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

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Development of scientific exercise guidelines for adults with spinal cord injury

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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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Systematic review: van der Scheer et al. (Neurology, 2017, DOI: 10.1212/WNL.0000000000004224)
Guideline development process: Martin Ginis et al. (Spinal Cord, 2018, DOI: 10.1038/s41393-017-0027-3)

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In 2016, an international team was established, to systematically review and build on previous bodies of work,\(^1\)\(^2\) to form evidence-based scientific guidelines.\(^3\)

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. It challenged current conventional thinking and built a rigorous and sustained commitment to community engagement to deliver a programme of research that was authentically coproduced together with people with disabilities rather than for people with a disability.\(^4\)

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Contributors These guidelines were developed by an international group led by KAMG (University of British Columbia, Canada) and VLGT (Loughborough University, UK).

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