

Mental Health

[SCIRE Depression After SCI](#)

[TODAY How to avoid going stir-crazy during self-quarantine](#)

[The Lancet The psychological impact of quarantine and how to reduce it: rapid review of the evidence](#)

[National Institute for the Clinical Application of Behavioural Medicine](#)

Respiratory

[El Dr. Emmanuel Mercado Nuñez, explica la importancia de la intervención del médico especialista en MFyR y da las recomendaciones para rehabilitación respiratoria, frente a la pandemia de COVID-19](#)

[SCI Everything - Respiratory Care \(COVID-19\)](#)

[Pulmonary support for Myotonic Dystrophy](#)

Pulse Oximeters: [Here](#) is an example of a pulse oximeter. Check also your local pharmacy or retail store for availability

[Respiratory muscle training for cervical spinal cord injury](#)