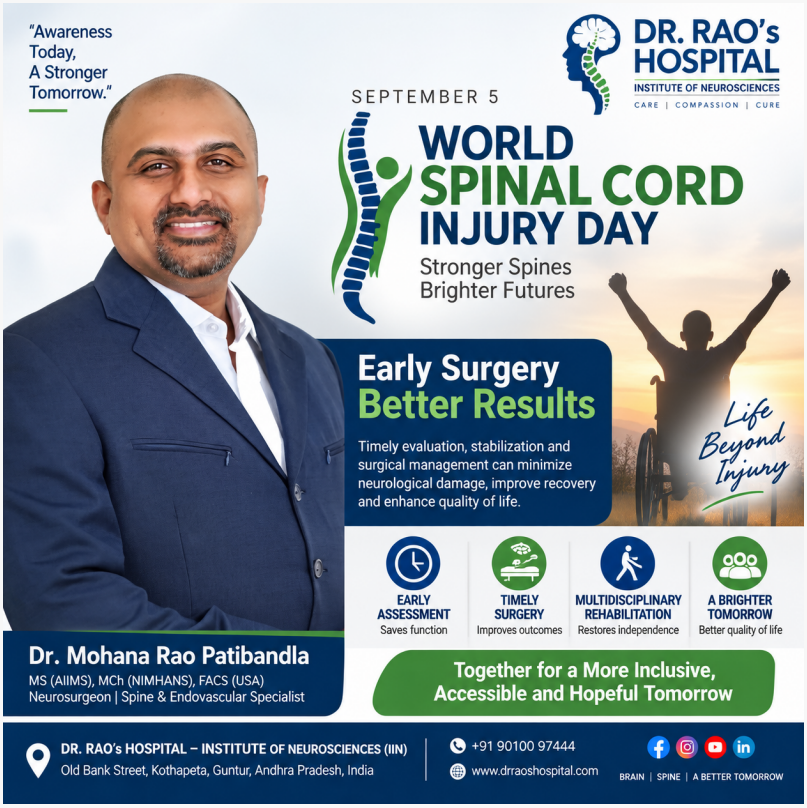
World Spinal Cord Injury Day 2026: Dr. Mohana Rao Patibandla highlights early spinal surgery, prevention, rehabilitation

World Spinal Cord Injury Day 2026: Dr. Rao highlights early spinal surgery, prevention, rehabilitation, and advanced spine care at Dr. Rao's Hospital - IIN

GUNTUR, ANDHRA PRADESH, INDIA, September 6, 2026 /EINPresswire.com/ -- World Spinal Cord Injury Day 2026: Dr. Mohana Rao Patibandla Calls for Early Surgery, Faster Trauma Care, and Prevention to Reduce Spinal Cord Disability in India

Dr. Rao's Hospital – International Institute of Neurosciences (IIN) observes World Spinal Cord Injury Day 2026 with the public health message: “Early Surgery. Better Results.”

GUNTUR, Andhra Pradesh, India — September 5, 2026



World Spinal Cord Injury Day 2026: Dr. Mohana Rao Patibandla of Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur, shares the public health message “Early Surgery. Better Results.” emphasizing early diagnosis, timely spinal surge

Dr. Mohana Rao Patibandla, Founder and Senior Consultant Neurosurgeon at Dr. Rao's Hospital – International Institute of Neurosciences (IIN), has called for greater public awareness, prevention, rapid emergency response, early spinal surgery, and comprehensive rehabilitation on the occasion of World Spinal Cord Injury Day 2026, observed globally on September 5.

World Spinal Cord Injury Day is led by the International Spinal Cord Society (ISCoS) and is observed worldwide to promote awareness about spinal cord injury prevention, emergency treatment, rehabilitation, accessibility, and improving quality of life for people living with spinal cord injuries. The 2026 global theme — “From Awareness to Action: Ten Years Advancing SCI

Prevention” — marks ten years of the international campaign and encourages governments, healthcare professionals, and communities to translate awareness into meaningful action that prevents spinal cord injuries and improves patient outcomes.

On this important global health observance, Dr. Rao's Hospital – International Institute of Neurosciences (IIN) reaffirmed its commitment to advancing evidence-based spine care with one clear message:

Early Surgery. Better Results.



