Editorial

Short note on spinal cord injury

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DESCRIPTION

A spinal cord injury is an impairment to the spinal cord. It is a very significant type of injury that is essentially going to affect most parts of the body in day-to-day existence.

Symptoms may include:

- Tiredness in the arms and or legs.
- Reduced sensation in the arms and or legs.
- Loss of bladder or bowel control.
- Extreme discomfort or strain in the neck or back.
- Abnormal lumps along the spine.
- Struggling breathing.

In general, the symptoms can be classified into as follows:

- Complete: If all sensory and ability to control movement (motor function) is lost below the spinal cord injury, the injury is known as complete.
- Incomplete: If an individual has some motor or sensory function beneath the affected region, then the injury is known as incomplete. There are different levels of incomplete injury.

Also, paralysis from a spinal cord injury can be referred to as follows:

- Tetraplegia or also called quadriplegia which means that the arms, hands, trunk, legs, and pelvic organs are all affected by the spinal cord injury.
- Paraplegia is another type of paralysis that affects all or part of the trunk, legs, and pelvic organs.

In most sufferers, the damage results from physical trauma such as car accidents, gunshot wounds, falls, or sports injuries, yet it can also result from non-traumatic causes such as infection, inadequate blood flow, and tumors. Precisely, the above fractional of the injuries influences the cervical spine, while 15% occur in each of the thoracic spine, border between the thoracic and lumbar spine, and lumbar spine alone.

In a crisis, the physician ensures a spinal cord injury is not affecting the breathing or heart rate. Then, they can evaluate how well the nerves are functioning. The physician checks:

- Motor function or your ability to move parts of your body.
- Sensory function, or your ability to feel touch.

Specific imaging tests can assist by diagnosing a spinal cord injury:

- CT scan to examine broken bones, blood clots, or blood vessel damage.
- MRI to examine the spinal cord or soft tissues.
- X-ray to display broken bones or dislocations.

The physician may likewise utilize an electromyogram (EMG) to examine the electrical activity in muscles and nerve cells if there are existing together peripheral nerve injuries.

The individual may require emergency surgery for a spinal cord injury in case there is trauma to another area of the body. Surgery can also handle spinal cord damage from broken bones, blood clots, or damaged tissue.

Many testing put forward that a corticosteroid injection may assist spinal cord injuries. The medicament should be administered within eight hours after the damage exists. This treatment may:

- Improve blood flow.
- Preserve nerve function.
- Reduce inflammation.

Long-term objectives of spinal cord injury treatment include:

- Enhancing independence and quality of life.
- Reducing the chances of chronic health conditions.
- Regenerate some nerve function in partial injuries.

Long-term difficulties of a spinal cord injury may include:

- Impotence to manage blood pressure or body temperature.
- Increased chances of heart or lung problems.
- Loss of bladder or bowel control.
- Paralysis in the arms or legs.
- Persistent pain.
- Spasticity, joint contracture.
- Sexual dysfunction.

The below-mentioned counsel may reduce the chance of a spinal cord injury:

- Safe drive in cars by wearing a seat belt every time.
- Check the water depth before diving.
- Prevent falls.
- Take precautions when playing sports like using a spotter for new moves in gymnastics.

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