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## NEW ONLINE RESOURCES HELP PEOPLE WITH SPINAL CORD INJURY MANAGE THEIR PAIN

WASHINGTON, DC—Free online resources to help people with spinal cord injury (SCI) manage pain are now available on the federally-funded Model Systems Knowledge Translations Center (MSKTC) website.

The *Managing Pain after Spinal Cord Injury* hot topic module consists of a suite of resources—including videos, factsheets, a slideshow, and a research study review—to explain diagnosing, treating, and managing different types of pain. In addition to pain resulting from an injury, many people experience shoulder pain from wheelchair use. The module also contains information on secondary issues, such as skin and pressure sores, how nicotine affects pain, and how to reduce pain through safe wheelchair transfer techniques. One focus of this national Center is to make SCI research findings accessible and useful to the public.

“Experiencing a spinal cord injury can be overwhelming,” said Cindy Cai, Ph.D., co-director of the MSKTC and senior researcher with the American Institutes of Research (AIR). “Our resources are designed to be easy to use by a broad audience to help those with spinal cord injury understand and manage their pain.”

The [featured video](#) and brief video clips share information about experiencing, diagnosing, assessing, and treating pain after experiencing a spinal cord injury. “Pain management is important because if you can manage your pain, you feel better and improve your quality of life” said Diana D. Cardenas, M.D., M.H.A., Principal Investigator and Project Director for the, South Florida and SCI Model System. “Our hope is that this hot topic module helps users with SCI reduce pain to improve quality of life.”

All resources in the hot topic module are based on SCI Model Systems research. The spinal cord injury model systems provide comprehensive care to patients with acute spinal cord injury through rehab and all the way into the community and lifelong follow-up.

The SCI Model Systems are funded by the National Institute on Disability and Rehabilitation Research (NIDRR) and provide the highest level of comprehensive and multidisciplinary care, including emergency medical, acute medical, and post-acute services. In addition to providing direct services, these Centers play a pivotal role in

building a national capacity for high-quality treatment and research serving persons with SCI, their families, and their communities.

The MSKTC, which developed the *Managing Pain after SCI* hot topic module, is operated by AIR in collaboration with WETA/BrainLine and George Mason University under a grant from NIDRR.

Visit <http://www.msktc.org/sci/Hot-Topics/Pain> to learn more.

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### **About the Model Systems Knowledge Translation Center**

The Model Systems Knowledge Translation Center (MSKTC) is a national Center that supports the Model Systems programs in meeting the information needs of individuals with spinal cord injury (SCI), traumatic brain injury (TBI), and burn injury by summarizing research, identifying health information needs, and developing and disseminating information resources. The MSKTC is funded by the National Institute on Disability and Rehabilitation Research (NIDRR). Model Systems are funded by NIDRR to conduct innovative and high-quality research, provide patient care, and offer services to improve the health and overall quality of life of individuals with SCI, TBI, and burn injury.

For more information, visit [www.MSKTC.org](http://www.MSKTC.org)