



# Types of Spinal Cord Injuries

There are four areas of spinal cord trauma:

## **Cervical:**

Injury to the spinal cord in the neck, affecting the body below the head.

## **Thoracic:**

Injury to the spinal cord in the upper back, affecting the body from the trunk downward.

## **Lumbar:**

Injury to the spinal cord in the lower back, affecting mobility and bodily function below the waist.

## **Sacral:**

Injury to the bottom-most portion of the spine. Damage to this area of the spinal cord generally does not result in paralysis, but sensation and bodily functions in and around the hips may be affected.

If the spinal cord is severed, the injury is classified as catastrophic, meaning the victim suffers a loss of motion and sensation from the point of injury below.



# Living With Spinal Cord Injury

**Esther I. Wilder**



## **Living With Spinal Cord Injury:**

**Living with Spinal Cord Injury** Adrian Cristian, 2010-11 The definitive guide for dealing with the major challenges those with spinal cord injuries face Medical advances have made it possible for those with spinal cord injuries to live an essentially normal life span and to lead full meaningful and productive lives Inevitably however spinal injury superimposes special considerations on the routine activities and passages of life and activities that might once have been easy can in many cases become increasingly difficult This book identifies medical and nonmedical problems that individuals with SCI face as they get older while providing practical advice on how to tackle these challenges Includes information on health finances social support system the effects of aging Wheeling and Dealing Esther I. Wilder, 2006 Before his motorcycle accident Travis saw himself becoming a pro football player Now paralyzed from the nipple down he says At times it s a pain in the ass literally and figuratively But it allows me to not be as threatening to some people the way I was when I was still an athlete Because a lot of times male interaction is done on the basis of pissing contests I m bigger I m tougher I m stronger I m smarter When you re in a chair they don t look at you like that At the same time Travis complains that many people are uncomfortable interacting with him because of his disability I would rather you make a mistake and deal with me than not deal with me at all Meghan is a high level quadriplegic living alone who uses a power wheelchair and requires daily attendant care She laments There are so many people who think we re asexual we re not pretty and we re creeps and weirdoes To dispel this myth she envisions a fashion show of women in wheelchairs parading down a runway Meghan has been involved in a number of sexual relationships since sustaining her injury While she doesn t think her disability has diminished her sexual pleasure she feels that it has affected her sexual performance Well you can t move it You can t like bump and grind In 32 unusually frank in depth interviews like these the men and women in this book freely discuss their sex lives their beliefs about God how they want others to treat them and whether they want to walk again In each chapter the author presents their complex voices and comprehensive research about different facets of spinal cord injury SCI Wheeling and Dealing explores the extent to which people with spinal cord injury locate their challenges in their physical impairments or in the social environment Some disagree with those disability activists who focus almost exclusively on the latter but the author examines this issue in depth Topics include Physical health from degrees of loss of function to problems like pressure sores temperature regulation and bladder control The stages of psychological adjustment and rehabilitation Obstacles to sexual intimacy treatment of erectile dysfunction and new sources of sexual pleasure and emotional intimacy Religion and spirituality Social and political beliefs with those with SCI weighing in on everything from welfare services to embryonic stem cell research Dating marriage and parenting Friendship networks and social supports concerns about transportation and accessibility stigma Education employment and economic consequences This book is the recipient of the 2004 Norman L and Roselea J Goldberg Prize from Vanderbilt University Press for the best project in the area of medicine **Moving Forward**

,1995-01-01      **Mayo Clinic Guide to Living with a Spinal Cord Injury** Mayo Clinic,2009-04-07 This indispensable guide offers a complete picture of the road to recovery and the specifics to move ahead with your life When possible it encourages readers to resume their favorite hobbies participate in athletic activities and return to the workplace For the first time leading medical specialists at the world renowned Mayo Clinic offer their expert advice on everything from emotional adjustments to skin care to home and car modifications to quality of life improvements Easy to read illustrated and well organized Mayo Clinic Guide to Living with A Spinal Cord Injury provides the how to regarding the day to day challenges faced by anyone who has a spinal cord injury      **Spinal Cord Injury** Sara Palmer,Kay Harris Kriegsman,Jeffrey B. Palmer,2008-05-30 The authors created this self help guide for those who have suffered a spinal cord injury because Our experience tells us that recovery and successful living after injury go more smoothly when people know what to expect The descriptions of each aspect of life following the injury from what happens in the hospital and the emotional effects which accompany the trauma to the new lives experienced afterwards are supplemented with the personal stories of those who have suffered this injury Of the three authors two are psychologists and one is an MD affiliated with the rehabilitation program at Johns Hopkins University School of Medicine A list of resources is included      *Living with Spinal Cord Injury* Richard J. Boyle (Sr.),2000-06      **Living with Spinal Cord Injury** Marjorie Garfunkel,Glenn H. Goldfinger,1981      **Living with Spinal Cord Injury** ,2005      *The Meaning of the Experience of Living with Spinal Cord Injury for the Family* Susan DeSanto-Madeya,2003      *Mayo Clinic* The Mayo Clinic,2011-05-14 A guide to living with spinal cord injury offers advice on coping with everyday challenges from emotional adjustments to skin care and encourages readers to reengage with life by resuming their favorite hobbies participating in sports activities and returning to work safely This optimized ReadHowYouWant edition contains the complete unabridged text of the original publisher s edition      *Deep* Marcy Joy Epstein,Travar Pettway,2007 Essays plumbing the depths of life with spinal cord injury      *Living with Spinal Cord Injury* Disability Joachim Burchard Ngonyani,2008      **Managing Spinal Cord Injury** Susanne Groah,2002-06-01 ABI PROFESSIONAL PUBLICATIONS is pleased to offer an all new professional reference guide to living well after spinal cord injury edited by Suzanne Groah M D M S P H Managing Spinal Cord Injury provides a comprehensive overview on dealing with the medical psychological financial and many other challenges of living with spinal injury Written by over 20 authorities in the field Managing Spinal Cord Injury distills and summarizes the wealth of cutting edge knowledge on spinal injury and rehabilitation developed over the past decade This information is supplemented with personal stories of individuals who provide eloquent and sometimes poignant always heroic testimony to the many ways people have prevailed in the face of ongoing disability The book features a state of the art consumer guide in selecting a rehabilitation program a glossary of spinal injury related terms and comprehensive listing of spinal cord injury related resources Managing Spinal Cord Injury was written by and for healthcare professionals who work with and counsel people with stroke and who need an up to date

