Development of scientific exercise guidelines for adults with spinal cord injury [infographic]

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Systematic review
Effects of exercise on fitness and health

- 13,155 citations scanned
- 211 relevant studies

Evidence synthesised and guideline recommendations drafted

International collaboration
Co-production, consensus panel meetings:

- 29 experts
- 7 countries
- 3 continents

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

Knowledge translation
Working with clinical and community stakeholders to:

- Facilitate international dissemination
- Translate to local practice guidelines

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Guideline development process: Martin Ginis et al. (Spinal Cord, 2017, DOI: 10.1038/s41393-017-0017-3).
Infographic: Development of scientific exercise guidelines for adults with spinal cord injury

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In 2016, an international team was established, to systematically review and build on previous bodies of work,\textsuperscript{1} to form evidence-based scientific guidelines.\textsuperscript{2} Presented in the infographic are the steps and outcomes from this work. This project brought together people from the sport, exercise and rehabilitation sciences along with community members and other stakeholders exercise continuum sport, exercise/rehabilitation sciences.\textsuperscript{3} It challenged current conventional thinking and built a rigorous and sustained commitment to community engagement to deliver a programme of research that was authentically co-produced together with people with disabilities rather than for people with a disabilityled people.\textsuperscript{4}

References


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