

Clinical Image

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Spinal cord injury recovery process from horizontal to vertical: A hope wall for the well-being***Corresponding Author: Pallerla Srikanth**

Department of Psychiatric Social Work, NIMHANS,
Bengaluru, Hosur main road, 560029, Karnataka,
India.

Email: sripharma55@gmail.com

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Abstract

Spinal Cord Injury (SCI) is a debilitating common neurological condition that can strike unexpectedly and, without caution. SCI is a high-cost chronic disability, and, it is a life-changing experience for persons with SCI (Pw SCI). It is very important to make the Pw SCI and, their caregiver aware of the Spinal cord injury RECOVERY PROCESS. Understanding the recovery process will help them in many ways, such as having realistic expectations, better outcomes of rehabilitation, managing the treatment cost, saving their time, having certain future plans, etc. Health care workers involved in the SCI management, especially social workers, and psychologists, also should know about the SCI recovery process.

Background

Through this Artwork, I would like to make them aware about the SCI recovery process. There are different phases in the SCI recovery which has portrayed in Figure No 01, such as



Figure 1: Recovery process from horizontal to vertical.

- 1-Lying down on the bed
- 2-Sitting on the wheelchair
- 3-Performing exercises on the tilt table
- 4-Practising walking on the parallel bar
- 5-Starting walking with the support of a walker
- 6-Walking with the support of auxiliary crutches
- 7-Walking with the support of Tripod/Quadri pod stick
- 8-Walking with the support of one person or walking independently under supervision
- 9-Community ambulation

Most importantly, we should understand that the phases of this recovery are unique in nature, and, it will be different from person to person. Each phase will take its own time to reach the next level, the time for recovery varies from one phase to another phase. We can't predict when the PwSCI will reach the next subsequent phase. At times for PwSCI, the recovery will stop at some point, and, they will remain the same for the rest of their lives. From the first step (horizontal) to the last step (vertical), a variety of factors play an important role in the recovery process.