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SCAN ME

5 Things to Know About:

Recovery After a Spinal Cord Injury

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1) Recovery Doesn't Always Stop After Therapy Ends

Many people assume recovery ends when formal rehabilitation ends. In reality, improvements can still occur months and years later through continued practice, training, and engagement.

2) The Nervous System Can Continue Adapting

The nervous system has the ability to reorganize and adapt through neuroplasticity. Consistent movement practice may help support this process.

3) Repetition Matters

The brain and nervous system learn through repetition. Performing meaningful movements repeatedly can help reinforce patterns and improve function over time.

4) Strength and Conditioning Are Important

Building strength, endurance, and overall fitness can support mobility, transfers, daily activities, and quality of life after SCI.

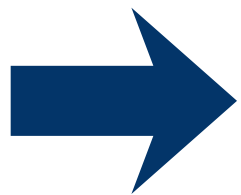
5) Recovery Looks Different for Everyone

Every spinal cord injury is unique. Progress may involve mobility, independence, strength, confidence, participation, or other personal goals that matter to the individual.



Ready to improve?

At EA Therapeutic Health, we believe recovery is about more than just completing therapy visits. Through the EA Neuro Gym model, we provide neuroscience-based rehabilitation, therapeutic personal training, health coaching, and long-term support designed to help individuals continue working toward their goals.



I'm ready.

Visit our Program Page!