

CENTRAL CORD SYNDROME



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WHAT IS IT?

- Central cord syndrome is damage to the central portion of the spinal cord. Commonly seen with hyperextension of the cervical spine. Can be seen with inflammation or pressure on the spinal cord. Patients will demonstrate upper extremities weaker than lower extremities with spared sacral region.



SPECIAL TESTS

- CT/MRI
- Clinical presentation: UE more impaired than LE

DIFFERENTIAL DIAGNOSIS

- Anterior Cord, Posterior Cord, Brown Sequard Syndromes
- Use CT/MRI to rule out other diagnoses



TREATMENT EXAMPLES



- Patient needs to be medically stable
- Bowel and bladder program
- Motor learning
- Task specific training
- Neuromuscular reeducation
- Strengthening, weight bearing
- Tone management
- Functional E-Stim
- Aerobic training
- Positioning, splinting, bracing
- Locomotion
- Allowing compensation with this population

HOW WILL THIS LOOK ON THE NPTE?

- MOI: hyperextension injury
- UE > LE involvement



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