VIMS Journal of Physical Therapy

[BOOK REVIEW]

Rehabilitation in Spinal Cord Injuries
Published in June 1 2020. Publisher: Elsevier Health Sciences.

Dr. Suvarna Ganvir(PT)[1] Dr. Maheshwari Harishchandre (PT)[2]
[1]Professor & HOD, [2]Associate Professor, Department of Neurophysiotherapy, D.V.V.P.F.'s College of Physiotherapy, Ahmednagar.
Authors: Jacqueline Reznik, Research Associate, Institute of Child Health, UCL/GOSH, London, UK. Joshua Simmons, Physiotherapy, Spinal Injuries Queensland Spinal Cord Injury Service, Queensland, Australia

People with Spinal Cord Injury (SCI) require not only initial medical care and rehabilitation, but also treatment strategies to improve functional capacity and ongoing access to wheelchair friendly environments & appropriate housemaker equipment, transport employment & financial support.

Hence, rehabilitation in patients with SCI poses a big challenge for neurophysiotherapist. This book helps to combat this challenge as it is a practical guide to the treatment and management of spinal cord injuries exclusively. Simple language used in book makes it a preferred choice by physiotherapy students & early career clinician or clinicians.

With 21 chapters on diverse topics, book addresses acute care management required in patients with SCI in first 4 chapters. The next 2 chapters describes various aspects related to biomechanics of spine and concept of functional independence along with factors responsible for it. chapter 7 deals with various electrotherapeutic modalities used in various stages of SCI, with the rationale. Transport of SCI patients is always challenging and its exact methods are clearly described in chapter 8. Different modes of ambulation used by patients with or without assistive devices are describe in chapter 9. Hydrotherapy has been proved to be beneficial in patients with SCI the application of which is extensively described in chapter10. Classification of complete and incomplete types of SCI along in chapter 11,the less commonly explored aspects of SCI i.e sexual function in patients with SCI and its potential implications on recovery and related measures to improvise recovery are extensively explained in chapter12. Sports creates a feeling of physical well being in an individual and a patient with SCI is not exceptional to it. Simple sports that can be played by SCI patients and related care and support required are described in chapter 13. Age at which the injury occurs & the ageing process with the injury has its own significance in achieving maximal functional recovery. Chapter14,15 and 16 discusses the paediatric and ageing aspect of SCI. Chapter 17 through 21 throw light on neglected aspects such as psychological, sequale, socioeconomic issues elaborated through case reports and hazards of living with spinal cord injury.

Overall this book provides a comprehensive approach. For treating patients with spinal cord injury which is required at every stage of SCI. Clinical therapist, students, health care professionals can use this book as a strong evidence for deciding the treatment goals & appropriate intervention. This will help to reduce the morbidity associated with SCI & improves the chances of better functional recovery.

DOI : 10.46858.VIMSJPT.3202