

# Development of scientific exercise guidelines for adults with spinal cord injury

## 1. Systematic review

Systematic review of every published study testing effects of exercise on fitness, cardiometabolic health and/or bone health among adults with spinal cord injury (SCI).

**13,115** studies identified and screened

211 studies relevant to the review

189 studies of adults with chronic SCI

22 studies of adults with acute SCI

Evidence synthesised and guideline recommendations drafted.



# 2. International panel meetings

Evidence synthesis and draft guidelines deliberated at three expert panel meetings:

- European (UK)
- Canadian (Toronto)
- International (Kelowna, BC)



Panels included scientists, clinicians, people with SCI and organisations that represent people with SCI.

## 3. Scientific guidelines

#### **Fitness**

For cardiorespiratory fitness and muscle strength benefits, adults with SCI should engage in at least:

minutes of moderate to vigorous intensity aerobic exercise

2 times a week



sets of strength-training exercises for each major functioning muscle group, at a moderate to vigorous intensity

2 times a week

### **Cardiometabolic health**

For **cardiometabolic health benefits**, adults with SCI are suggested to engage in at least:

30 minut

minutes of moderate to vigorous intensity aerobic exercise 3 times a week

#### 4. Market research

In an online survey and during workshop discussions, adults with SCI and SCI clinicians rated the guidelines favourably in terms of:

- Appropriateness
- Utility
- Clarity



# 5. Patient and public involvement

Work with community members and stakeholders to:

Translate scientific guidelines into local clinical and community practice guidelines



Disseminate guidelines internationally