Dr. Rao receives scientific recognition for his research presentation at the PASMISS–MISSABCON–COSSCON 2026 meeting in Chennai, highlighting his contribution to minimally invasive neurosurgical research.

World Spinal Cord Injury Day 2026

Who?

> A spinal cord injury is a neurosurgical emergency. Early diagnosis, timely surgery, and rehabilitation can preserve function and improve lives.”
>
> *Dr. Mohana Rao Patibandla, Neurosurgeon & Founder, Dr. Rao’s Hospital*

Dr. Mohana Rao Patibandla and Dr. Rao's Hospital – International Institute of Neurosciences (IIN) are leading a public awareness initiative to educate patients, families, healthcare providers, and communities about spinal cord injury prevention, early diagnosis, emergency management, surgical treatment, and rehabilitation.

What?

A comprehensive awareness campaign highlighting the importance of recognizing spinal cord injuries as time-sensitive neurological emergencies and encouraging timely access to specialized neurosurgical care.

When?

September 5, 2026 — World Spinal Cord Injury Day.

Where?

Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Old Bank Street, Kothapeta, Guntur, Andhra Pradesh, India.

Why?

Because spinal cord injuries remain one of the leading causes of permanent neurological disability worldwide, and many injuries are preventable while many patients benefit significantly from timely specialist intervention.

How?

Through public education on prevention, early immobilization, rapid transport, advanced spinal surgery, neurocritical care, multidisciplinary rehabilitation, and lifelong follow-up.

“Time is Spinal Cord”: Dr. Mohana Rao Patibandla

Speaking on World Spinal Cord Injury Day, Dr. Mohana Rao Patibandla emphasized that spinal cord injury should receive the same urgency as stroke or severe traumatic brain injury.

“A spinal cord injury is a neurosurgical emergency. The first few hours after injury are critically important because they can influence a patient's neurological recovery for the rest of their life. Early diagnosis, early decompression when indicated, spinal stabilization, and comprehensive rehabilitation together offer patients the best opportunity for recovery.”



Dr. Rao receives the COSSCON 2026 Best Paper Gold Medal in recognition of his scientific research presentation at the PASMISS–MISSABCON–COSSCON 2026 meeting in Chennai.



Dr. Mohana Rao Patibandla, Founder of Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur, featured on the cover of SiliconIndia Healthcare's Top 10 Neurosurgeons in India 2026 edition.

Dr. Rao stressed that delayed treatment may increase irreversible neurological damage, while appropriately timed surgical intervention can preserve spinal cord function, reduce complications, and improve long-term quality of life.



Dr. Mohana Rao Patibandla speaking at the TEDx Nerul event, an independently organized TED event, on stage with a vibrant backdrop and red circular carpet.

“Our message this World Spinal Cord Injury Day is simple and evidence-based: Early Surgery. Better Results.”

Why World Spinal Cord Injury Day Matters

Spinal cord injury (SCI) occurs when trauma damages the spinal cord, disrupting communication between the brain and the rest of the body. Depending on the severity and level of injury, SCI can result in:

Weakness or paralysis of the arms and legs.

Loss of sensation below the level of injury.

Bladder and bowel dysfunction.

Breathing difficulties in cervical injuries.

Chronic neuropathic pain and muscle spasticity.

Long-term disability affecting independence and employment.

According to the International Spinal Cord Society, the annual observance aims to improve awareness, promote prevention, encourage access to emergency care, strengthen rehabilitation services, and advocate for inclusion and accessibility for individuals living with SCI.

Spinal Cord Injuries in India: A Preventable Public Health Challenge

Dr. Rao highlighted that India continues to experience a significant burden of spinal cord injuries resulting from preventable trauma.

Common Causes Include

Road traffic accidents.

Falls from rooftops, trees, and stairs.

Construction and industrial accidents.

Sports and recreational injuries.

Elderly falls related to osteoporosis and poor balance.

Recent Indian research has also identified falls as an increasingly important cause of spinal cord injuries, particularly among older adults, reinforcing the need for stronger prevention strategies across communities.

“Many spinal cord injuries can be prevented through safer roads, workplace protection, fall prevention, and public awareness. Prevention remains the most effective treatment.”

Early Recognition Can Prevent Permanent Disability

Dr. Rao urged the public not to ignore neurological symptoms after trauma.

Seek Emergency Neurosurgical Evaluation Immediately If There Is:

Severe neck pain or back pain after an accident.

