

Ask yourself these questions about surgery for SCI

To start thinking about your surgery options, answer the questions below.

Your answers to these questions (and other questions your surgeon may ask) will help you and your surgeon decide if surgery is right for you, and if so, which type of surgery.

1. How long has it been since your injury?
 - ☐ Less than 6 months
 - ☐ Between 6 months and 2 years
 - ☐ More than 2 years
2. How much support do you have from other people in your life, such as family or close friends? For example, people who would be able to help you as you recover from surgery.
 - ☐ I have 1 or more people that I can rely on for help every day
 - ☐ I have people who could help me, but not every day
 - ☐ I am mostly on my own
3. How would you pay for surgery and rehabilitation (rehab), after surgery, such as physical therapy? (Some of these answers may only apply if you live in the US.)
 - ☐ I have private health insurance that would pay for surgery and rehab (Most health insurance plans cover these surgeries. Out-of-pocket costs, such as co-pays and deductibles, vary by plan.)
 - ☐ I have health coverage through the VA
 - ☐ I have other coverage that would pay for surgery and rehab, such as Medicare or Medicaid
 - ☐ I'm not sure how I would pay for surgery, rehab, or out-of-pocket costs
4. How long can you wait to heal from surgery before you need to get back to work, school, or other things you do?
 - ☐ I can take as long as I need to heal
 - ☐ I can take a couple of weeks or months to heal
 - ☐ I have to get back to work, school, or other activities pretty soon after surgery
5. How are you with pain?
 - ☐ I worry about pain and avoid it as much as possible
 - ☐ I can deal with some pain for a while
 - ☐ I can deal with pain with no problem
6. Do you have transportation to get to surgery and rehab?
 - ☐ Yes: I can get to where I need to go easily
 - ☐ Sometimes: It takes some effort to set up transportation, and I can't get it all the time
 - ☐ No: Transportation is a problem for me



7. What are your goals for regaining movement? For example, is there a specific activity you want to be able to do on your own?
- I'm not sure
 - I have an idea, but I want to learn more
 - I have specific activities I want to do again (please list): _____
 - I only want surgery if I can get the movement I had before my SCI

Nerve & Tendon Transfer Surgery Decision Aid

Improve arm and hand movement after cervical spinal cord injury (SCI)