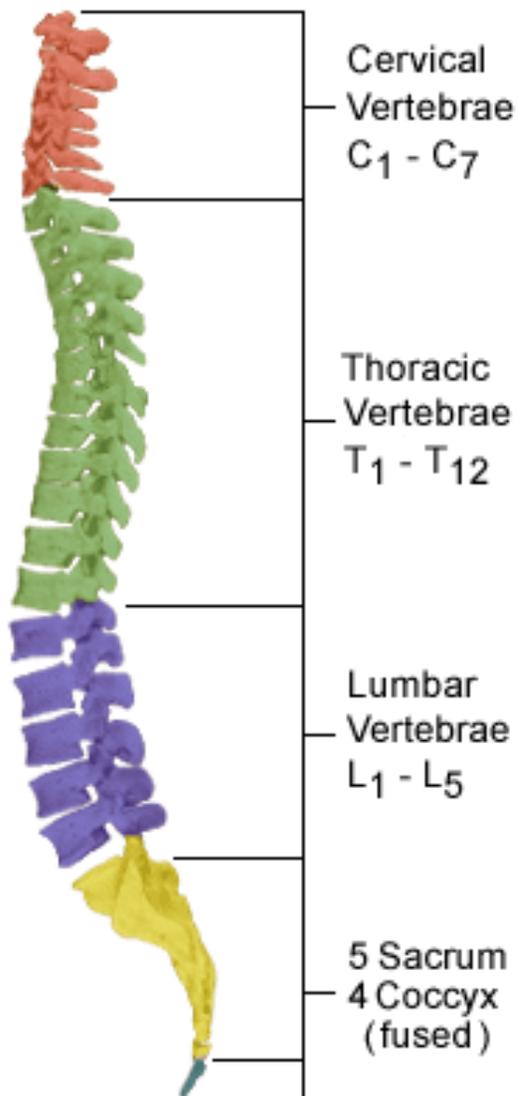


UNDERSTANDING SPINAL CORD INJURIES

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



LIMITATIONS - CERVICAL DAMAGE	CONSEQUENCES - CERVICAL DAMAGE
<ul style="list-style-type: none"> ● Might need breathing assistance ● Limited or no use of arms ● No ability to bend ● Lack of balance ● No use of legs ● Wheelchair required ● No self control of bladder/bowels 	Probably using mechanical device for breathing, prone to infections and medical complications. Needing attendants for feeding, bathing, getting objects, communicating, opening doors, getting in/out bed and wheelchair with lifts, probably no sports, special transport required, medical equipment and nursing help for bladder/bowel elimination.
LIMITATIONS - THORACIC DAMAGE	CONSEQUENCES - THORACIC DAMAGE
<ul style="list-style-type: none"> ● Some use of arms ● Limited ability to bend ● Lack of balance ● No use of legs ● Wheelchair required ● No self control of bladder/bowels 	Some help feeding, bathing, some help writing, getting objects, opening doors, getting in/out bed and wheelchair with attendants, limited ability for some sports, special transport required, needing medical equipment and nursing help for bladder/bowel elimination
LIMITATIONS - LUMBAR DAMAGE	CONSEQUENCES - LUMBAR DAMAGE
<ul style="list-style-type: none"> ● Ability to use arms ● Possibility of bending ● Limited balance ● Limited use of legs ● Wheelchair necessary ● Limited ability to use crutches ● No self control of bladder/bowels 	Help getting objects, stretching, some help grooming, cooking, opening doors, some help transferring to/from wheelchair, possibility for some sports, help with transportation, help with mobility equipment, medical equipment for bladder/bowel elimination.
LIMITATIONS - SACRUM DAMAGE	CONSEQUENCES - SACRUM DAMAGE
<ul style="list-style-type: none"> ● Ability to use arms ● Ability to bend ● Possibly limited balance ● Struggle to use legs ● Crutches/support necessary ● Probably no self control of bladder/bowels 	Difficulty stretching for objects, some help opening doors, help with mobility devices, possible ability for some sports, some transportation difficulty, medical equipment for bladder/bowel evacuation.