

ALLRISC:

Active Lifestyle Rehabilitation Interventions in ageing Spinal Cord Injury



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Introduction

Many individuals ageing with a spinal cord injury show a serious inactive lifestyle, associated with deconditioning and secondary complications (e.g. urinary tract infections, cardiovascular disease, upper-extremity pain). This can result in reduced participation and quality of life. Avoiding this downward spiral is crucial.

To help formulate requirements for a lifespan covering rehabilitation aftercare system, research into effective interventions and underlying mechanisms and risk factors is necessary.

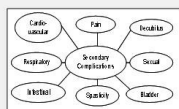
'Active Lifestyle Rehabilitation Interventions in ageing Spinal Cord' (ALLRISC) is a 4-study multi-disciplinary multicenter research program aimed at this goal.

Locations multicenter studies



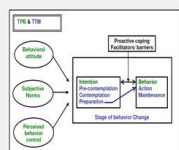
Rehabilitation centers (●) in which the studies (1-4) will take place, and research institutes (●) where the PhD students (1-4) are appointed.

Study 1: Secondary complications, fitness and active lifestyle

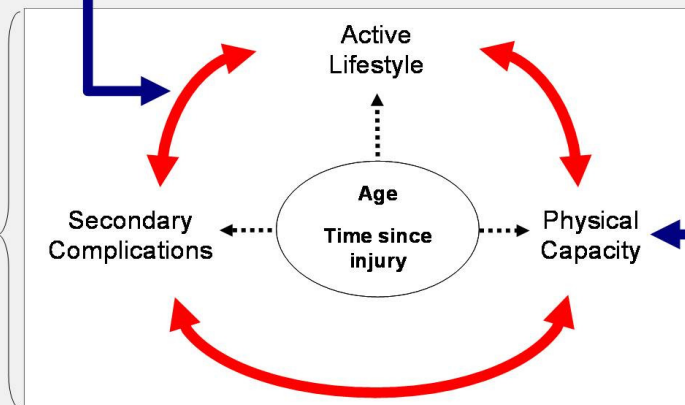


Cross-sectional study (N=300) evaluating the prevalence of secondary complications (such as bladder and bowel disorders, decubitus) and the impact of these complications on fitness, active lifestyle, participation and quality of life.

Study 2: Self-management intervention



Randomized controlled trial (N=2x40) evaluating effectiveness and underlying mechanisms of a 16-week self-management intervention on physical activity level, self-management skills (including self-efficacy, proactive coping & problem solving ability), secondary health complications, physical fitness, determinants of behaviour change and parameters related to the ICF model.



Study 3: Low-intensity wheelchair exercise



Randomized controlled trial (N=2x20) evaluating effectiveness and underlying mechanisms of a 16-week low-intensity wheelchair exercise program (2x p/w 30 min. at 35% heart rate reserve) on physical capacity, upper body overuse, metabolic syndrome, physical activity level, active lifestyle, participation and quality of life.

Study 4: Hybrid FES cycling exercise



Randomized controlled trial (N=2x20) evaluating effectiveness and underlying mechanisms of a 16-week hybrid FES cycling exercise program (hand cycling combined with electrical stimulation of the legs; 2x p/w 30 min. at 70% heart rate reserve) on physical capacity, lower body underuse, metabolic syndrome, physical activity level, active lifestyle, participation and quality of life.

PhD students



From left to right: study 1-4

More information

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