

Spinal Cord Injury Awareness Month

Weekly Fact Sheet, Volume Four

SEPTEMBER 25TH, 2026

Fast Facts

Approximately

50%

of all patients with SCI experience chronic pain. For patients with complete SCI (the spinal cord is completely severed at injury level), chronic pain is experienced by

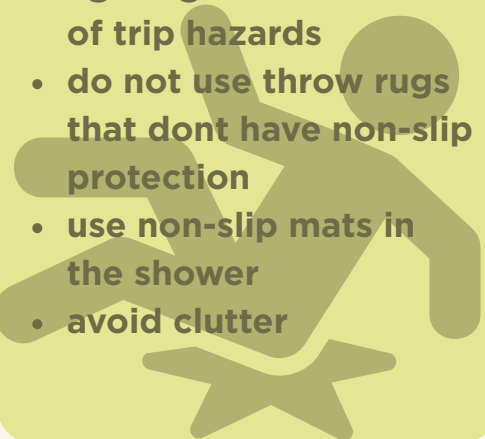
70-80%

*Source: <https://worldmetrics.org/spinal-injury-statistics/>

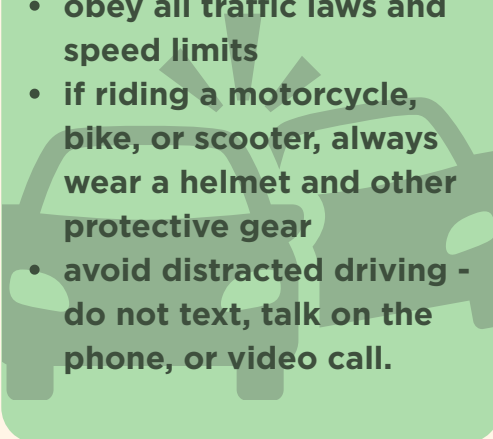
SCI Prevention

In many cases, spinal cord injury (SCI) can be avoided. In volume one, we reported the primary causes of SCI: vehicular crashes, falls, and acts of violence. Below are some simple measures you can take to prevent SCI.

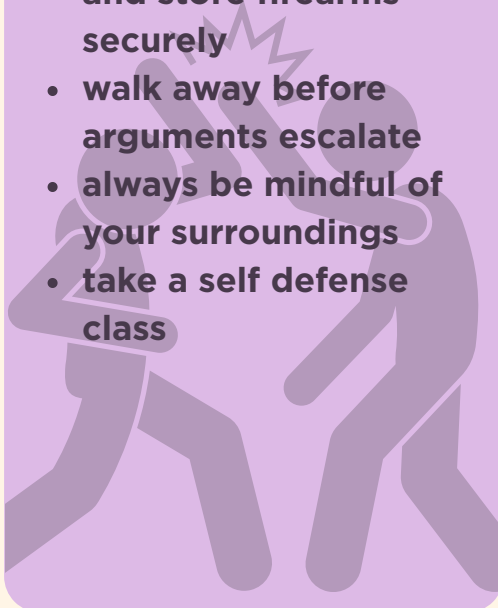
To avoid falls...

- use hand rails and grab bars when available
 - wear sturdy shoes with non-skid soles
 - ensure adequate lighting and be aware of trip hazards
 - do not use throw rugs that don't have non-slip protection
 - use non-slip mats in the shower
 - avoid clutter
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- A stylized illustration of a person falling backwards, with a large starburst effect indicating the impact.

In a vehicle...

- always wear your seat belt
 - ensure children have proper car seats for age/height/weight
 - never drive while under the influence
 - obey all traffic laws and speed limits
 - if riding a motorcycle, bike, or scooter, always wear a helmet and other protective gear
 - avoid distracted driving - do not text, talk on the phone, or video call.
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- A stylized illustration of a car, shown from a side profile.

To reduce risk of violence...

- control firearm access and store firearms securely
 - walk away before arguments escalate
 - always be mindful of your surroundings
 - take a self defense class
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- A stylized illustration of two people in a physical confrontation, with one person appearing to be in a defensive or aggressive stance.

*Source: <https://library.sheffieldchildrens.nhs.uk/spinal-cord-injury/>