

SPINAL CORD INJURY REHABILITATION

Treatment for spinal cord injuries can be divided into two stages: acute and rehabilitation. The acute phase begins at the time of injury, and last until the person is stabilized. The Rehabilitation phase begin as soon as the persons has stabilized and is ready to begin working towards his or her independence

THE ACUTE PHASE

During the acute phase, it is very important that the person receive prompt medical care. The faster the person accesses treatment, the better his or her chances are at having the least amount of impairment possible. In most cases, like in the tattoo common SUV roller, the injured persons will be sent to the closest hospital or center equipped to deal with spinal cord injuries.

The first few days of the acute stage are accompanied by spinal shock, in which the person's reflexes don't work. During this stages; it's very difficult to determine an exact prognosis, as some function beyond what is currently being seen may occur later. At this stage other complications from the accident or injury will also be present, such as brain injury, broken bones, or bruising.

THE REHABILITATION PHASE:

Once the acute phase is over and the persons has been stabilized, he or she enters the rehabilitation stages of treatment. Treatment during this phase has the goal of returning as much function as possible to the person. Because all spinal cord injuries are different, a unique plan designed to help the person function and succeed in everyday life is designed. The plan often includes:

- Helping the person understand his or her injuries.
- Helping the person understand the details regarding his or her care.

- **Helping the persons become as independent as possible in everyday activities such as bathing, eating, dressing, grooming and wheel chair use.**
- **Helping the person learn to accept a new lifestyle, especially pertaining to recreational and housing option.**
- **Helping the person learn how to instruct caregivers in how to assist them.**