



# **Spinal Cord Injury: A Guide for Living (A Johns Hopkins Press Health Book)**

*Sara Palmer*

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Fully updated and revised, the second edition of *Spinal Cord Injury* is the definitive guide for people with SCI and their families. Combining first-person accounts with up-to-date medical information, the book addresses all aspects of spinal cord injury?recovery and coping, sex and family matters, transportation and housing, employment and leisure?and reviews the challenges encountered by people with spinal cord injury throughout their lives.

The authors explain how spinal cord injury affects physical functioning and the impact of physical changes on emotions and social life. They offer a holistic approach to recovery that incorporates all aspects of living and emphasizes achieving optimal health, personal fulfillment, and meaningful family and social relationships.

The new edition of this helpful book includes a completely revised chapter on recovery and regeneration research, stem cell research, and activity-based therapies. New information is offered on medical and rehabilitative care of children and adolescents as well as preventative health measures for people of all ages living with spinal cord injury. The book includes expanded ideas and resources for socializing, travel, sports and recreation.



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