Advancing physical activity knowledge and participation among Canadians living with spinal cord injury.

# Exercise levels are low in people with SCI

***Purpose***

To figure how much exercise people with SCI generally do.

***Summary***

- Participants did about 30 minutes of exercise a day.
- Half of participants did not do any exercise.
- Women, older adults, people who have had a SCI longer and more severe injuries and people with power wheelchairs do less exercise.

***Possible Applications***

- More people with SCI need to exercise on a daily basis.
- Any activity is better than no activity!

***Research Abstract***

*Leisure-Time Physical Activity in a Population-Based Sample of People with Spinal Cord Injury Part I: Demographic and Injury-Related Correlates*

Objectives: To estimate the number of minutes a day of leisure time physical activity (LTPA) performed by people with chronic spinal cord injury (SCI) and to identify the demographic and injury-related characteristics associated with LTPA in a population-based sample of people with chronic SCI.
Participants: Men and women with SCI (N=695).
Main Outcome Measures: The number of minutes/day of LTPA performed at a mild intensity or greater.
Results: Respondents reported mean minutes SD of 27.14±49.36 of LTPA/d; however, 50% reported no LTPA whatsoever. In a multiple regression analysis, sex, age, years post-injury, injury severity, and primary mode of mobility each emerged as a unique predictor of LTPA. Multiple correspondence analysis indicated that being a man over the age of 34 years and greater than 11 years post-injury was associated with inactivity, while being a manual wheelchair user and having motor complete paraplegia were associated with the highest level of daily LTPA.
Conclusions: Daily LTPA levels are generally low in people with SCI. Women, older adults, people with less recent injuries, people with more severe injuries, and users of power wheelchairs and gait aids are general subgroups that may require special attention and resources to overcome unique barriers to LTPA. Specific subgroups may also require targeted interventions.

**Martin Ginis KA, Latimer AE, Arbour-Nicitopoulos KA, Buchholz AC, Bray SR, Craven BC, Hayes KC, Hicks AL, McColl MA, Potter PJ, Smith K, & Wolfe DL (2010). Leisure-Time Physical Activity in a Population-Based Sample of People with Spinal Cord Injury Part I: Demographic and Injury-Related Correlates. *Archives of Physical Medicine and Rehabilitation*, 91, 722-28.**