

Spinal cord injury and physical activity references

Clinical guidelines

Martin Ginis KA, van der Scheer JW, Latimer-Cheung AE, et al. Evidence-based scientific exercise guidelines for adults with spinal cord injury: An update and a new guideline. *Spinal Cord*. 2018;56:308–21. Available at: <https://doi.org/10.1038/s41393-017-0017-3>

Hoekstra F, McBride CB, Borisoff J, et al. Translating the international scientific spinal cord injury exercise guidelines into community and clinical practice guidelines: A Canadian evidence-informed resource. *Spinal Cord*. 2020;58:647–57. Available at: <https://doi.org/10.1038/s41393-019-0410-1>

Ginis KA, Hicks AL, Latimer AE, et al. The development of evidence-informed physical activity guidelines for adults with spinal cord injury. *Spinal Cord*. 2011;49(11):1088-96. Available at: <https://doi.org/10.1038/sc.2011.63/>

Carty C, van der Ploeg HP, Biddle SJH, et al. The First Global Physical Activity and Sedentary Behavior Guidelines for People Living With Disability. *J Phys Act Health*. 2021;18(1):86-93. Available at: <https://doi.org/10.1123/jpah.2020-0629>

Systematic reviews

van der Scheer JW, Martin Ginis KA, Ditor DS, et al. Effects of exercise on fitness and health of adults with spinal cord injury: A systematic review. *Neurology*. 2017;89(7):736-45. Available at: <https://doi.org/10.1212/WNL.0000000000004224>

Hodgkiss DD, Bhangu GS, Lunny C, et al. Exercise and aerobic capacity in individuals with spinal cord injury: A systematic review with meta-analysis and meta-regression. *PLoS Med*. 2023;20(11): e1004082. Available at: <https://doi.org/10.1371/journal.pmed.1004082>

Ponzano M, Buren R, Adams NT, et al. Effect of exercise on mental health and health-related quality of life in adults with spinal cord injury: A systematic review and meta-analysis. *Arch Phys Med Rehabil*. 2024;105(12):2350-61. Available at: <https://doi.org/10.1016/j.apmr.2024.02.737>

Peters J, Abou L, Rice LA, et al. The effectiveness of vigorous training on cardiorespiratory fitness in persons with spinal cord injury: A systematic review and meta-analysis. *Spinal Cord*. 2021;59:1035–44. Available at: <https://doi.org/10.1038/s41393-021-00669-7>

Itodo OA, Flueck JL, Raguindin PF, et al. Physical activity and cardiometabolic risk factors in individuals with spinal cord injury: A systematic review and meta-analysis. *Eur J Epidemiol*. 2022;37:335–65. Available at: <https://doi.org/10.1007/s10654-022-00859-4>

Wellisch M, Lovet K, Harrold M, et al. Treatment of shoulder pain in people with spinal cord injury who use manual wheelchairs: A systematic review and meta-analysis. *Spinal Cord*. 2022;60:107–14. Available at: <https://doi.org/10.1038/s41393-021-00673-x>

Other helpful references

Physical Activity. SCIRE Professional Evidence Modules.
<https://scireproject.com/evidence/physical-activity/introduction/>

Physical Activity: Cardiovascular Health and Fitness. SCIRE Professional Evidence Modules.
<https://scireproject.com/evidence/physical-activity-cardiovascular-health-and-fitness/introduction/>

Physical Activity: Participation. SCIRE Professional Evidence Modules.
<https://scireproject.com/evidence/physical-activity-participation/introduction/>

Physical Activity: Psychosocial. SCIRE Professional Evidence Modules.
<https://scireproject.com/evidence/physical-activity-psychosocial/introduction/>