

# Central Cord Syndrome

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## Epidemiology

- Most common spinal cord syndrome<sup>1</sup>

## Etiology

- Generally occurs from hyperextension injuries to the cervical region
- Congenital or degenerative narrowing of the spinal canal
  - The compressive forces give rise to hemorrhage and edema, producing damage to the most central aspects of the cord.

## Clinical Presentation

### UE Impacts

- More severe UE neurological impairment due to central location

### Motor > Sensory

- Varying degrees of sensory impairment<sup>1</sup>
- Sensory tends to be less severe than motor deficits<sup>1</sup>

### Completeness

- With complete preservation of sacral tracts, normal sexual, bowel, and bladder function may be retained<sup>1</sup>.

## Prognosis

1. O'Sullivan SB, Schmitz TJ, Fulk GD, eds. *Physical Rehabilitation*. 7th ed. F.A. Davis Company; 2019.

**Functional Tasks**

- Mod-severe impairments<sup>1</sup>
- Functional tasks tend to be limited due to:
  - Some distal UE weakness<sup>1</sup>
  - Loss of fine motor control<sup>1</sup>

**Ambulation**

- Typically recover the ability to ambulate<sup>1</sup>