

# INTRODUCTION TO SECOND EDITION

This second edition of the “Handbook of Spinal Cord Injuries” has been produced by the Queensland Spinal Cord Injury Service (QSCIS) to help you to understand the changes that have occurred in your body because of the spinal cord injury and to help you stay healthy after your injury.

The handbook has been completely reviewed to give you the most up to date information available. Many of the sections from the last edition have been kept and some new parts have been added. We have attempted to make it easier to read and more user friendly. We would be happy to hear what you think and the ways that you think it could be improved even more.

In recent years in Queensland, along with the Spinal Injuries Unit we have been lucky enough to have two new programs to improve the help that we can give to people after they have had a spinal cord injury. These programs are called the Transitional Rehabilitation Program (TRP) and the Spinal Outreach Team (SPOT). They assist people once they leave hospital so the transition between hospital and home is easier and so that people have more help and support if they have any problems. We are very proud of these programs and we hope that you find them helpful if you need to use them. There is more information on the programs later in the manual.

I would like to thank everyone who has been involved in helping to make this second edition possible especially the members of the “Handbook Committee” and those people who are not directly related to QSCIS who have given their time and expertise to contribute to various parts of the manual.

I would also like to thank PBF Australia for their assistance with the printing of this second edition.

On behalf of all of the staff of the QSCIS, I hope that you find this manual informative and helpful.

Dr Tim Geraghty MBBS FAFRM(RACP)  
Director of Rehabilitation (Spinal Injuries)  
Queensland Spinal Cord Injuries Service  
Princess Alexandra Hospital