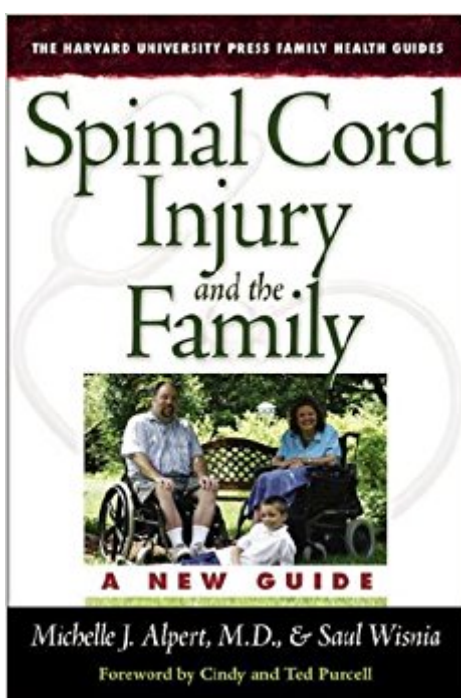


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# Spinal Cord Injury And The Family: A New Guide (Harvard University Press Family Health Guides)



## Synopsis

Spinal cord injury, or SCI, is frequently sudden and unexpected—through accident, disease, or violence, patients temporarily lose control of their bodies and, it seems, their lives. With rehabilitation, they can learn to navigate their world once more, retraining muscles and mind to compensate for paralyzed limbs and diminished strength. But as Dr. Michelle Alpert shows here, there is far more to recapturing full, independent lives than regaining movement. Central to long-term success is mending the family unit. Combining Dr. Alpert's clinical experience with patients' own stories, *Spinal Cord Injury and the Family* is for individuals and their families who must climb back from injury: for the young quad couple, both quadriplegic, who wish to conceive and raise a child; for the paraplegic dad who wants to teach his daughter to drive; for the couple wondering how they can regain the sexual spark in their relationship. The authors cover the causes of and prognosis for SCI through case studies, review common courses of rehabilitation, and answer the "what now?" questions—from daily routines to larger issues concerning sex, education and employment, childbearing, and parenting with SCI. Rich in clinical information and practical advice, the book shows how real patients and their families are living full lives after spinal cord injury.

## Book Information

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## Customer Reviews

In 2006, it was estimated that approximately 11,000 Americans sustained traumatic spinal-cord

injuries (SCI) each year; that number is much higher now with injured soldiers returning from Iraq and Afghanistan. Physiatrist Alpert has compiled a timely and basic guide for SCI patients and their families, covering a multitude of important issues from basic spine anatomy, how injuries occur, and the impact of the injury's location to the first days after an injury, the emotional turmoil of the patient and family, and adjusting to work or school. Relationship issues, including dating, sex, fertility and pregnancy, and parenting, are painted in reassuring terms. Children with spinal cord injuries garner a separate chapter, as do the medical complications and challenges of SCI. This excellent overview with an emphasis on the physical effects of SCI will be invaluable to a growing, currently underserved audience. --Janet M. Schneider (Library Journal (starred review) 2008-04-15) Offers practical advice on dealing with the emotional turmoil that patients and families face as they make adjustments for work, school, dating, pregnancy, parenting, and other life events. This book is an invaluable resource for anyone touched by spinal cord injury. --L. N. Massengale (Choice 2008-12-01)

Michelle J. Alpert, M.D., is Director of Rehabilitation Medicine, Hebrew Rehabilitation Center, and Clinical Instructor in Physical Medicine and Rehabilitation, Harvard Medical School. She was the founder and first director of the Spinal Cord Injury Program at Spaulding Rehabilitation Hospital. Saul Wisnia is Senior Publications Editor/Writer at Dana-Farber Cancer Institute and the author of numerous books.

As an Occupational Therapy Student, this textbook has a bunch of relevant information that can be shared with clients, as well as used by practitioners. The book provides information in layman's terms, and would be easily understood by someone who does not have a medical background.

I highly recommend this very readable book for anyone, whether they have a spinal cord injury, are a family member or friend of an individual with a spinal cord injury, a professional person or if you are interested in the subject. The author has a wealth of information and experience working with this population and she presents information in a thorough, compassionate and interesting manner. As a person with a spinal cord injury for over 37 years, I learned valuable information and treasure this book. A Can't Miss!

Great book! Must read for any one or family member of spinal cord injured person!

Great book

The work provides guidance on coping strategies for patients and their families faced with chronic spinal cord issues. The thrust of the volume seeks to get patients reconnected to life meaningfully. The book points out that this generation is more patient and tolerant than previous ones with regard to spinal injuries. The challenges to patients are multi-dimensional. For instance, psychological and emotional issues are involved. Each case requires its own mix of support systems. Coping strategies may vary. Patients often divorce due to the insurmountable difficulties. The author does a good job of defining spinal cord injuries and practical coping strategies for the management of the same. The book is priced reasonably.

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