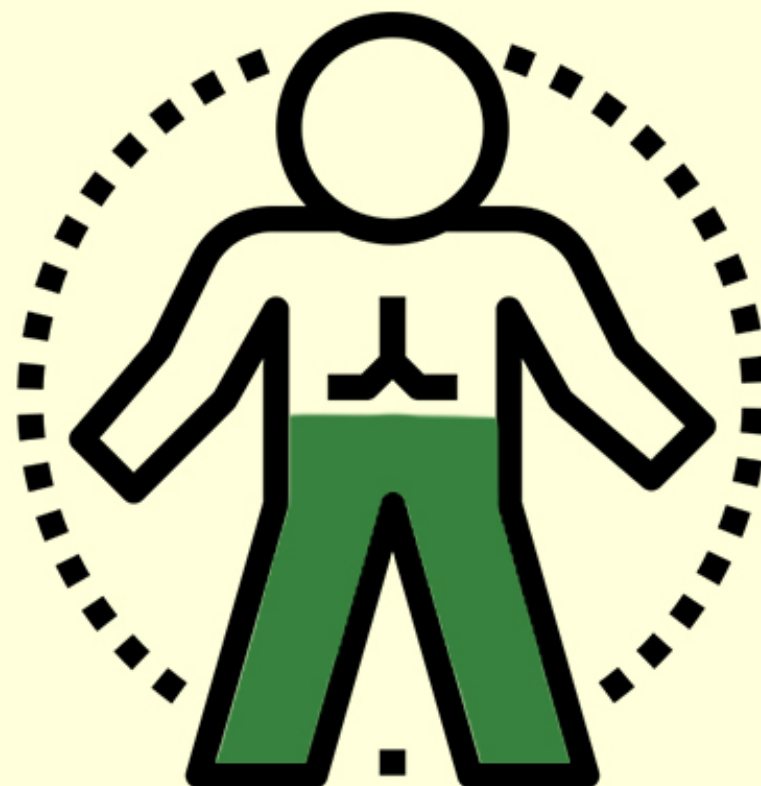


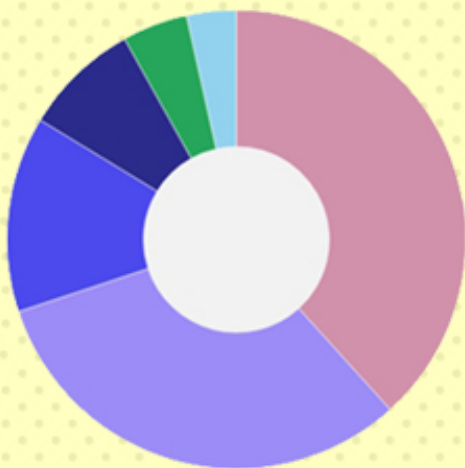
# PARAPLEGIA

Paraplegia, sometimes called partial paralysis, is a form of paralysis in which function is substantially impeded from the waist down.



The overwhelming majority of paraplegics have perfectly healthy legs. The problem instead resides in the brain or spinal cord.

## CAUSES OF PARAPLEGIA



- Vehicular Accidents (38.3%)
- Falls (31.6%)
- Violence (13.8%)
- Sports/Recreations (8.2%)
- Medical Injuries (4.6%)
- Others/Unspecified (3.5%)

## EXERCISES FOR PARAPLEGIA



Yoga



Weightlifting



Seated Aerobics



Water Aerobics