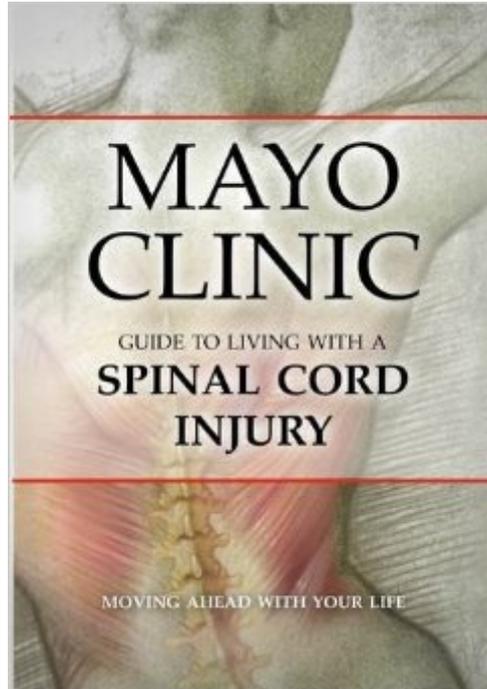


The book was found

# Mayo Clinic Guide To Living With A Spinal Cord Injury



## Synopsis

"This indispensable guide offers a complete picture of the road to recovery, and the specifics to move ahead with your life. When possible it encourages readers to resume their favorite hobbies, participate in athletic activities and return to the workplace. For the first time, leading medical specialists at the world-renowned Mayo Clinic offer their expert advice on everything from emotional adjustments, to skin care, to home and car modifications, to quality-of-life improvements. Easy-to-read, illustrated, and well organized, Mayo Clinic Guide to Living with A Spinal Cord Injury provides the "how-to" regarding the day-to-day challenges faced by anyone who has a spinal cord injury."

## Book Information

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## Customer Reviews

First of all, this is the real deal. These are the folks who do spinal cord work at the Mayo Clinic. The book is aimed at a general audience but as an RN with a number of years of neuro experience I learned a thing or two. If you are running a spinal rehab center and are not using this book you are not doing the job right. The book is divided into five main sections beginning with an introduction which describes the team that will be dealing with the injury, the normal anatomy of the spinal cord and its function. It then takes a close look at the types of spinal cord injuries. This section and indeed the entire book are copiously illustrated with drawings that I wish I would have had in training. Section two covers the changes in the body following an injury divided into first the internal organs then the skin, muscle, and bone and finally the circulation and body regulation. This is a hands on review dealing with problems and how they should be prevented and dealt with. Section

three is on sexuality and fertility. This is an area that many textbooks sort of skip over with a few lines. There is a full and straightforward discussion of the sexual aspects of spinal injury. The effects, the problems and the solutions. Section Four deals with the strategies for overcoming the new boundaries of life with a cord injury. It is a wonderfully comprehensive guide that covers everything from the law to conflict management with your caregiver. There are check list and work sheets and real world tools to solve problems with. I was hugely impressed by this section and the amount of information it conveyed.

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