

ABOUT US



Our Vision is

A fulfilled life for everyone affected by spinal cord injury

Our Purpose is to be

The expert, guiding voice for life after spinal cord injury



Our aim is to be the go-to place for everyone affected by Cauda Equina Syndrome (CES), so that we can quickly connect them to the vast network of people, organisations and services they need.

spinal.co.uk

SUPPORT LINE



Call 0800 980 0501
Monday to Friday,
10.00am-4.30pm
Email: support@spinal.co.uk



Spinal Injuries Association

SIA House, 2 Trueman Place,
Milton Keynes, MK6 2HH

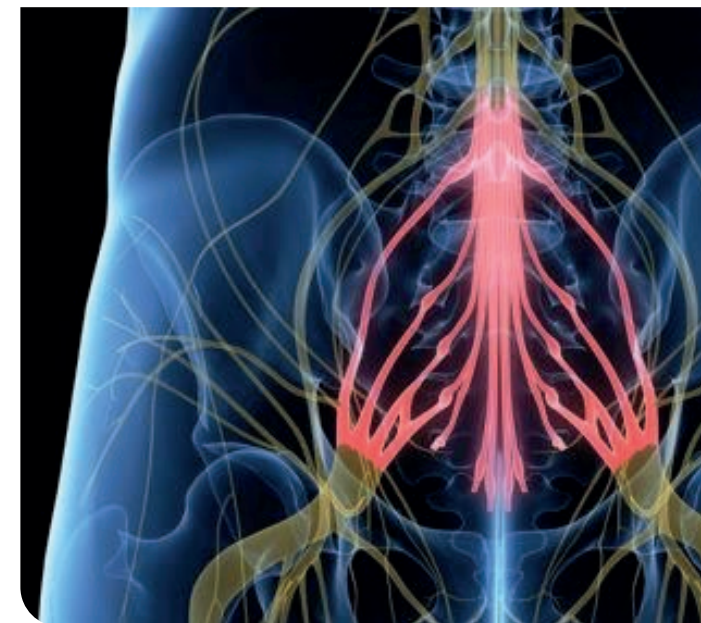
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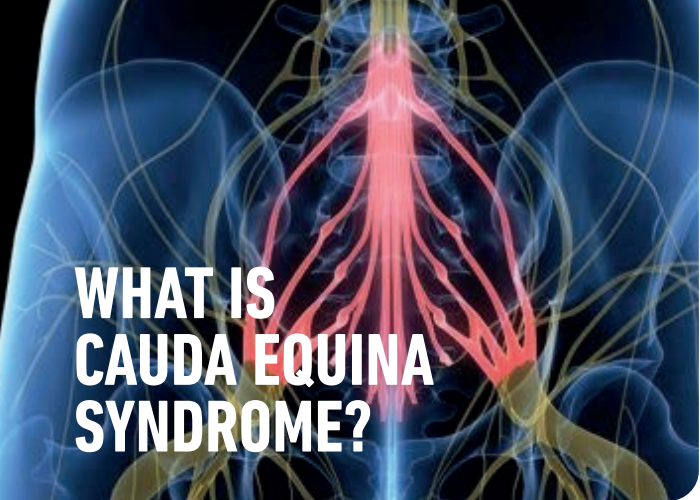


ESSENTIAL INFO

CAUDA EQUINA SYNDROME



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WHAT IS CAUDA EQUINA SYNDROME?

The collection of nerves at the end of the spinal cord is known as the cauda equina, due to its resemblance to a horse's tail.

The spinal cord ends at the upper portion of the lumbar (lower back) spine.

The individual nerve roots at the end of the spinal cord that provide motor and sensory function to the legs and the bladder continue along in the spinal canal. The cauda equina is the continuation of these nerve roots in the lumbar and sacral region. These nerves send and receive messages to and from the lower limbs and pelvic organs.

Cauda equina syndrome (CES) occurs when there is dysfunction of multiple lumbar and sacral nerve roots of the cauda equina.

What are the causes of Cauda Equina Syndrome?

The causes of CES include:

- Intra-vertebral herniated disc (slipped or prolapsed disc)
- Tumours of the cauda equina
- Spinal injury fracture/trauma
- Secondary to medical or surgical procedure
- Vascular problems of cauda equina
- Infections of the cauda equina

RED FLAG SIGNS & SYMPTOMS

Patients should be aware of the following "red flag" symptoms that may indicate CES:

Saddle Anaesthesia

- Loss of feeling between the legs
- Numbness in or around the back passage and/or genitals
- Inability to feel the toilet paper when wiping

Bladder Disturbance

- Inability to urinate
- Difficulty initiating urination
- Loss of sensation when you pass urine
- Inability to stop or control urination
- Loss of the full bladder sensation

Bowel Disturbance

- Inability to stop a bowel movement
- Constipation
- Loss of sensation when passing a bowel motion

Sexual Problems

- Inability to achieve an erection or ejaculate
- Loss of sensation during intercourse

Nerve Root Pain

It is quite common to have a combination of back pain, leg pain, leg numbness or weakness. These symptoms however are also common in people who have a history of back problems but do not have cauda equina syndrome.



This is a medical emergency, requiring urgent assessment and treatment.

Scan the QR code to Access the Suspected CES Pathway.



SIA CAN ADVISE AND SUPPORT

We have an expert team of Clinical Specialists who can give advice about the impact of CES.

You can contact them by via our Support Line, **0800 980 0501** or simply fill out the referral form here www.spinal.co.uk/contact-our-sci-nurse-specialists/ or scan the QR code



- You can speak to our Support Coordinators, who all live with spinal cord injury, or CES. They can share their lived experience and direct you to our various services, and Trusted Partners
- We have a telephone counselling service

Further information about our other support services can be found here www.spinal.co.uk/get-support/

