

Letter to Editor

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Dear Editor,

On behalf of the entire rehabilitation team that participated in the drafting of the manuscript, we would like to bring to your attention a brief case report titled "Importance of motor rehabilitation (R.I.C) in medullary lesions in chronic phase", which describes the results of Giusti Center's approach to spinal cord lesion.

The Giusti Center is a functional rehabilitation facility, working in the post-acute phase with a diurnal cycle for the treatment of subjects with physical disabilities, accredited by the Tuscany Region and with municipal authorization, operating in Florence, Italy, since 1994 with a particular rehabilitation method: The Intense, Continuative and personalized Rehabilitative (RIC) methodology.

The theoretical basis of the method is that, by intensely stimulating the subject affected by spinal cord injury through appropriate exercises involving both over and under lesion muscles, the traumatized body reacts by activating, "drawing" to resources until then remained unknown, in order to provide answers to the new situation.

This thesis is confirmed by recent scientific studies reporting that neurons and genetic heritage, if adequately stimulated, turn out to be plastic substances, far from being rigid structures, stable over time such as science had established a few decades ago. In fact, "a repeated mental and motor experience causes structural changes in neurons increasing synaptic connections".

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