

PREFACE

The aim of this handbook is to provide you with as much information as possible on Spinal Cord Injury (SCI) and the rehabilitation associated with it.

As no two spinal cord injuries are the same, some of the information may not apply to you and there will probably be some sections that you will find unnecessary to read.

There are also sections that apply when you are first injured and some that will not apply until much later, when you leave the Spinal Injuries Unit – again do not feel that you need to read all the sections in one sitting.

We have tried to keep medical “jargon” to a minimum and where medical terms have been used they are explained in easy to understand language as well.

There are many other associated organisations, services, resources and contacts that we think may be useful for you to know about. These are listed in various parts of this handbook. To make it easier, we have put the contact numbers of all of these into one place in Chapter Five.

By its very nature, this handbook can only be a general overview. If you have particular questions about problems relating specifically to you, please contact your doctor, health professional or one of the staff of the Queensland Spinal Cord Injuries Service.