

The Stockholm Spinal Cord Injury Study: The Need for Health-Enhancing Physical Activity Interventions in Persons with Chronic Paraplegia

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Conclusions

Seventy-three percent of persons with chronic paraplegia failed to attain recommended targets for weekly exercise time. This finding points out the need to educate persons with paraplegia on the authoritative targets for health maintenance and to develop and enable specialized health-enhancing physical activity programs for these persons

Background

For the first time in history a large number of persons experience ageing with SCI.

There seems to be an increased vulnerability for several age-related disorders.

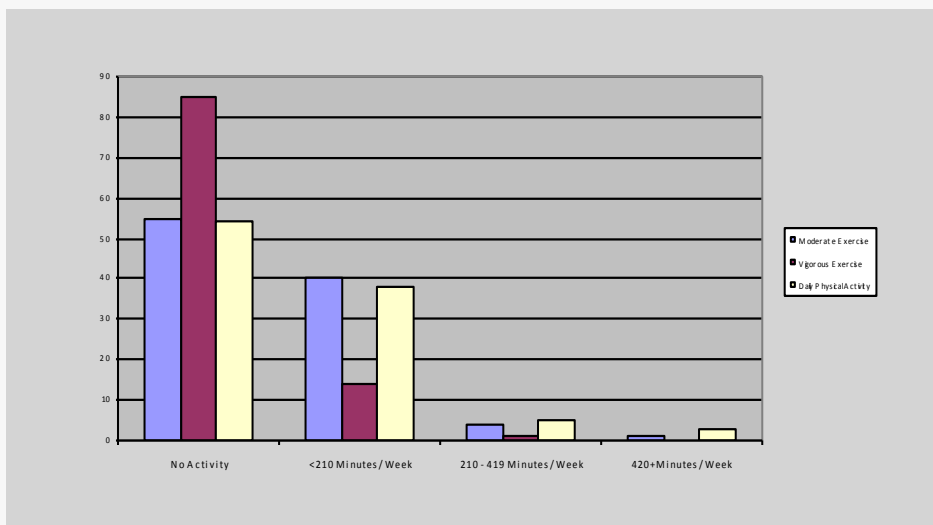
A 210 minute threshold for moderate to vigorous weekly activity is widely accepted as a standard for health maintenance.

Aim

This study examined whether 210 minutes of weekly activity at these intensities was undertaken by Swedish persons with chronic paraplegia. Further, the aim was to describe physical activities that were performed.

Method

Physical activity level was self-reported in 134 persons with paraplegia using a nine-item questionnaire developed and validated for this purpose. The questionnaire was designed to measure pre-injury patterns of activity, physical activity interests, job-related physical activity, and the frequency, duration, and intensity of weekly activity.



Thesis project title: "Physical activity and health after SCI"

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