole M. Schneider, Carolyn A. Dennehy and Susan D. Carter. Champaign, IL: Human Kinetics, 2003. This text gives specific guidelines for cancer exercise intervention. Information on how exercise rehabilitation can help cancer patients deal with treatment-related symptoms both during and after treatment is also included.

Exercise for Older Adults: ACE's Guide for Fitness Professionals / Edited by Richard T. Cotton, with the assistance of Christine J. Ekeroth and Holly Yancy. San Diego, CA: American Council on Exercise. Champaign, IL: Human Kinetics, 1998. This book, aimed at fitness professionals, has information needed to provide older adults with safe and effective fitness programs.

Exercise for People with Disabilities: Getting Started on Your Fitness Plan / Katherine Froehlich...[et al]. Lawrence, KS: University of Kansas, Research and Training Center on Independent Living, 2001. This manual looks at why physical activity is important for people with disabilities, commonly experienced barriers to activity and how you can overcome these barriers, things to consider when establishing an activity program, ways to start an activity program and keep on track, locations of fitness programs, equipment, and videos.

Exercises for the Lower Extremity Amputee: Beginning through Advanced: A Program for Regaining Optimal Function / Scott Belding, Philip Kreuter and William Partridge. Redmond, WA: Medic Pub. Co., 1997. This book contains a program of exercises that are designed to help the lower extremity amputee regain a high level of functionality.

Handbook of Exercise in Diabetes / Edited by Neil Ruderman, with the assistance of John T. Devlin, Andrea Kriska and Stephen H. Schneider, MD. Alexandria, VA: American Diabetes Association, 2002. This resource contains data on the effects of exercise on blood glucose and metabolism, prevention of Type 2 diabetes, treatment plans, and medication adjustment, as well as exercise's effects on conditions such as retinopathy, nephropathy, and neuropathy.

Home Exercise Guide for Lower Extremity Amputees / Ann M. Gailey, Robert S. Gailey and Sandra J. Sendelbach, with illustrations by Frank Angulo. Miami, FL: Advanced Rehabilitation Therapy, 1995. This book presents patients with all of the information they will need to perform over 100 exercises safely and independently. Exercises begin with basic post-

operative strengthening and stretching, leading to high-level balance, agility, and coordination activities that can be performed with or without the prosthesis.

Physical Fitness: A Guide for Individuals with Lower Limb Loss: A Clinical Guide / Ernest M. Burgess and Albert Rappoport. [Baltimore, MD]: Dept. of Veterans Affairs, Veterans Health Administration, Rehabilitation Research and Development Service, Scientific and Technical Publications Section, [1991]. This book presents a guide for helping people who have had a lower-limb amputation realize fully their physical capabilities. It is intended as a resource for the clinical team in rehabilitation management and provides guidelines for designing a realistic, safe, and enjoyable program of physical conditioning and exercise.

Physical Fitness: A Guide for Individuals with Spinal Cord Injury / David F. Apple, Jr. Washington, DC: Dept. of Veteran Affairs, Veterans Health Administration, Rehabilitation Research and Development Service, Scientific and Technical Publications Section, 1996. This book describes how those with spinal cord injury and the clinicians they work with can design an exercise routine that would allow them to work out independently after becoming familiar with activities from a trained instructor.

Removing Barriers to Health Clubs and Fitness Facilities: A Guide for Accommodating All Members, Including People with Disabilities and Older Adults / developed by North Carolina Office on Disability and Health in collaboration with the Center for Universal Design. [Chapel Hill, NC]: North Carolina Office on Disability and Health, 2001. This guide suggests ways fitness facilities can go beyond the minimum requirements of the ADA to make the facility and its services more appealing and accessible for more people.

Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs / Wayne L. Westcott and Thomas R. Baechle. Champaign, IL: Human Kinetics, 1999. This is a research-based guide for instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations who want to help older adults with strength training.

The Diabetic Athlete / Sheri R. Colberg. Champaign, IL: Human Kinetics, 2001. This guide provides detailed advice on blood sugar regulation, medication, and nutrition for 86 sports and activities. It draws on the experiences of hundreds of diabetic athletes to provide the best advice for people with Type 1 and Type 2 diabetes.