and quick reference and as a guide to living well for people who have had a stroke their families friends and loved ones

*Living with Spinal Cord Injury* Marcellinus Willibrordus Maria Post,1997      *A Complete Plain-English Guide to Living with a Spinal Cord Injury* Carolyn Boyles,2007-10 An invaluable resource for anyone touched by spinal cord injury newly injured patients longtime survivors friends and loved ones and medical professionals A Complete Plain English Guide to Living with an Incomplete Spinal Cord Injury offers a survivor s perspective on the physical and emotional journey from the time of injury through the entire recovery process and on to living a full and happy life This thorough down to earth manual delivers solid factual information and real world advice from someone who has been there Carolyn Boyles a long term spinal cord injury survivor translates medical jargon into plain English and helps you understand everything you need to know about living and thriving with an injured spinal cord Boyles handbook covers surgeries and complications treatment and rehabilitation working with medical professionals dealing with family and friends understanding your unique injury prognosis and life expectancy maintaining hope and faith working through emotional baggage including the many forms of survivor guilt what to expect physically and how to rebuild a quality life She candidly answers all the questions nobody wants to ask and she even includes statistics ideas for additional reading and movies resources and more But most importantly she shows you that a spinal cord injury is not a life ending event but rather a new beginning      **Managing Spinal Cord Injury** Suzanne L. Groah,2005      *Spinal Cord Injury* Michael E. Selzer,Bruce H. Dobkin,2008-02-27 The spinal cord is a vital part of the central nervous system even a small injury can lead to severe disability In the US there are approximately 230 000 people living with traumatic spinal cord injury SCI with over 10 000 more becoming disabled each year Learning to live with SCI can be a challenge to any individual caregiver or family To improve their ability to cope everyone involved must understand how the body responds to a spinal cord injury and educate themselves about treatment and management issues *Spinal Cord Injury* the newest title in the critically acclaimed American Academy of Neurology Press Quality of Life Guides is an authoritative and reliable resource for any patient family member or caregiver looking to inform themselves on this topic Written in easy to understand language this excellent overview of spinal cord injury and its treatment is essential reading for all patients desiring a better quality of life and for family members and caregivers who need a better understanding of this condition and its effects This informative book explains the anatomy of the spine the results of injury and the treatment and management issues encountered during rehabilitation It contains a glossary with commonly used terms and website resources that can aid in further research In addition it includes current research to help SCI patients make informed medical decisions that promote optimum healing *Spinal Cord Injury* will help patients caregivers and family members cope with SCI and enjoy a better quality of life      *Living with Spinal Cord Injury* Adrian Cristian,2004-07 Medical advances have made it possible for those with spinal cord injuries to live an essentially normal life span and to lead full meaningful and productive lives Inevitably however spinal injury superimposes special considerations on the routine activities and passages

of life and activities that might once have been easy can in many cases become increasingly difficult This book identifies medical and nonmedical problems that individuals with SCI face as they get older while providing practical advice on how to tackle these challenges *The Experience of Living with Spinal Cord Injury in the Early Months Following Discharge from Rehabilitation* Maeve Nolan, 2011 **The Spinal Cord Injured Patient Comprehensive Management, Second Edition** Bok Y. Lee, Lee E. Ostrander, 2002 The first goal in this edition of the book remains as in the first edition to cover the broad issues involved in the care of the spinal cord injured patient The second goal is to provide an evaluation of spinal cord injury by experts who are deeply involved with various aspects of spinal cord injury management Included in this new and revised edition are chapters devoted to three significant areas of development particularly upper limb reconstruction the use of electrical stimulation and neuronal preservation after ischemic injury New chapters review the state of exercise standing and walking systems using electrical stimulation and the important and emerging topic of neuronal preservation after ischemic injury The scope of this book includes diagnostic methods evaluation methods spinal cord injury pathophysiology medical surgical management rehabilitation and issues of specialized care This book is a compendium of otherwise difficult to assemble knowledge replete with time tested methods as well as with contemporary developments in the form of new ideas techniques and concepts

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