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AOTA Approved Provider #4023

**Course Title:** Spinal Cord Injuries 105

**Sub-Title:** Spinal Cord Injury: Exercise and Fitness

**Course Description:** Spinal Cord Injuries 105, Spinal Cord Injury (SCI): Exercise and Fitness, is a 2-hour course designed for the intermediate clinician working with patients with spinal cord injuries attempting to increase or maintain the patient's current fitness level. There are many considerations for patients with SCI that the clinician must consider when designing an exercise program for the patient with SCI. Some of these issues include work and anaerobic and aerobic capacity. Exercise programs need to be developed with physiological adaptation in mind and created within certain parameters in order to be safe, beneficial and effective for the patient with SCI. Special considerations should be taken into account along with a review of body systems effected by exercise including the autonomic nervous system, the endocrine system, cardiovascular system and pulmonary system. Metabolic alterations, issues of thermoregulation and additional guidelines for exercise screening are all reviewed. Case studies are used to highlight clinical application. At the end of this course, the learner will have a more comprehensive understanding of how to develop individualized exercise programs for the patient with SCI.

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** David R. Gater, Jr., MD, PhD  
Stump, OTR/L / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the conclusion of the course, participants will be able to:

- Become familiar with various exercise considerations for the individual with SCI
- Differentiate work, anaerobic and aerobic capacity
- Understand how exercise impacts the autonomic nervous system, cardiovascular and pulmonary systems in the individual with SCI
- Discuss exercise parameters for the individual with SCI

- Identify metabolic alterations as a result of SCI to lipid profiles, glucose metabolism, body composition and osteopenia
- Discuss barriers to exercise implementation

### **Outline of Content:**

#### **Hour #1**

Introduction

Definitions of Fitness, Exercise, and Benefits

Effect of Exercise on Fitness Parameters

Physiological Systems Considerations and Adaptations with Spinal Cord Injury

Effects of Exercise on upper Limb Repetitive Strain

#### **Hour #2**

Exercise Screening

Exercise Prescription

Barriers to Implementation

Case Study #1

Case Study #2

Summary

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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