Your Personal Best: Exercises for Children with Lower Limb Loss / Julie Honeycutt. Grand Rapids, MI: Center for Limb Differences, Mary Free Bed Hospital & Rehabilitation Center, 2001. This book is designed to help child amputees through the healing process and begin the return to normal activities.

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inMotion & First Step Articles

“Diabetes: Preventing Lower-Extremity Amputations” / Frank Vinicor. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, March/ April 2001. This article looks at ways for individuals with diabetes to prevent nerve, vascular, and foot problems that can lead to a lower-extremity amputation.

http://www.amputee-coalition.org/inmotion/mar_apr_01/diabetes.html
http://www.amputee-coalition.org/inmotion/mar_apr_01/diabetes.pdf

“Disability Doesn't Mean Vulnerability” / Ray Couch III. Knoxville, TN: Amputee Coalition of America, 1997. *inMotion*, April/ May 1997. This article looks at the importance of individuals with disabilities learning some form of personal protection as well as how to escape a hazardous situation as an important aspect of independence and mobility.

http://www.amputee-coalition.org/inmotion/apr_may_97/def.html
http://www.amputee-coalition.org/inmotion/apr_may_97/def.pdf

“Exercise and Nutrition” / Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, January/ February 1999. This article looks at the importance of exercise and nutrition for diabetics.

http://www.amputee-coalition.org/inmotion/jan_feb_99/exercise.html

“Exercise is for Every Body” / Kate R. Shult. Knoxville, TN: Amputee Coalition of America, 1996. *inMotion*, June/ July 1996. This article looks at factors such as fear of injury or medical problems, fear of the unknown, and fear of failure as possible reasons those with disabilities are non-exercisers. Kate R. Shult examines how overcoming these very human fears is a process that starts with a safe exercise plan and ends with the continued successes of meeting personal fitness goals.

http://www.amputee-coalition.org/inmotion/jun_jul_96/exercise.html
http://www.amputee-coalition.org/inmotion/jun_jul_96/exercise.pdf

“Exercise: Ten Exercises to Improve the Performance of Your Prosthetic Feet”/ Robert S. Gailey. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, May/ June 2001. This article discusses the various ways that exercise can enhance prosthetic performance for maximizing functional ability.

http://www.amputee-coalition.org/inmotion/may_jun_01/exercise.html

http://www.amputee-coalition.org/inmotion/may_jun_01/exercise.pdf

“Healthy Living: A Combination of Diet, Nutrition and Exercise”/ Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, November/ December 1999. This article looks at the importance of exercise and nutrition in helping those with amputations lead a happier, healthier, and improved quality of life.

http://www.amputee-coalition.org/inmotion/nov_dec_99/living.html

“Living with Limb Differences: Keep Moving...”/ Melissa Wolff-Burke and Elizabeth Cole. Knoxville, TN: Amputee Coalition of America, 2001. *First Step: A Guide for Adapting to Limb Loss 2* (2001). This article describes a series of exercises for lower-extremity amputees.

http://www.amputee-coalition.org/first_step/firststepv2_s3a03.html

“Looking Ahead with Diabetes” / Kate Shult. Knoxville, TN: Amputee Coalition of America, 1998. *inMotion*, January/ February 1998. This article looks at how people with diabetes can attain their health potential with regular exercise, healthy eating, stress management, and drug therapy.

http://www.amputee-coalition.org/inmotion/jan_feb_98/diabetes.html

“The Mind-Body Connection: Aquatic Yoga” / Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, March/ April 1999. This article describes the benefits of aquatic yoga, not only for those with amputations but for anyone who wants to tone and stretch their muscles, increase their mental fortitude, and gain physical agility.

http://www.amputee-coalition.org/inmotion/mar_apr_99/yoga.html

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Magazines/Newsletters

Access Leisure Ink . Sacramento, CA: The City of Sacramento.

Adaptive Adventures Experience . Evergreen, CO: Adaptive Adventures.

The Ability Bulletin : Providing Opportunities to Discover Abilities.

Park City, UT: The National Ability Center.

Challenge Aspen Newsletter . Aspen, CO: Challenge Aspen.

Journal of Aging and Physical Activity . Champaign, IL: Human Kinetics Publishers, Inc., 1993-.

