

## Spinal Cord Syndromes

### Cervical Cord Syndromes



- Neck
- upper limbs
- lower limbs

- Most commonly caused by a **traumatic injury**
- Symptoms at thoracic level are present up the L1, then the L1-L5 level of paresthesia, numbness, weakness in **lower extremities**

### Thoracic Cord Syndromes



- Neck
- upper limbs

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

### Lumbar Cord Syndromes



- Neck of limbs

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

### Cauda Equina Syndromes



- Neck of limbs

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

### Conus Medullaris Syndromes



- Neck
- upper limbs
- lower limbs

- Most commonly caused by **traumatic injury**
- Saddle anesthesia**, loss of sensation, **incontinence**, **weakness** in **peroneal/popliteal region**
- Conus medullaris**, loss of pain, temperature, & sensation

### Conus Medullaris Syndromes



- Neck
- upper limbs
- lower limbs

- Caused by damage to the **conus medullaris**, **apical ends of spinal cord**
- Saddle anesthesia**, loss of sensation, **incontinence**, **weakness** in **peroneal/popliteal region**

## 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.

<b>A</b>	<b>COMPLETE INJURY</b>	<ul style="list-style-type: none"> <li>✗ sensory function below lesion</li> <li>✗ sensory function below lesion</li> </ul>
<b>B</b>	<b>INCOMPLETE INJURY</b>	<ul style="list-style-type: none"> <li>✗ sensory function below lesion</li> <li>✓ sensory function below lesion</li> </ul>
<b>C</b>	<b>INCOMPLETE INJURY</b>	<ul style="list-style-type: none"> <li>✓ sensory function below lesion</li> <li>✓ sensory function below lesion</li> </ul>
<b>D</b>	<b>INCOMPLETE INJURY</b>	<ul style="list-style-type: none"> <li>✓ sensory function below lesion</li> <li>✓ sensory function below lesion</li> <li>✓ sensory function below lesion</li> </ul>

muscle grade  $\leq$  3/5

muscle grade  $\geq$  3/5

FUNCTION REMAINS

# Spinal Cord Injury

## Occupational Therapy Study Guide

### Myelomeres & Functions

Level	Autonomic/Physiologic Function	Motor
C1-C2	Upper extremity, sensory, motor, breathing, neck motion	Independent in most activities, independent in breathing, can use independent respirators, can use shoulder crutches (no device)
C4	Shoulder, elbow, fingers	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)
C5	Shoulder, elbow, fingers, breathing, head/neck motion, partial torso	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)
C6	Shoulder, elbow, fingers, sensory, motor, breathing, head/neck motion, partial torso	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)
C7	Shoulder, elbow, fingers, sensory, motor, breathing, head/neck motion, partial torso, sensory, motor, breathing, head/neck motion, partial torso	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)
C8	Shoulder, elbow, fingers, sensory, motor, breathing, head/neck motion, partial torso, sensory, motor, breathing, head/neck motion, partial torso	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)
T1-T12	Control of pelvic sensation, motor, head/neck motion, sensory, motor, breathing, head/neck motion, partial torso	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)
L1-L5	Control of pelvic sensation, motor, head/neck motion, sensory, motor, breathing, head/neck motion, partial torso	Independent in most activities, can use independent respirators, can use shoulder crutches (no device)

### Spinal Cord Injury Levels

<b>C1-C2</b>	neck flexion & extension, no posture
<b>C3</b>	limited neck flexion, no shoulder
<b>C4</b>	shoulder extension, no shoulder flexion
<b>C5</b>	shoulder flexion, no shoulder extension
<b>C6</b>	elbow flexion, no elbow extension
<b>C7</b>	elbow extension, no elbow flexion
<b>C8</b>	finger flexion, no finger extension
<b>T1-T12</b>	finger extension, no finger flexion
<b>L1-L5</b>	leg flexion, no leg extension
<b>S1-S2</b>	leg extension, no leg flexion
<b>S3-S4</b>	leg flexion, no leg extension
<b>S5</b>	leg extension, no leg flexion

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

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**National Board for Certification in  
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