## **UNDERSTANDING SPINAL CORD INJURIES**

## POTENTIAL: •DEPRESSION •ISOLATION •LESSEN INDEPENDENCE •LIMITED ENERGY •RELIANCE ON OTHERS

		LIMITATIONS - CERVICAL DAMAGE	CONSEQUENCES - CERVICAL DAMAGE
	0	Might need breathing assistance	Probably using mechanical device for breathing,
A COLOR	Cervical	• Limited or no use of arms	prone to infections and medical complications.
MU	<ul> <li>Vertebrae</li> </ul>	No ability to bend	Needing attendants for feeding, bathing, getting
XUE	C <sub>1</sub> - C <sub>7</sub>	Lack of balance	objects, communicating, opening doors, getting
		No use of legs	in/out bed and wheelchair with lifts, probably no
1000		Wheelchair required	sports, special transport required, medical
12 - 10		<ul> <li>No self control of bladder/bowels</li> </ul>	equipment and nursing help for bladder/bowel
	Thoracic		elimination.
		LIMITATIONS - THORACIC DAMAGE	CONSEQUENCES - THORACIC DAMAGE
		• Some use of arms	Some help feeding, bathing, some help writing,
	_ Vertebrae	Limited ability to bend	getting objects, opening doors, getting in/out bed
100		Lack of balance	and wheelchair with attendants, limited ability for
	T <sub>1</sub> - T <sub>12</sub>	• No use of legs	some sports, special transport required, needing
		Wheelchair required	medical equipment and nursing help for
		<ul> <li>No self control of bladder/bowels</li> </ul>	bladder/bowel elimination
		LIMITATIONS - LUMBAR DAMAGE	CONSEQUENCES - LUMBAR DAMAGE
	Lumbar	• Ability to use arms	Help getting objects, stretching, some help
		Possibility of bending	grooming, cooking, opening doors, some help
		Limited balance	transferring to/from wheelchair, possibility for
	— Vertebrae	• Limited use of legs	some sports, help with transportation, help with
	L <sub>1</sub> - L <sub>5</sub>	Wheelchair necessary	mobility equipment, medical equipment for
		•Limited ability to use crutches	bladder/bowel elimination.
		• No self control of bladder/bowels	
	5 Sacrum — 4 Coccyx	LIMITATIONS - SACRUM DAMAGE	CONSEQUENCES - SACRUM DAMAGE
		• Ability to use arms	Difficulty stretching for objects, some help opening
		• Ability to bend	doors, help with mobility devices, possible ability
		Possibly limited balance	for some sports, some transportation difficulty,
7	(fused)	• Struggle to use legs	medical equipment for bladder/bowel evacuation.
<u> </u>	(.0000)	• Crutches/support necessary	
/		• Probably no self control of bladder/bowels	



## www.Help-Your-Self.org

Help-Your-Self Inc. Donations are welcome and tax deductible Published by Help-Your Self, inc. ® a 501(c)(3) non-profit corporation - Copyright © 2006