



Loughborough
University

NATIONAL CENTRE FOR
SPORT & EXERCISE MEDICINE
WORKING FOR HEALTH & WELLBEING



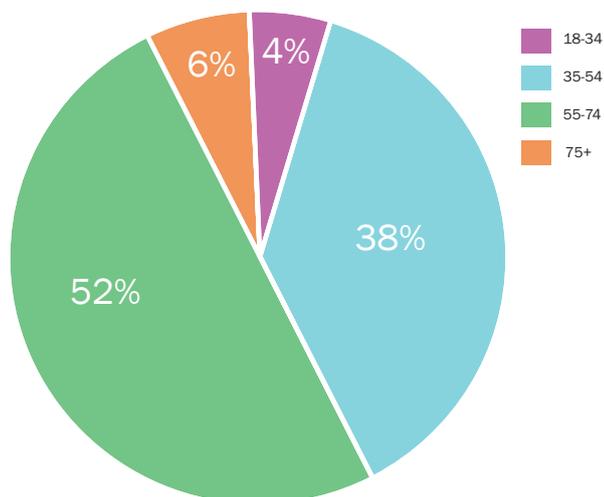
Knowledge and preference of physical activity guidelines for people with a spinal cord injury

A UK perspective

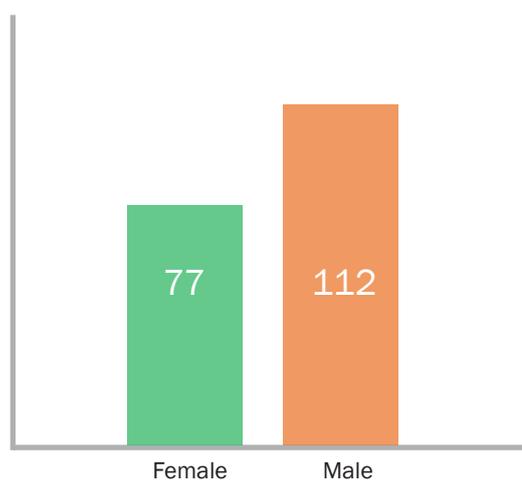


189 people with spinal cord injury completed the survey

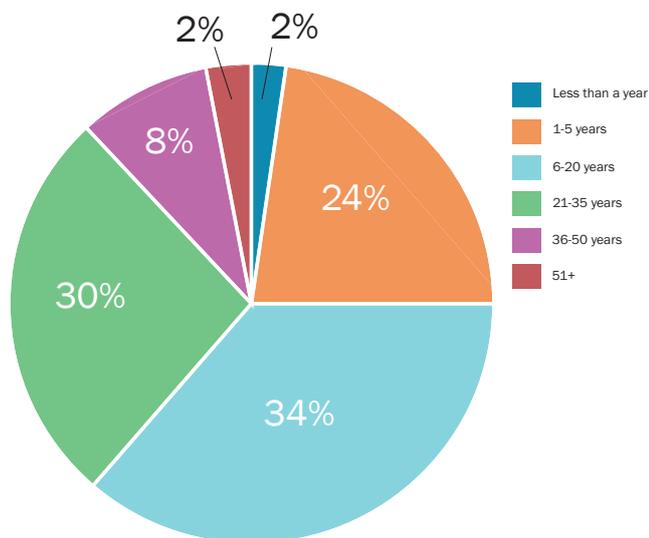
Age



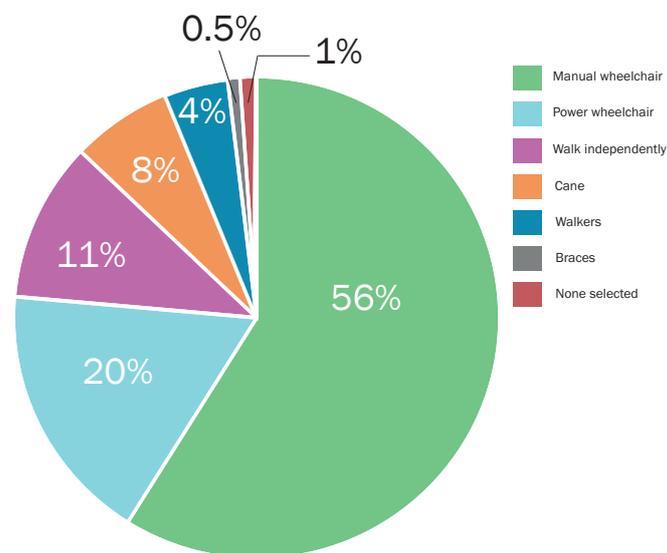
Gender



Time since injury



Means of mobility



Only **21%** surveyed were aware of any current physical activity guidelines

Only **15%** meet current strength and aerobic guidelines

1. Examples of effective types of physical activity that are suitable for people with spinal cord injury

2. Diagrams to illustrate how to do specific exercises

Most useful guideline content

3. Step by step guidance on how to become and stay active

4. Guidance on how to perform physical activity at an effective intensity

5. Signposting to facilities/ physical activity groups in your area

Preferred guideline format



Website was consistently ranked either 1st or 2nd across all age groups.

Who should distribute the guidelines?

1. Physiotherapists

2. Spinal Injuries Association (SIA)

3. GPs

4. Peers

5. Academics

Need for guidelines in the community and for information to be accessed from one central place.

“This study demonstrates an essential need to make physical activity guidelines more easily available, accessible and usable for this audience.”

Professor Vicky Tolfrey

“Many people may not realise what potential there is out there for them to continue to make some improvement.”

Survey respondent

“For my physical and mental wellbeing I just enjoy doing exercise, it makes me feel better. I need to be as fit and strong as I can be to maintain my independence.”

Peter Carruthers

Paralympian and Founder of Bromakin Wheelchairs

Contact

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With thanks to the Spinal Injuries Association for distributing this online survey to their members and the respondents for their time.

Study conducted by Emily Hunt, Kristen Clements, Jan van der Scheer and Vicky Tolfrey.
Report prepared by Lindsay Adams.