

## Outdoor mobility in paraplegia – aspects and possibilities for training and care

K. Brüggemann, O. Mach, A. Werz

### Abstract

Among other things, paraplegia severely restricts mobility. While the immediate residential sphere can often be adapted to the needs of affected patients, the outside environment poses great challenges. A good methodical and didactical training in dealing with the aids, in particular with the wheelchair and the supply of adaptable aids, clearly increase outdoor mobility. In the last decades, suitable sports have developed to compensate limited mobility, movement and freedom in terms of inclusion. Care should be provided in a specialized medical center due to the complexity of medical treatment, the individuality of the adaptation with aids and the necessary training possibilities.

**Keywords:** outdoor, mobility, wheelchair, spinal cord injury

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