

## Outcomes on Health and Quality of Life Following Participation in a Spinal Cord Injury Wellness Program

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### Introduction

- Wellness is essential for lifelong health, social engagement and prevention of secondary complications
- Access to wellness programs for those with SCI are limited due to gym accessibility and transportation
- Healthcare providers can be hesitant to refer to fitness centers due to the complex presentation of those with SCI and their unique needs for strength and conditioning

### Design

- 12 week program for clients at the OhioHealth Neuroscience Wellness Center
- A fully inclusive fitness center in Columbus Ohio with scholarship for financial burden and transportation
- Specialized physical therapist developed competency and trained exercise physiologists teaching class
- Inclusion criteria of C6 AIS A or any incomplete injury
- Met twice a week with sessions consisting of 60 minutes of seated exercise and once weekly 30 minute educational hot topic
  - Topics included: shoulder preservation, bowel, bladder and sexual function, secondary complications, wheelchair care, assistive technology, peer mentor story, and mental health
- Clients set individual goals at start and reassess at midpoint and end of program

### Results

- Completion of 4 programs since July 2021
- Total of 24 participants with 5 clients repeating program multiple times
- Pre and Post outcome measures collected include One Rep Max Chest Press, One Rep Max Row, 6 Minute Push and/or Walk Test and Forward Reach Test
- Gains seen in all participants with maintenance of gains seen in those repeating program

### Discussion

- Persons with SCI can engage in and make meaningful gains in balance, strength and cardiovascular goals through a 12 week wellness program
- This retail program was well attended and continues to grow with plans for maintenance and advanced floor groups
- Barriers to participation in wellness programs can be effectively removed to increase overall quality of life

### References

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