Weakness in the arms or legs.

Numbness or tingling.

Difficulty walking or standing.

Loss of bladder or bowel control.

Difficulty breathing after neck trauma.

Sudden paralysis or loss of sensation.

He advised that even patients who appear able to move initially may have unstable spinal injuries that require urgent imaging and specialist evaluation.

Early Surgery. Better Results.

The defining message of Dr. Rao's Hospital – International Institute of Neurosciences (IIN) for World Spinal Cord Injury Day 2026 is based on modern neurosurgical evidence and clinical experience.

Why Early Surgery Matters

Early surgery, when clinically indicated, may:

Relieve pressure on the spinal cord.

Stabilize unstable spinal fractures and dislocations.

Reduce ongoing neurological injury.

Improve the chances of neurological recovery.

Facilitate earlier rehabilitation and mobilization.

Reduce complications associated with prolonged immobilization.

Dr. Rao explained that incomplete spinal cord injuries often have surviving nerve pathways that may recover better when timely decompression and stabilization are performed in appropriate patients.

“Every hour matters after spinal trauma. Time is spinal cord.”

The Golden Hours After a Spinal Cord Injury

The period immediately following spinal trauma is crucial.

Dr. Rao's Emergency Spine Safety Checklist

Do not move the injured person unnecessarily.

Keep the neck and spine aligned.

Avoid twisting or bending the spine.

Call emergency medical services immediately.

Transport the patient to a specialized neuroscience or trauma center.

Ensure urgent neurological assessment and spinal imaging.

Dr. Rao cautioned families against lifting or transporting patients without proper spinal immobilization because incorrect handling may worsen neurological injury.

Comprehensive Spinal Cord Injury Care at Dr. Rao's Hospital – International Institute of Neurosciences (IIN)

Dr. Rao's Hospital provides integrated spinal cord injury care through a multidisciplinary neuroscience team.

Specialized Services Include

Emergency spinal trauma surgery.

Cervical, thoracic, and lumbar spine surgery.

Microsurgical spinal decompression.

Minimally invasive spine surgery.

Neurocritical care.

Advanced MRI and CT imaging.

Neurological rehabilitation.

Physiotherapy and occupational therapy.

Long-term spinal cord injury follow-up.

The hospital's comprehensive approach focuses on preserving neurological function, restoring mobility wherever possible, preventing complications, and maximizing independence.

Rehabilitation Begins on Day One

Recovery from spinal cord injury extends well beyond surgery.

Dr. Rao emphasized that rehabilitation should begin immediately after stabilization and continue through every phase of recovery.

Comprehensive Rehabilitation Includes

Physiotherapy to improve strength and mobility.

Occupational therapy for independence in daily activities.

Bladder and bowel rehabilitation.

Respiratory rehabilitation for cervical injuries.

Pain and spasticity management.

Psychological counseling and family education.

“Rehabilitation is not the final step in treatment—it is an essential part of recovery from the very beginning.”

Preventing Spinal Cord Injuries: Everyone Has a Role

Dr. Rao urged individuals, families, schools, industries, and policymakers to prioritize spinal injury prevention.

Prevention Tips

Wear certified helmets while riding motorcycles.

Always use seat belts in vehicles.

Follow workplace and construction safety guidelines.

Install railings and grab bars to prevent household falls.

Encourage fall-risk assessment in elderly individuals.

Use protective equipment during sports.

Educate children about safe play and injury prevention.

He emphasized that reducing spinal injuries requires collaboration between healthcare providers, emergency responders, educators, employers, and communities.

A Call for Better Trauma Systems in India

Dr. Rao called for stronger emergency spine care systems across India, including:

Faster trauma referral pathways.

Improved ambulance transport and spinal immobilization.

Greater awareness among first responders.

Increased access to specialized neuroscience centers.

Expanded rehabilitation services in both urban and rural regions.

“Every patient deserves timely access to specialized spinal cord injury care regardless of geography. Awareness must become action across India's healthcare system.”

Official World Spinal Cord Injury Day 2026 Message from Dr. Rao's Hospital – International Institute of Neurosciences (IIN)

On World Spinal Cord Injury Day 2026, Dr. Rao's Hospital – International Institute of Neurosciences (IIN) encourages every family to remember three life-saving principles:

Protect the Spine. Prevent Injuries. Seek Early Neurosurgical Care.

