



A Review of Spinal Cord Injury, Physical Activity & Quality of Life

Purpose

To review the research examining how physical activity affects the Quality of Life (QoL) of people with spinal cord injury.

Summary

- Physical activity improved **objective** quality of life “*What I achieve*” and **subjective** quality of life “*What I think or feel about achievements in line with my expectations*”
- The 4 QoL domains had a positive relationship with exercise:
 - **Physical** QoL: improved strength, aerobic fitness, physical functioning
 - **Psychological** QoL: psychological well-being, self-worth
 - **Social** QoL: social participation, integration, social achievement
 - **Global** QoL: one’s overall life satisfaction of well-being

Possible Applications

To develop physical activity interventions that help improve QoL in persons with SCI.

Research Abstract

Spinal cord injury, physical activity, and quality of life: A systematic review

Individuals with spinal cord injury (SCI) tend to report poorer quality of life (QOL) than people without a physical disability. Leisure-time physical activity (LTPA) has been shown to improve the QOL of people with and without disabilities and chronic conditions. The purpose of this systematic review was to examine the LTPA-QOL relationship among people with SCI by focusing on both objective and subjective QOL for both global QOL and domain-specific (physical, psychological, social) QOL. Results suggest that LTPA is significantly associated with increases in both objective and subjective QOL in global QOL and all three QOL domains, with relatively few studies demonstrating a negative or nonsignificant relationship. Recommendations for future QOL research and interventions are discussed.

Tomasone, J. R., Martin Ginis, K. A., Wesch, N. N., & Noreau, L. (2013). Spinal cord injury, physical activity, and quality of life: A systematic review. *Kinesiology Review, 2*, 113-129.