

Levels of Spinal Cord Injuries Explained

by [John Demas](#) on 07/16/10

If you research the levels of [spinal cord injuries](#), you will soon discover that there are traumatic and non-traumatic injuries. There are also levels that depend upon the extent of the injury as well as where it is located on the spinal cord. As you might now, throughout the length of the spinal cord, there are nerves and muscles, and the upper portion of the spinal cord links to movement and senses around the upper portion of the body; whereas the lower-end links to parts below the waist (like the legs and feet). Thus, the higher the [spinal cord injury](#), the more serious the effects one may experience. In this article, you will learn more about specific levels of *spinal cord injuries* as well as the different effects one might experience as a result of the injury. However, be assured that there are many treatments and therapy plans you can adopt to re-train your body for areas that have been adversely affected.

Bladder and Bowel Control

One of the problems you might have to face is not being able to control your bladder and/or bowel. This is because the “message carrier” or your spinal cord that communicates with your brain, will not be able to control your movements. You could get infections and bladder or kidney stones. As such, you should start drinking more liquids, especially water to flush the bacteria and help your body heal. With regards to your bowel, you may have problems moving your bowels, therefore, you should adapt a high fiber diet to counteract this unpleasant situation.

Respiratory Injuries

For you to experience a respiratory injury, you must experience a spinal cord injury toward the lower portion of your spinal cord.

For instance, if you experience injuries along the upper to middle part of your spinal cord, you are prone to breathing problems that could develop to lung conditions like pneumonia. Part of what is injured is affecting your chest and abdominal muscles that would explain the respiratory problems.

Sexual Health

An injury to your [spinal cord](#) in the middle to lower sections will probably affect your sexual functions. Men might have difficulties with ejaculation or erection while women have problems with lubrication. This has a lot to do with decreases stimuli from the brain as well as decreased sensation in that area.

Pain and Lack of Sensation

The pain can occur at any level, although it is no indication of whether or not there will be full recovery or not. In the case of loss of skin sensation, this means you have problems with hot or cold, or pressure. As a result, you tend to get bedsores because your brain is not sending the message that that part of your body is tired of the weight being put on it.

These are just some of the problems you will encounter with a spinal cord injury. There are others such as paralysis, blood circulation, muscle pain, and a tendency to gain weight.

[Demas & Rosenthal](#) has been representing injury victims for nearly twenty years. We are committed to offering the highest quality representation and level of service. We have extensive experience handling a variety of brain injury and have the resources to take on major corporations and insurance companies; Please do not rely or act solely upon the information provided in this article. Please consider getting a consultation immediately. The [best personal injury law firms](#) will provide a free consultation. [Demas & Rosenthal](#) will provide a free, confidential consultation if you were injured. The free consultation offer extends to family members as well.