

Rehabilitation of patients with spinal cord injury begins immediately after the accident. Before beginning a particular therapy, a specific neurological examination according to ASIA (American Spinal Injury Association) protocol is required, which allows to determine the level and severity of neurological damage. Specific rehabilitation procedures and methods are used to minimize the neurological and functional deficits that occur after spinal cord injury. Procedures that are used include procedures from rehabilitation nursing, passive and active movements, methods based on neurophysiology, techniques from breathing therapy, manipulative therapy, exercises with apparatus (MotoMed, Lokomat), FES, IMF-therapy, verticalisation, relaxation techniques, physical therapy and other.

The goal of therapeutic rehabilitation in acute, subacute and chronic phase of spinal cord injury is maximal restoration of function, best use of remnant muscle potential and the formation of alternative mechanisms to reach the highest level of self-sufficiency and quality of life.