



Advancing physical activity knowledge and participation
among Canadians living with spinal cord injury.

Active people with SCI do many exciting and fun exercises

Purpose

To study what types of exercise active people with SCI do.

Summary

- People with SCI do more light to medium intensity exercises.
- Active people with SCI do resistance training, aerobic exercise and wheeling the most.
- Active people with SCI do woodworking and sports longer than other exercises.

Possible Applications

- There are many fun and exciting exercise options for people with SCI over and above wheeling and resistance training.
- Try some different activities that you are interested in.
- Exercising with others with SCI can help you stick to different types of exercise.

Research Abstract

Leisure Time Physical Activity in a Population-Based Sample of People With Spinal Cord Injury Part II: Activity Types, Intensities, and Durations

Objective: To describe the types, intensities, and average duration of leisure time physical activities (LTPAs) performed by people with chronic spinal cord injury (SCI).

Participants: Men and women with SCI (N=347) who reported engaging in LTPA over the previous 3 days.

Main Outcome Measures: Mean minutes a day of LTPA performed at mild, moderate, and heavy intensities; proportion of respondents performing specific types of LTPA.

Results: Participants reported a mean SD of 55.15±59.05min/d of LTPA at a mild intensity or greater. Median LTPA was 33.33min/d. More activity was done at a moderate intensity (mean SD, 25.49±42.11min/d) than mild (mean SD, 19.14±37.77min/d) or heavy intensities (mean SD, 10.52±22.17min/d). Most participants reported mild (54%) or moderate intensity LTPA (68%), while a minority reported heavy intensity LTPA (43%). The 3 most frequently reported types of LTPA were resistance training (33%), aerobic exercise (25%), and wheeling (24%). Craftsmanship (mean SD, 83.79±96.00min/d) and sports activities (mean SD, 60.86±59.76 min/d) were performed for the longest durations.

Conclusions: There is considerable variability in daily LTPA among active people with SCI and variability across different types of LTPA in terms of typical durations and intensities. This information can be used to help people with chronic SCI become more active by highlighting activities that meet individual abilities, needs, and desires.

Martin Ginis KA, Arbour-Nicitopoulos KA, Latimer AE, Buchholz AC, Bray SR, Craven BC, Hayes KC, Hicks AL, McColl MA, Potter PJ, Smith K, & Wolfe DL (2010). Leisure-Time Physical Activity in a Population-Based Sample of People with Spinal Cord Injury Part II: Activity Types, Intensities and Duration. *Archives of Physical Medicine and Rehabilitation*, 91, 729-733.