

Spinal Cord Injury Awareness Month

Weekly Fact Sheet, Volume Two

SEPTEMBER 11TH, 2026

Fast Facts

Since 2015, males
account for

78%

of new traumatic
SCI cases.

The average age
at injury is

44.3

years old.

*Source: National Spinal Cord Injury Statistical Center

Traumatic and Non-Traumatic SCI

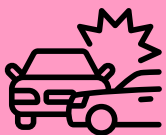
A **traumatic SCI** is caused by an external physical force that directly damages the spinal cord. This could result from a crash, fall, or impact.

A **non-traumatic SCI** results from a medical condition or disease that damages or compresses the spinal cord, rather than from an external injury.

Both types of SCI can cause similar effects, including weakness or paralysis, sensory changes, pain, and bowel or bladder dysfunction. The severity depends on the level and extent of spinal cord damage.

Please see examples of traumatic and non-traumatic SCI causes below.

Traumatic



Motor vehicle
crashes

Falls



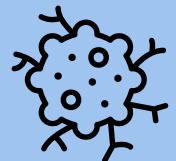
Diving injuries

Non-traumatic



Epidural infection or
abscesses

Tumors



Degenerative spinal
stenosis

*Source: National Spinal Cord Injury Statistical Center