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What is a spinal injury?

A spinal cord injury is caused by damage to any part of the spinal cord or nerves at the end of the spinal canal — causing changes in strength, sensation and other body functions below the site of the injury.

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Is this a new injury?

YES

NO

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How does Life Rehabilitation fit into this?

Life Rehabilitation is a specialised healthcare service dedicated to treating and rehabilitating clients who have become acutely injured and disabled by a stroke, major trauma, brain injury, spinal cord injury, or by complex orthopaedic and / or medical condition.

Would you like to find out more about:

- Recurring bladder infections
- Infected wounds/bedsores
- Sexual dysfunction
- Emotional problems/ feeling depressed
- Recurrent muscle spasms
- Autonomic dysrflexia
- Establishing a bowel routing

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What is acute rehabilitation?

According to the World Health Organization, rehabilitation is "a process aimed at enabling people with disabilities to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. Rehabilitation provides tools for people with disabilities, to attain independence and self determination." In short we will do our very best to work with you to recover and become physically, emotionally and mentally stronger.

View the spinal cord injury annual review program brochure and the patient educational material - available on this site.

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Where do we go from here?

If you have a medical aid:

- Get a referral letter from your doctor (and supportive documentation – brain scan reports or therapy letters)
- Contact unit of choice (see map of facilities)
- A Rehabilitation Admission Consultant will contact you and an assessment will be arranged free of charge (telephonically/in-person)
- A motivation for rehabilitation will be sent to your medical aid
- If approved, admission will be scheduled – please refer to brochure or more information on what to expect once admitted

If you are paying privately:

- Get a referral letter from your doctor (and supportive documentation – brain scan reports or therapy letters)
- Contact unit of choice (see map of facilities)
- A Rehabilitation Admission Consultant will contact you and an assessment will be arranged free of charge (telephonically/in-person)
- Quotation for private admission will be issued
- Once payment is received, admission will be scheduled – please refer to the patient information brochure for more information on what to expect once admitted

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What happens after rehabilitation?

7

What happens after I am admitted?

Patient success stories

Out patient care

Management of spasticity

Links to resourceful sites

1. Assessment by all members of the interdisciplinary team
2. A specific rehabilitation plan will be designed for each patient
3. Family meeting
4. Therapy as needed – individual and group intervention (each patient is different)
5. Patient and family education
6. Practicing skills learnt in therapy in the ward environment supervised by nursing staff
7. Discharge planning
 - a. Carer identification and training
 - b. Assistive devices motivation
 - c. Home accessibility recommendation
 - d. Weekend leave of absence
8. Out-patient follow up
 - a. Referral or option to continue as out-patient at facility (if possible)