



Rehabilitation

What Is Involved in Rehabilitation?

Rehabilitation is a word that you will be hearing frequently during the months following your injury. One of the primary goals of rehabilitation is to enable you to optimize your level of independent functioning, with the ultimate goal being to return you to an active and productive life as efficiently as possible. Professionals, such as physicians, nurses, and physical and occupational therapists, will help you learn how to adapt to your injury and to care for yourself on a daily basis.

It is critically important from the time you are injured onward for you to be an active and determined participant in your rehabilitation. You are the most important member of your rehabilitation team. Remember to take full advantage of the rehabilitation process—ask questions and gather information from the professionals. In addition, remember that the understanding and encouragement of people close to you are also very important factors in the success of your rehabilitation program.

Proper Nutrition Can Benefit Rehabilitation

Proper intake of foods and fluids is essential to all people. A balanced diet will help maintain regular waste elimination and will assist in preventing tissue and muscle breakdown. In addition, a high-protein diet is recommended for individuals with SCIs to reduce the possibility of developing pressure sores. It is important to consume adequate but not excessive calories. Excessive weight can make physical activities even more difficult for individuals with SCIs.

It is also essential to drink plenty of fluids. This not only will help to facilitate waste elimination, but also will keep the urinary system healthy. A good fluid intake can help reduce the occurrence of urinary tract infections and kidney or bladder stones. A diet plan will likely be developed for your individual needs, and it is important to follow it consistently.

