

THE REHABILITATION CENTER

AT SANTA CLARA VALLEY MEDICAL CENTER

The Movement Center for Spinal Cord Injury at SCVMC

Program description:

The Movement Center at Santa Clara Valley Medical Center is a fitness program designed to promote health and wellness in community members with physical disabilities. The program is currently available at no cost to participants with Spinal Cord Injuries through a grant from the Craig Nielsen Foundation.

Participants:

Currently this program is only available for individuals with spinal cord injuries.

Location:

Santa Clara Valley Medical Center
751 S. Bascom Ave San Jose 95128
Sobrato Pavilion Therapy Gym, 1st floor

Hours:

Monday through Friday, 3:30-7:30 pm with latest arrival time being 7 pm. Closed on weekends and County holidays.

Staff:

Program staff will be present for general oversight but will not be providing physical assistance.

Cost:

Participation in the program is currently free of charge but we anticipate membership fees will be required in the future.

Equipment available for use

The exercise gym is designed with adaptive equipment to allow for cardiovascular and strength training at all levels. Participants must provide their own caregiver if assistance is required. New participants will receive an initial gym orientation and caregivers will be provided a one-time training. Staff will be present at all times to answer questions but will not be able to provide physical assist in the gym.



HUR Strengthening Equipment

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- HUR: upper and lower body strengthening equipment
- Free Motion: upper and lower body strengthening
- Motomed: arm and leg bikes with motor assist
- Upper and lower extremity ergometers
- Free weights
- Resistance bands
- Skateboard (for upper body strengthening)
- Slings (for upper body strengthening)
- Shuttle: lower body strengthening
- Standing Frames: Manual and hydraulic standing frames

Participants must provide their own caregiver if assistance is required to access the standing frames. Participants and/or caregivers will be required to demonstrate safe setup and use of the standing frames prior to independent use of the standing frames in the gym.

Functional Electrical Stimulation (FES):

The Movement Center is equipped with RT300 FES leg cycles. Participants who have been assessed and trained by a physical therapist will have access to utilize these units for FES for the lower extremities. Participants must provide their own caregiver if assistance is needed to use the cycles and the caregiver will need to be trained and cleared by a physical therapist.

Contact us: Send an email to: thegymvmc@hhs.sccgov.org to inquire about participating in the program or to ask any questions.



Vitaglide



Standing Frame



Functional Electrical Stimulation cycle