

Spinal Cord Syndromes

Cervical Cord Syndromes



- arms
- upper legs
- lower legs

- Most commonly caused by a **traumatic injury**
- Symptoms at thoracic level are present up the L1, then the L1-L5 level of paresthesia, numbness, or sensory deficit

Thoracic Cord Syndromes



- arms
- upper legs

- Most commonly caused by a **traumatic or vascular injury**
- Complete loss of pain & temperature sensation in lower extremities below the level of lesion
- Sensory proprioception & vibration

Lumbar Cord Syndromes



- arms
- upper legs
- lower legs

- Most commonly caused by **damage to the thoracic vertebrae**
- Complete loss of proprioception, vibration, & sensation
- Sensory deficit in lower

Cauda Equina Syndrome



- arms
- upper legs
- lower legs

- Caused by **damage to nerve roots of the lumbar & sacral spine**
- Loss of sensation in lower extremities
- Can cause numbness in the groin (saddle anesthesia)

Conus Medullaris Syndrome



- arms
- upper legs
- lower legs

- Most commonly caused by **traumatic injury**
- Symptoms: Loss of sensation, proprioception, vibration, & sensation
- Complete loss of pain, temperature, & sensation

Conus Medullaris Syndrome



- arms
- upper legs
- lower legs

- Caused by **damage to the conus medullaris**
- Symptoms: Loss of sensation, proprioception, vibration, & sensation
- Complete loss of pain, temperature, & sensation

The American Spinal Injury Association (ASIA) Impairment Scale

The ASIA Impairment Scale is a standardized neurological examination used to assess motor & sensory impairment following a spinal cord injury.

A	COMPLETE INJURY	✓ sensory function below lesion ✓ sensory function below lesion
B	INCOMPLETE INJURY	✓ sensory function below lesion ✓ sensory function below lesion
C	INCOMPLETE INJURY	✓ sensory function below lesion ✓ sensory function below lesion
D	INCOMPLETE INJURY	✓ sensory function below lesion ✓ sensory function below lesion

muscle grade $\geq$ 3/5

muscle grade $\geq$ 3/5

Spinal Cord Injury

Occupational Therapy Study Guide

Myelomeres & Functions

Level	Autonomic/Physiologic Function	Motor
C1-C2	Upper extremity motor control, swallowing, neck motion	Independent in most activities of daily living, can perform independent self-care
C4	Shoulder, elbow, fingers	Independent in most activities of daily living, can perform independent self-care
C5	Shoulders, elbows, wrists, fingers, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care
C6	Shoulders, elbows, wrists, fingers, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care
C7	Shoulders, elbows, wrists, fingers, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care
C8	Shoulders, elbows, wrists, fingers, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care
T1-T12	Control of pelvic movement, torso, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care
L1-L5	Control of pelvic movement, torso, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care
S1-S5	Control of pelvic movement, torso, head/neck, partial torso	Independent in most activities of daily living, can perform independent self-care

Spinal Cord Injury Levels

C1-C2	neck flexion & extension, no posture
C3	limited neck flexion, no posture
C4	shoulder extension, abduction, adduction, flexion, extension
C5	shoulder flexion, extension, abduction, adduction, flexion, extension
C6	elbow flexion, extension, pronation, supination
C7	elbow flexion, extension, pronation, supination
C8	elbow flexion, extension, pronation, supination
T1-T12	trunk flexion, trunk extension, trunk rotation
L1-L5	leg flexion, leg extension, leg rotation
S1-S5	leg flexion, leg extension, leg rotation

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Based on the ASIA Grade A (complete) injury. Specific functions will vary by ASIA grade.

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Printable Pack

Occupational Therapy Study Guide

Karen Sladyk



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