NCPAD News . Chicago, IL: National Center on Physical Activity and Disability.

RHI Sports Program . Indianapolis, IN: Rehabilitation Hospital of Indiana (RHI).

RIC Sports Report: The Official Newsletter of the RIC Sports Program .

Chicago, IL: Rehabilitation Institute of Chicago Sports Program.

The Good News: Newsletter of the Physically Challenged Bowhunters of America, Inc . New Alexandria, PA: Physically Challenged Bowhunters of America, Inc.

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Sound recordings

Armchair Aerobics . Port Washington, WI: DSL Ltd., 2003. *Armchair Aerobics* is a program with multiple exercises that are designed to be done while you are seated.

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Video recordings

[VHS unless otherwise noted]

Armchair Aerobics . Port Washington, WI: DSL Ltd., 2002. *Armchair Aerobics* is an exercise program that is designed to be done while you are seated. The program may be done at your own pace. You can exercise for

just a few minutes, or you can do all of the exercises on the tape.

Balance, Agility, Coordination, and Endurance for the Lower Extremity Amputee / produced by Advanced Rehabilitation Therapy, Inc. [United States]: Advanced Rehabilitation Therapy, Inc., 1994. This video for the lower limb amputee presents balance, agility, and coordination exercises, including principles and guidelines, long sitting exercises, quadruped exercises, high kneeling exercises, and standing exercises; also advanced balance, agility, and coordination exercises as well as cardiovascular endurance exercises.

Carol Dickman's Bed Top Yoga . New York, NY: Yoga Enterprises, Inc., 1999. *Carol Dickman's Bed Top Yoga* guides listeners through a series of simple stretches and yoga postures, ending with a brief relaxation. Use this beginner's program either on the bed or on the floor.

Carol Dickman's Seated Yoga . New York, NY: Yoga Enterprises, Inc., 1999. *Carol Dickman's Seated Yoga* offers simple warm-up stretches, breathing exercises, yoga postures, and relaxation techniques, all done while sitting down.

Endless Possibilities Yoga . [Marblehead, MA]: Man Mountain Productions, Inc., [200-]. This video is a 30-minute yoga class that includes breathing, warm-ups, yoga postures, and relaxation techniques. The instructor, Marsha Metzger, has a prosthetic leg. **Available in VHS and DVD.**

Exercise: A Video from the National Institute on Aging. [United States]: National Institute on Aging, National Institutes of Health, [2001]. Exercise is for people of all ages. This video was created to show you how to start the research-based exercise program from the National Institute on Aging.

Fitness for All / with Bonnie St. John Deane and Jon Giese. Appleton, WI: Inspirational Springs, 1998. This is a workout video for lower-limb amputees and people with leg and ankle injuries.

Fitness is for Everyone: Aerobics for Amputees / National Handicapped Sports and Recreation Association and INVACARE. New York, NY: Winkler Video, 1994. This video includes exercises to physically strengthen people with disabilities. It is specifically designed for amputees. The workout is demonstrated by a nondisabled instructor and an above-knee amputee who adapts the exercises as necessary.

Fitness is for Everyone: Strength & Flexibility for Individuals with All Types of Physical Disabilities / National Handicapped Sports and Recreation Association and INVACARE. New York, NY: Winkler Video, 1994. This video includes physical exercises to strengthen people with disabilities. It is specifically designed for people who have mobility problems in their legs and can be done by people who are in wheelchairs as well.

Functional Prosthetic Training for the Transfemoral Amputee / produced by Advanced Rehabilitation Therapy, Inc. Miami, FL: Advanced Rehabilitation Therapy, Inc., 2001. This video offers an exercise program for most levels of prosthetic use. It demonstrates exercises that prepare the amputee to maximize prosthetic performance in daily activities, while developing their overall level of fitness. Exercises focus on stability, balance, muscular endurance, coordination, and agility.

Functional Prosthetic Training for the Transtibial Amputee / produced by Advanced Rehabilitation Therapy, Inc. Miami, FL: Advanced Rehabilitation Therapy, Inc., 2001. This video offers an exercise program for most levels of prosthetic use. It demonstrates exercises that prepare amputees to maximize prosthetic performance in daily activities, while developing their overall level of fitness. Exercises focus on stability, balance, muscular endurance, coordination, and agility.

