

## Complementary & Integrative Healthcare

### List of Resources

National Center for Complementary and Integrative Health (NCCIH): <https://nccih.nih.gov/>

NCCIH on Facebook [www.facebook.com/nih.nccih](http://www.facebook.com/nih.nccih)

Twitter [www.twitter.com/nih\\_nccih](http://www.twitter.com/nih_nccih)

YouTube [www.youtube.com/c/nih\\_nccih](http://www.youtube.com/c/nih_nccih)

Pinterest [www.pinterest.com/nccih](http://www.pinterest.com/nccih)

Guide to finding and evaluating online resources: <https://nccih.nih.gov/health/webresources>

6 things to know when choosing a CIH practitioner: <https://nccih.nih.gov/health/tips/selecting>

Finding clinical trials: <https://clinicaltrials.gov/ct2/home>

Craig Hospital overview on CIH approaches for people with SCI:

<https://craighospital.org/resources/topics/complementary-alternative-medicine>

Spinal Cord Injury Model System Information Network overview on CIH for people with SCI:

<https://www.uab.edu/medicine/sci/daily-living/managing-personal-health/complementary-alternative-medicine>

Paralyzed Veterans of America: <http://www.healingtherapies.info>

- provides a comprehensive overview of CIH therapies that have been used and studied in SCI

Human Spinal Cord Injury: New and emerging therapies (from the Icelandic Health Authorities and the World Health Organization with the support of the Council of Europe):

[http://www.sci-therapies.info/table\\_of\\_contents.htm](http://www.sci-therapies.info/table_of_contents.htm)

The Chanda Plan Foundation: <http://iamtheplan.org/systemic-change/>

Eligibility information and applications for provider-based services due Nov 9:

<http://iamtheplan.org/direct-services/>

The Health Effects of Cannabis and Cannabinoids: The current state of evidence and recommendations for research: <https://www.nap.edu/read/24625/chapter/1#ii>

The Use of Medical Marijuana to Manage Symptom Burden in Spinal Cord Injury:

[http://sci.washington.edu/summit2014/medical\\_marijuana.asp](http://sci.washington.edu/summit2014/medical_marijuana.asp)

Adaptive yoga videos: <https://www.youtube.com/playlist?list=PLDCDF5A650A35413C>

Adaptive tai chi: <http://www.disabledsportsusa.org/sport/tai-chi/>