Spinal Cord Injuries

Muscle Changes w/ Paralysis

- 0 ↓ Size
- 2 ↓ Strength
- 3 ↓ Endurance / Fatigue

- Atrophy leads to ↓ in muscle/muscle tone, which leads to ↓ size
- EDL muscle ⇒ fast twitch ⇒ mostly type IIb w/ some type IIa ⇒ ↓ strength
- SOL muscle ⇒ slow twitch ⇒ I (80%)