

Mobility concerns for persons with spinal cord injury

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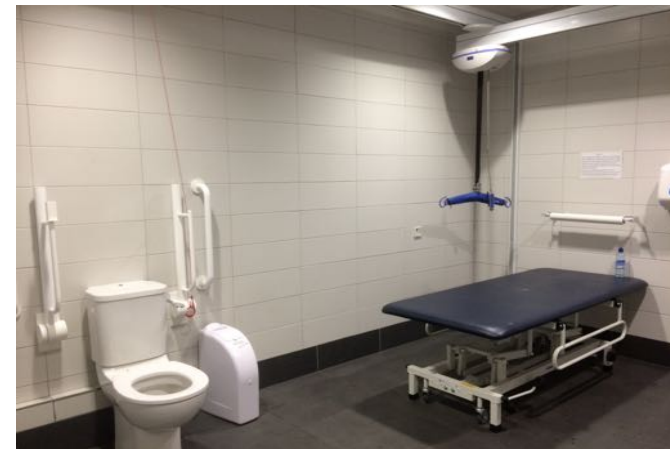
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Restraints in mobility

- Type of injury
- Age and weight
- Availability of rehabilitation
- Availability of technical aids
- Environment
- Ability to drive
- etc



Technical aids

- Minimize handicap
- Improve mobility
- Increase independency
- Facilitate re-integration

- Decrease complications
 - Pressure wounds
 - Shoulder problem
 - Pain
 - Contractures, Scoliosis



Technical Aids

- Appropriate active custom built wheelchair
- Electrical wheelchair for patients with high lesions
- Cushion
- Bathroom equipment
- Consumables
- Slideboard
- Mattress
- Transport
- Home adaptations



Previous situation for people with SCI

- Transport wheelchair without cushion → pressure ulcers
- Bed bath, indwelling catheters, bowel management in bed
- Assistance with transfers
- Totally inaccessible public transportation →
 - dependence
 - expensive taxi
 - inability to go to work
- Inaccessible homes





Passive

- Increased risk for
 - Shoulder pain
 - Scoliosis, contractures
- Not adjustable seat or back
- Possible to propel on even surface for short distance
- Heavy to handle



Active

- Individually measured
- Adjustable
- Light weight
- Easy to propel/maneuver
- Possible to lift in and out of vehicles
- Facilitate active life



Passive / Active sitting



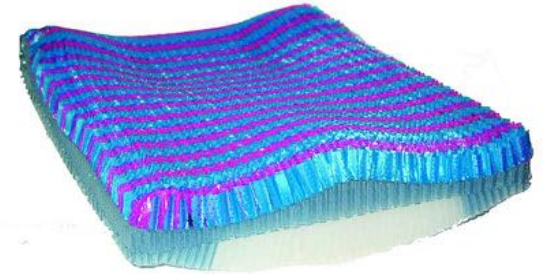
Criteria's when choosing a wheelchair

- Holistic approach
- Diagnosis – level of injury
- Goal of usability
- Environment
- Body composition
- Own vehicle / car



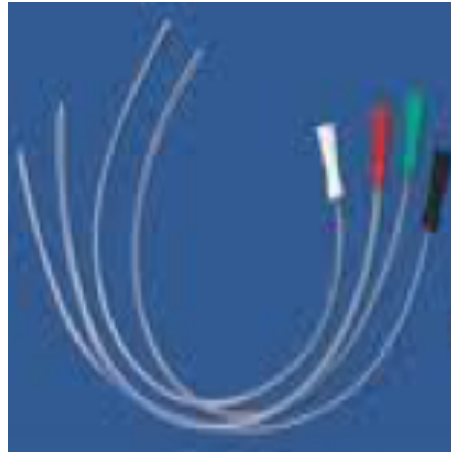
Cushions

- Individually assessed and fitted
- Prevents pressure wounds
- Enables an active life style
- Stability, Weight
- Possibility to clean / wash
- Durability



A wheelchair should never be prescribed without a cushion!

Bathroom equipment



Transfer boards

- Enables safe transfers
- Always use in acute stage
- For high level injured, heavy patients or complications
 - heterotopic ossificans
 - shoulder pain
- Inexpensive aid



Walking aids

- Braces
- Walking frame
- Walkers
- Crutches
- Complement to a wheelchair



Transport



Thank you

