

## **Management of Spinal Cord Injuries**

by [admin](#) on 05/25/10 at 2:11 pm

Taking care of a person who is suffering from spinal cord injuries is not something that can be initially done without professional help. Usually, the doctor will recommend that a physiotherapy be hired to help the person learn how to cope with every day activities like standing, walking, getting out of bed, hygiene, and even eating.

The treatment will have to depend on the severity of the injury. Some people with [spinal cord injury](#) could only need minor supervision, and still go about doing his daily routine without much assistance. Others may have some degree of paralysis, and in these cases, a midwife or nurse is recommended.

Some of the aspects that have to taken into consideration are the following:

- Pain management
- Motor skills re-training
- Muscle strengthening
- Physical Therapy
- Respiratory Management
- Contracture Management
- Cardiovascular Management and Training

One thing that must be noted is regardless of the extent of the injury is the personal attitude of the injured party. No amount of attention or management will work if he or she is unreceptive to being helped. Just as anyone who goes through a traumatic change, there are levels of rejection and anger before acceptance takes place. This is the first step in managing someone with a spinal cord injury.

In other words, you have to give them time to adjust to their new situation, but not enough time that they end up depressed and unable to function. At the same time, some people need to be knocked out of their refusal to face reality either through emotional pressure to get better, motivational therapy, or talking to a professional psychiatrist. Ultimately, what will get them started on their management treatment program would be the careful assessment of the situation and how to move forward.

It is possible that the patient might need to have surgery to correct some of the damage, so the expectation of quick recovery might not always be realistic. Then, after surgery, there will be another round of therapy to adjust to the changes. Sometimes, it just works that patients are able to be up and about within months after a serious spinal cord injury. It will really depend on his innate ability to fight and recover, as well as the response to the treatment and rehabilitation plans.

Eventually the management plan should include outside influences which means being able to venture back into the world and hopefully be a productive member of society. This would include possible training for skills that can be used to earn income and make the person independent to some extent, and social skills which means avoiding awkwardness among strangers, and being able to handle the stares or comments that will surely come.

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