



Functional Rehabilitation and Quality of Life in Spinal Cord Injury

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Description

Spinal Cord Injury (SCI) has a profound impact on individuals' functional abilities and overall quality of life. This section highlights the importance of functional rehabilitation and its role in enhancing independence, functional outcomes, and well-being for individuals with SCI.

Principles of functional rehabilitation

It emphasizes the importance of early mobilization, task-specific training, and repetitive practice in promoting neuroplasticity and functional recovery. The role of physical therapy, occupational therapy, and other rehabilitation disciplines in maximizing functional abilities and promoting independence is discussed.

Classification and diagnostic approaches

The classification systems used to categorize SCI based on their anatomical and neurological characteristics, such as the American Spinal Injury Association (ASIA) Impairment Scale. Diagnostic approaches, including imaging studies (e.g., X-rays, magnetic resonance imaging) and clinical assessment tools are discussed to aid in accurate diagnosis, prognostication, and treatment planning.

Mobility and activities of daily living

The role of assistive devices, such as the wheelchairs and orthoses, in facilitating mobility is examined. Strategies for optimizing independence in self-care tasks, such as dressing, bathing, and toileting, are discussed. The importance of adaptive techniques, environmental modifications, and training in the use of assistive technologies is emphasized.

Upper limb function and rehabilitation

The significance of upper limb function in the individuals with SCI and the rehabilitation strategies to enhance upper limb abilities. Therapeutic approaches, including strengthening exercises, range-of-motion exercises, and functional training, are discussed. The role of assistive devices, such as robotic exoskeletons and functional electrical stimulation, in promoting upper limb function and enabling independence is examined.

Psychosocial and vocational considerations

The psychosocial impact of the SCI and vocational rehabilitation are explored in this section. Psychological support, counseling, and peer support programs are highlighted as essential components of comprehensive rehabilitation. Strategies for addressing the psychological challenges, such as depression, anxiety, and adjustment issues, are examined. The role of vocational rehabilitation programs, career counseling, and the workplace adaptations in facilitating successful reintegration into employment and community life is emphasized.

Assistive technologies and accessibility

This explores the role of assistive technologies and accessibility in enhancing the functional outcomes and quality of life for individuals with SCI. The use of augmentative and alternative communication devices, environmental control systems, and smart home technologies is discussed. The importance of ensuring accessible environments, public transportation, and community infrastructure is examined to facilitate social participation and independence.

Quality of life and long-term considerations

This section examines the multidimensional aspects of quality of life after SCI. Physical, psychological, social, and vocational considerations that impact overall well-being are discussed. Factors influencing satisfaction, community integration, relationships, and self-perception are explored. Long-term considerations, such as aging with SCI and the management of secondary complications, are also addressed.

Conclusion

Functional rehabilitation plays a vital role in optimizing independence, functional outcomes, and quality of life for individuals with Spinal Cord Injury (SCI). It emphasizes the importance of comprehensive rehabilitation programs, assistive technologies, and the ongoing support in promoting functional recovery and overall well-being. By focusing on functional rehabilitation and quality of life, clinicians can provide holistic care to individuals living with SCI.

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