



*ADVANCING PHYSICAL ACTIVITY KNOWLEDGE AND PARTICIPATION
AMONG CANADIANS LIVING WITH SPINAL CORD INJURY*

The Benefits of Physical Activity for Adults with SCI

(And the research that came up with them!)



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PHYSICAL ACTIVITY GUIDELINES

for Adults with Spinal Cord Injury

Physical activity is associated with many physical, psychological and social benefits for persons with spinal cord injury.

Physical activity is fun, and there is more good news.

Research shows that following the recommendations in the Physical Activity Guidelines for Adults with SCI one can expect improvements in aerobic fitness and strength - both of which can promote increased independence!



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The following slides will show some other health benefits you may experience from following the recommendations presented in the Physical Activity Guidelines for Adults with SCI.

Also, we have included the evidence based research that support these examples.



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Greater strength and endurance so that you can wheel for longer and transfer in and out of your chair more easily.

Hicks AL, Martin Ginis KA, Pelletier CA, Ditor DS, Foulon B, & Wolfe DL. (2011). The effects of exercise training on physical capacity, strength, body composition and functional performance among adults with spinal cord injury: A systematic review. Spinal Cord, 49(11), 1103-1127

Better overall health and quality of life.

Wolfe DL, Martin Ginis KA, Latimer AE, Foulon BL, Eng JJ, Hicks AL, Hsieh JTC (2010). Physical Activity and SCI. In Eng JJ, Teasell RW, Miller WC, Wolfe DL, Townson AF, Hsieh JTC, Connolly SJ, Mehta S, Sakakibara BM, editors. Spinal Cord Injury Rehabilitation Evidence. Version 3.0.



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More energy to perform activities of daily living such as self-care, food preparation, and cleaning.

Hetz SP, Latimer AE, Arbour-Nicitopoulos KP, & Martin Ginis KA (2009). Secondary complications and subjective well-being in individuals with chronic spinal cord injury: Associations with adiposity. Spinal Cord, 47, 550-554.

Wolfe DL, Martin Ginis KA, Latimer AE, Foulon BL, Eng JJ, Hicks AL, Hsieh JTC (2010). Physical Activity and SCI. In Eng JJ, Teasell RW, Miller WC, Wolfe DL, Townson AF, Hsieh JTC, Connolly SJ, Mehta S, Sakakibara BM, editors. Spinal Cord Injury Rehabilitation Evidence. Version 3.0.



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Increased opportunities to socialize with others.

Martin KA, Latimer AE, Francoeur C, Hanley H, Watson K, Hicks AL, et al. (2002). Sustaining exercise motivation and participation among people with spinal cord injury: Lessons learned from a 9-month intervention. Palaestra, 18, 32-37.

Tasiemski, T., Kennedy, P., Gardner, B. P., & Taylor, N. (2005). The association of sports and physical recreation with life satisfaction in a community sample of people with spinal cord injuries. NeuroRehabilitation, 20, 253-265.



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Less pain.

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Lowered risk of depression and stress.

Wolfe DL, Martin Ginis KA, Latimer AE, Foulon BL, Eng JJ, Hicks AL, Hsieh JTC (2010). Physical Activity and SCI. In Eng JJ, Teasell RW, Miller WC, Wolfe DL, Townson AF, Hsieh JTC, Connolly SJ, Mehta S, Sakakibara BM, editors. Spinal Cord Injury Rehabilitation Evidence. Version 3.0.



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Short-term reductions in spasticity.

Wolfe DL, Martin Ginis KA, Latimer AE, Foulon BL, Eng JJ, Hicks AL, Hsieh JTC (2010). Physical Activity and SCI. In Eng JJ, Teasell RW, Miller WC, Wolfe DL, Townson AF, Hsieh JTC, Connolly SJ, Mehta S, Sakakibara BM, editors. Spinal Cord Injury Rehabilitation Evidence. Version 3.0.



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Greater wheelchair skills and propulsion.

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Reduced cholesterol and fats in your blood, which can lower your risk of developing several chronic diseases.

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Buchholz AC, Martin Ginis KA, Bray SR, Craven BC, Hayes KC, Hicks AL, Latimer AE, McColl MA, Potter PJ, Smith K, & Wolfe DL (2009). Greater daily leisure time physical activity is associated with lower chronic disease risk in adults with spinal cord injury. Applied Physiology Nutrition & Metabolism, 34, 640-647.



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Improve your ability to regulate blood glucose, decreasing your risk for type II diabetes.

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Less night-time periodic limb movements, which may result in better sleep quality.

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