Timely diagnosis, specialized spinal surgery, neurocritical care, and comprehensive rehabilitation can preserve neurological function and help patients achieve a better quality of life.

Early Surgery. Better Results.

About Dr. Mohana Rao Patibandla

Dr. Mohana Rao Patibandla is the Founder and Senior Consultant Neurosurgeon of Dr. Rao's Hospital – International Institute of Neurosciences (IIN) in Guntur, Andhra Pradesh, India. He is an internationally fellowship-trained neurosurgeon with advanced training in Skull Base Neurosurgery, Pediatric Neurosurgery, Endovascular and Cerebrovascular Neurosurgery, Functional and Stereotactic Neurosurgery, Neuro-Oncology, and Minimally Invasive Neurosurgery from leading institutions in the United States.

Dr. Rao has earned national and international recognition for his contributions to advanced neurosurgery and minimally invasive spine surgery.

Prestigious National and International Awards

Brainlab Neurosurgery Award from the Congress of Neurological Surgeons (CNS), USA for excellence and innovation in neurosurgery.

MISSABCON Award from the Minimally Invasive Spine Surgeons Association of Bharat (MISSAB)

for outstanding contributions to minimally invasive spine surgery.

PASMISSCON Award from the Pacific Asia Society for Minimally Invasive Spine Surgery (PASMISS) for excellence in minimally invasive spine surgery in the Asia-Pacific region.

Gold Medal from the Cervical Spine Society (COSS) for outstanding contributions to minimally invasive spine surgery.

Dr. Rao is committed to bringing world-class brain, spine, stroke, and nerve care to India through evidence-based medicine, advanced technology, education, research, and compassionate patient care.

About Dr. Rao's Hospital – International Institute of Neurosciences (IIN)

Dr. Rao's Hospital – International Institute of Neurosciences (IIN) is one of India's leading standalone neuroscience hospitals dedicated exclusively to comprehensive brain, spine, stroke, and nerve care.

The institute provides advanced services in neurosurgery, spine surgery, neurology, neurocritical care, pediatric neurosurgery, cerebrovascular surgery, endovascular neurosurgery, neuro-oncology, minimally invasive spine surgery, and neurological rehabilitation.

Located in Guntur, Andhra Pradesh, the hospital serves patients from Andhra Pradesh, Telangana, Odisha, Tamil Nadu, Karnataka, and across India with advanced evidence-based neuroscience care.

Frequently Asked Questions

1. What is World Spinal Cord Injury Day?

World Spinal Cord Injury Day is observed every September 5 to raise awareness about spinal cord injury prevention, emergency treatment, rehabilitation, accessibility, and improving quality of life for people living with spinal cord injuries. It is led globally by the International Spinal Cord Society (ISCoS).

2. What is the official theme of World Spinal Cord Injury Day 2026?

The official global theme is “From Awareness to Action: Ten Years Advancing SCI Prevention.” It marks ten years of the international awareness campaign and promotes prevention, trauma care, rehabilitation, and long-term inclusion.

3. Why is early surgery important after a spinal cord injury?

Early surgery, when clinically indicated, can relieve spinal cord compression, stabilize fractures, reduce further neurological injury, improve recovery potential, and facilitate earlier rehabilitation.

4. What are the early symptoms of a spinal cord injury?

Symptoms include severe neck or back pain, weakness, numbness, tingling, paralysis, difficulty walking, bladder or bowel dysfunction, and breathing difficulty following trauma.

5. What should be done immediately after a suspected spinal injury?

Do not move the patient unnecessarily, keep the spine aligned, call emergency services, and transport the patient to a specialized neuroscience or trauma center immediately.

6. Can patients recover after a spinal cord injury?

Recovery depends on the severity, level, and type of injury. Many patients with incomplete spinal cord injuries achieve improved neurological recovery through timely surgery and structured rehabilitation.

7. What are the common causes of spinal cord injury in India?

Road traffic accidents, falls from height, workplace injuries, sports trauma, and elderly falls remain the leading causes. Falls are increasingly recognized as an important preventable cause in India.
PMC

8. Where can spinal cord injury patients receive specialized treatment in Andhra Pradesh?

Dr. Rao's Hospital – International Institute of Neurosciences (IIN) in Guntur provides emergency spine surgery, neurocritical care, minimally invasive spine surgery, and comprehensive spinal cord injury rehabilitation.

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