One of the best ways to keep up with the latest developments in SCI research is through newsletters and plain language research summaries from an SCI research centre, hospital or non-profit organization.

Here are a few resources to get you started!

> **ICORD**
ICORD’S SCRIBE blog includes plain-language summaries of published SCI research from ICORD researchers. [icord.org/blog/](http://icord.org/blog/)

The ICORDian is a quarterly newsletter of recent ICORD research and events you can subscribe to by email or read online. [icord.org/about/newsletters/](http://icord.org/about/newsletters/)

> **Rick Hansen Institute**
RHI keeps a list of SCI publications and scientific reports. It also publishes newsletters about its projects and initiatives throughout the year. [rickhanseninstitute.org](http://rickhanseninstitute.org)
> Christopher & Dana Reeve Foundation
Blog posts on the latest news and information about SCI science and research by Sam Maddox author of the Reeve Foundation’s Paralysis Resource Guide. spinalcordinjury-paralysis.org/blogs

> Miami Project to Cure Paralysis
Miami Project provides up-to-date information on the progress of their latest clinical trials. miamiproject.miami.edu/page.aspx?pid=464

> National Spinal Cord Injury Model Systems Data Centre, University of Alabama at Birmingham
US–based SCI model care and research system collects US-based SCI research results and information. nscisc.uab.edu

> Reeve-Irvine Research Centre
RIRC is a basic science research facility devoted to the study of repair, regeneration, and recovery of function after spinal cord injury. reeve.uci.edu

> Spinal Cord Injury Network
Sign up for this Australian SCI research organization’s monthly newsletter including plain language summaries of important research. spinalnetwork.org.au

> Spinal Cord Injury Rehabilitation Evidence
The SCIRE project is dedicated to providing up-to-date, accurate information about the effects of rehabilitation healthcare for people with SCI. scireproject.org

> Unite 2 Fight Paralysis
U2FP provide links and reports on SCI research that targets chronic SCI and endeavors to make its information lay-friendly. u2fp.org/educate/research-news-2

> Wings for Life
This UK-based SCI research funder provides a knowledge page which includes summaries and findings of their funded research. wingsforlife.com/en/research/#knowledge

One important thing to know: Research is a long process, and a single research article only speaks to a limited amount of data. Researchers and healthcare providers often require many studies and years of work in order to make decisions that change health care.

Don’t forget to discuss what you learn with your doctor before making any changes.