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A Special Issue: Spinal Cord Injury & Rehabilitation

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The spinal cord is a collection of nerves that travels from the bottom of the brain down your back. There are 31 pairs of nerves that leave the spinal cord. These nerves allow your brain to give command and bring back information from your body to your brain.

The spinal cord runs through the spinal canal. This canal is surrounded by the bones in your neck and back called vertebrae, which make up your backbone. The vertebrae help to protect the spinal cord from injury.

Spinal cord is very sensitive to injury causes due to trauma and seen most common in young people. Spinal cord does not have the ability to repair itself when it is damaged. Spinal cord injuries are complete or incomplete. Complete spinal cord injury have loss of sensation and loss of muscle function in the body below the level of the injury. Incomplete spinal cord injury few functions remain below the level of the injury.

There is no cure for spinal cord injury. Rehabilitation helps to in recovery of spinal cord injury. Rehabilitation therapy was led by specialized doctors like

physiatrist, occupational therapists, rehabilitation psychologists, recreational therapists, nutritionists, social workers, vocational counsellors and other specialists.

Physical therapy includes exercise, occupational therapy helps in redeveloping the fine motor skills; vocational rehabilitation helps in basic skill works, recreation therapy helps in building their abilities to participate in recreational or athletic activities at their level of mobility,

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