

## **NNR 2025 – WORKSHOPS**

### **Workshop 7: Interdisciplinary aftercare for people with spinal cord injury**

**Organizer:** Dr. Ilse van Nes, Sint Maartenskliniek, Nijmegen (NL)

**Content:** Spinal cord injury is a devastating condition that causes paralysis, loss of sensation, and autonomic dysfunction. These primary effects lead to a range of secondary health conditions, reduced mobility, and an impaired quality of life. In this workshop, we will share our experiences with our lifelong aftercare. In our aftercare program, we focus on the use of technology to improve mobility, the opportunities to improve self-management and the prevention of secondary health conditions. Additionally, we will offer practical tips and tricks for implementing an aftercare program to improve outcomes for individuals with spinal cord injury.

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