

Spinal Cord Injury

The main cause of spinal injury is trauma, such as sporting injury or a road traffic accident. Other causes may be non-traumatic, for example a spinal tumour, following spinal surgery or a spinal stroke.

Levels of injury

The level of the injury of the spinal cord will determine the extent of a person's disability and the expected functional recovery.

A high level injury in the neck will affect all four limbs and the trunk, cause sitting balance problems and respiratory difficulties. A very high lesion may result in a person requiring assistance to breathe using a ventilator.

Levels of injury around the middle of the spinal cord may affect the lower limbs, fine motor skills in the hands and poor sitting balance. These will result in difficulties with transfers, activities of daily living and independently propelling a wheelchair. All these are skills that require training and support from our experienced therapy team.

Lower levels of injury may affect the lower limbs only and result in difficulties in mobility, although often the person is able to manage independently in a wheelchair or walk with assistive devices.

How we can help

There are many problems associated with spinal cord injuries, for example: muscle weakness, sensory problems, spasms, spasticity, incontinence, impaired sexual function and poor balance. Other related medical complications such as autonomic dysreflexia, chest infections and pressure sores can make ongoing management complex and will require support from the medical and nursing members of the team.

We have the skills and experience within the team to provide rehabilitation for clients with any level of spinal injury. Particularly for those who require a high level of specialised nursing care and ongoing therapy. Also we can assist those people whose injury was due to a non-traumatic cause who may not have had access to spinal injury units.



The rooms on the ground floor of the Janet Barnes Unit are all very spacious to enable easy wheelchair access and all have ensuite wet room facilities. For those clients with high spinal lesions who require more care, some rooms have been designed with a higher specifications with ceiling track hoists fitted and can accommodate people requiring ventilation and oxygen.

We are very happy to provide further information.

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