

Common Spinal Cord Injuries Exercises

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Exercising is essential to a spinal cord recovery program. However, nothing is as simple as that since the spinal cord is a major part of what makes you move. Two factors you should be ready for are slow progress, high costs, and potential setbacks.

Nevertheless, these should never deter you from pursuing a good therapy program. Some of the common [spinal cord exercises](#) you can start doing with a professional therapist or nurse would be the following:

Deep Breathing Exercises

One of the functions affected by a [spinal cord injury](#) is your breathing. You need to start with simple breathing exercises at least twice a day. Take a deep breath, hold for several seconds, then release slowly. Then your next deep breath should be done faster with no need to hold it. Just release quickly, like you just run the marathon. Your third breath should be slow in, hold, slow out. The final part of this exercise would be breath in, count out loud, then breathe out.

This exercise will help you control your breathing better, and give you confidence to try out more exercises. It will also improve your resistance to respiratory complications and pneumonia.

Shoulder and Neck Rotations

Exercising your shoulders and neck strengthens your endurance and helps you improve your heart rate. This is a simple routine that you can do alone or with a little help. Initially, it would be better to have someone around.

If you are going to do it alone, just try to do shrugs. This means light lifting of your shoulders as if to say “I don’t know.” Do it 10 times, twice a day. If there will be someone to help you, ask this person to hold down your shoulders lightly as you do your shrugs.

Finger exercises

This may sound too simple, but actually it can help you strengthen not just your finger muscles, but also those extending up to your shoulders. Simply flex your fingers as if grasping a ball. You can even use a soft ball if you want. If this is too easy, try tossing the ball back and forth between your hands. This will help you with hand-eye coordination as well as finger/hand coordination.

Any leg exercises are more complicated because you will need to get confirmation from your doctor what exercises you should avoid. For instance, it is possible that your leg veins are constricted, and doing exercises could cause a blood clot to form. This would affect your blood flow to your heart, and also be bad for your breathing. Thus, be sure to get the go signal before trying anything.

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