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FITNESS

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OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

MPOT™

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# SPINAL CORD INJURY

Spinal cord injury occurs when there is any damage to the spinal cord that blocks communication between the brain and the body.

After a spinal cord injury, a person's sensory, motor and reflex messages can be affected and may not be able to get past the damage in the spinal cord.

In general, the higher up the spinal cord the injury occurs, the more dysfunction the person will experience. Injuries are referred to as complete or incomplete, based on whether any movement and sensation occurs at or below the level of injury.

The most important – and sometimes frustrating – thing to know is that each person's recovery from spinal cord injury is different.



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Spinal cord injury can lead to physical inactivity which in turn is harmful for health, fitness and function, and compounds the consequences of the Spinal Cord Injury.

Because the muscles most frequently paralysed are the large, lower-limb muscles this impacts on the ability to undertake appropriate cardio-vascular exercise.

**With an MPOT/Access Fitness Exercise Physiologist  
you will learn alternative ways to monitor the  
intensity of your exercise as well as other ways  
to engage your muscles and limbs to  
achieve a full body workout.**

## - SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)  
Clients with Third Party / Compensable Claims - including  
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability

