



# 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:

**20** minutes of moderate to vigorous intensity aerobic exercise **2** times a week

+

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

**2** times a week



### Cardiometabolic health

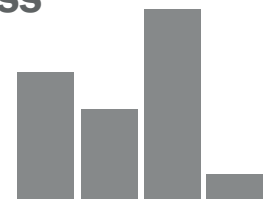
For **cardiometabolic health benefits**, adults with SCI are suggested to engage in at least:

**30** 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**