Lisa Ericson's Seated Aerobic Workout! / producer, Lisa Ericson; director, John R. Adkins; written and choreographed by Lisa Ericson. Denver, CO: Red Mountain, 1992. *Seated Aerobic Workout!* is a 78-minute fitness videotape with a 20-page booklet of 100 annotated still photos, developed in collaboration with a disabled former professional figure skater.

Local Heroes / by Beth Gage and George Gage. [Telluride, CO]: Gage & Gage Productions, 2000. This video looks at various adaptive sports programs and activities and the people involved with these programs in Telluride, Colorado.

Prosthetic Gait Training for Lower Extremity Amputees / produced by Advanced Rehabilitation Therapy, Inc. [Miami, FL]: Advanced Rehabilitation Therapy, Inc., 1992. A systematic approach to prosthetic gait training which includes a variety of methods for teaching amputees to weight shift, maintain prosthetic control, and utilize the pelvis & trunk correctly during walking.

Seat-A-Robics: Endurance & Body Sculpting / executive producer, Daria Alinovi. Little Neck, NY: Seat-A-Robics, Inc., 1993. The two programs of exercises demonstrated are intended to be performed from a seated position, which makes them ideal for paraplegics, quadriplegics, amputees, seniors, and those with balance difficulties.

Seat-A-Robics: Just 4 Kids / created, written, and directed by Daria Alinovi. Little Neck, NY: Seat-A-Robics, Inc., 1997. This video offers an exercise program for children with physical disabilities.

Stretching and Strengthening / produced by Advanced Rehabilitation Therapy, Inc. [Miami, FL]: Advanced Rehabilitation Therapy, Inc., 1994. This video and manual outlines the principles and guidelines of a complete self-stretching program and a progressive strengthening program, covering all three types of muscle contraction. Exercises are designed and demonstrated exclusively for amputees.

The Biomechanics of Lower Limb Amputee Running / produced by Advanced Rehabilitation Therapy, Inc. Miami, FL: Advanced Rehabilitation Therapy, Inc., 2001. This video uses a variety of visual effects, including animation, to examine the phases of running. Paralympic medalists Brian Frasure and Earl Conner illustrate the phases of sprinting at the highest level, from block start to acceleration, the maintenance phase, and through the deceleration phase. Footage from the 2000 Paralympics in Sydney, Australia, illustrate the critical details of sprinting, from body position to running the curves as an amputee. Marathoner Tom Martin and Paralympic gold medalist Danny Andrews highlight distance running.

The Essentials of Lower Limb Amputee Running / produced by Advanced Rehabilitation Therapy, Inc. Miami, FL: Advanced Rehabilitation Therapy, Inc., 2001. This video reveals the secret to teaching any amputee how to run or to move quickly in five easy steps. Elite distance runners Tom Martin and Danny Andrews demonstrate training drills designed to improve running performance. United States Paralympic Team Prosthetist Jim McElhiney discusses prosthetic components and socket design options for all levels of amputee runners and recreational athletes.

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Web sites

Exercise Rehabilitation. Columbus, OH: Ohio State University Medical Center, [200-]-. These patient materials describe a variety of exercises and rehabilitation activities, some specifically for amputees. Issues regarding devices such as wheelchairs, walkers, and crutches are also included.
<http://devweb3.vip.ohio-state.edu/Materials/ExerciseRehabIndex.htm>

First Steps to Active Health: Balance and Flexibility Exercises for Older Adults / Michael E. Rogers. Chicago, IL: The National Center on Physical Activity and Disability, University of Illinois at Chicago, [200-]. This site describes specific ways to improve balance and flexibility as a way to improve health, functional ability, and prevent chronic disease and disability in older adults. Specific balance and flexibility exercises are included.
http://ncpad.rehab.uiuc.edu/fun/fact_sheet.php?sheet=144

NCPAD: National Center on Physical Activity and Disability. Chicago, IL: The University of Illinois at Chicago, 2000-. The National Center on Physical Activity and Disability encourages persons with disabilities to participate in regular physical activity as a means of promoting healthy lifestyles and preventing development of secondary conditions.
<http://www.ncpad.org>

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