



# Acute Spinal Injury: Evaluation, Care, and Long Term Considerations

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- Board Certified Physical Medicine & Rehabilitation, Pain Medicine, and Occupational and Environmental Medicine
- Certified Life Care Planner (CLCP), and Certified Physician Life Care Planner (CPLCP) with 25+ Years of Life Care Planning Experience
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# “The Crash”

## Common Types of Accidents

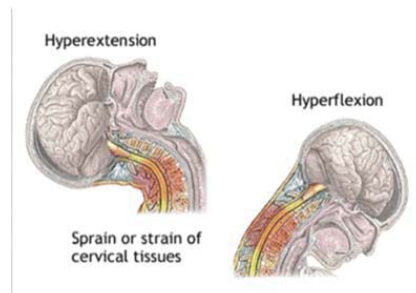
1. Rear-end collision (whiplash)
2. Side-impact collision (T-bone)
3. Side-swipe collision (lateral flexion)
4. Vehicular rollover (multiple injuries)
5. Head-on collision (Often fatalities)
6. Multiple vehicle collision (Pile-ups)



# Mechanisms

## Common Mechanisms of Injury:

1. Axial Compression
2. Flexion/Hyperflexion
3. Extension/Hyperextension
4. Rotation
5. Lateral flexion/hyperflexion
6. Distraction
7. Penetration



# Common Car Crash Injuries

1. Head and brain injury
2. Spinal injury
  - a. Cervical, thoracic, lumbar, sacrococcygeal
  - b. Spinal cord
3. Chest, abdominal, arm, leg, and pelvic injuries
4. Psychological trauma
5. Special considerations, e.g. impact on age and comorbidities



# Overview of Spinal Anatomy





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"Acute Spinal Evaluation, Care, and Long Term Considerations"